



Lunch Buddy

POWIS November 2026 Menu



Part 1 • 1–13 Nov



9 Nov • Deepavali Replacement • No Service

MON
2
NOV

Asian



Mongolian Fish
with rice

Western



Chicken Provencale

TUE
10
NOV

Asian



Yangzhao fried rice
-Shrimp

Western



Creamy Chicken
Carbonara

TUE
3
NOV

Asian



Kak Wok Chicken
with rice

Western



Fish & Chips

WED
11
NOV

Asian



Claypot Chicken Tofu

Western



Cajun baked fish

WED
4
NOV

Asian



Shrimp Japanese
curry ramen

Western



fettuccine roasted
chicken aglio oglio

THU
12
NOV

Asian



Pineapple fish
fried rice

Western



Chicken Club
Sandwich

THU
5
NOV

Asian



Orange Chicken
with rice

Western



Bang bang Fish
with broccoli

FRI
13
NOV

Asian



Cantonese style chicken
soy sauce with noodles

Western



Fish Fingers & Mash

FRI
6
NOV

Asian



Chow Mein
With Crispy fish

Western



Grilled Cheese &
Chicken Ham Sandwich



Each meal comes
with 1 side + fruit



Order via the
Lunch Buddy
Parent Portal





Lunch Buddy

POWIS November 2026 Menu



Part 2 • 16–30 Nov

MON 16 NOV	ASIAN  Hakka char fish with rice	WESTERN  Mac & Cheese Chicken	MON 23 NOV	ASIAN  Braised Chicken with Boiled Egg	WESTERN  Fish vegetables with buttered garlic rice
TUE 17 NOV	ASIAN  Sweet & Sour Chicken	WESTERN  Fish tortilla Kebabs	TUE 24 NOV	ASIAN  Thai Style Sweet Fish	WESTERN  Cheesy Chicken Meatball Pasta
WED 18 NOV	ASIAN  Honey Fish rice	WESTERN  Chicken Fajitas	WED 25 NOV	ASIAN  Chicken Yakitori	WESTERN  Crispy Fish Sliders
THU 19 NOV	ASIAN  Korean Bibimbap-chicken	WESTERN  Creamy tuscan fish pasta	THU 26 NOV	ASIAN  salted egg fish with rice	WESTERN  BBQ Chicken with Fries
FRI 20 NOV	ASIAN  Garlic sesame fish noodles	WESTERN  Homemade chicken burger	FRI 27 NOV	ASIAN  Steamed Chicken with Goji Berries	WESTERN  Prawn Skewers with Butter Rice
MON 30 NOV	ASIAN  Loh Shu Fun with Fish Meat (Silver Needle Noodles)	WESTERN  Classic Chicken chop			



Each meal comes with 1 side + fruit



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Lunch Buddy

POWIS December 2026 Menu

1-11 Dec



TUE 1 DEC	ASIAN  Ginger-soy glazed fish	WESTERN  Garlic Chicken Parmesan Pasta	TUE 8 DEC	ASIAN  Chicken Lo Mein	WESTERN  Shrimp Aglio Oglio
WED 2 DEC	ASIAN  Sesame oil Chicken noodles	WESTERN  Hawaiian Fish with rice	WED 9 DEC	ASIAN  Buttermilk Fish with Rice	WESTERN  Hotdog
THU 3 DEC	ASIAN  Fish tofu claypot with rice	WESTERN  Buffalo chicken meatballs	THU 10 DEC	ASIAN  Soy Ginger Braised Chicken	WESTERN  Hamburg style fried fish with rice
FRI 4 DEC	ASIAN  Steamed chicken Thigh roll with rice	WESTERN  Cheddar & Ranch fish bake pasta	FRI 11 DEC	ASIAN  Char Bee hoon aka Fish Fried Bee hoon	WESTERN  Grilled Hawaiian Chicken
MON 7 DEC	ASIAN  Ginger shrimp glass noodles	WESTERN  Herb Roast Chicken			



Each meal comes with 1 side + fruit



Order via the Lunch Buddy Parent Portal





Good
Food
Brighter
Days ♡

School Lunch Sorted.

Nutritious. Delicious. Delivered. ♡



Freshly
Prepared



Balanced
Meals



Asian &
Western Choices



Delivered
to School



- ✓ Portion sizes suitable for growing kids
- ✓ Quality ingredients, less processed food
- ✓ Varied menu to keep it interesting



View Menu & Register



Scan
here!

Daily

RM18.00
per meal

Weekly

RM16.00
per meal

Monthly

RM14.50
per meal



WhatsApp Lunch Buddy 011-1023 0983

