



Menu

July
01 – **05**
July



MONDAY

Steak Parrillada

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Donburi Salmon

with Mixed Greens, Mixed bean salad, and Young Papaya Salad

Gluten-Free Chocolate Chip Cookies

TUESDAY

Sous-vide Chicken Breast

with Quinoa, Mixed Mushrooms, and Young Papaya Salad

Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

Vegan Tart

WEDNESDAY

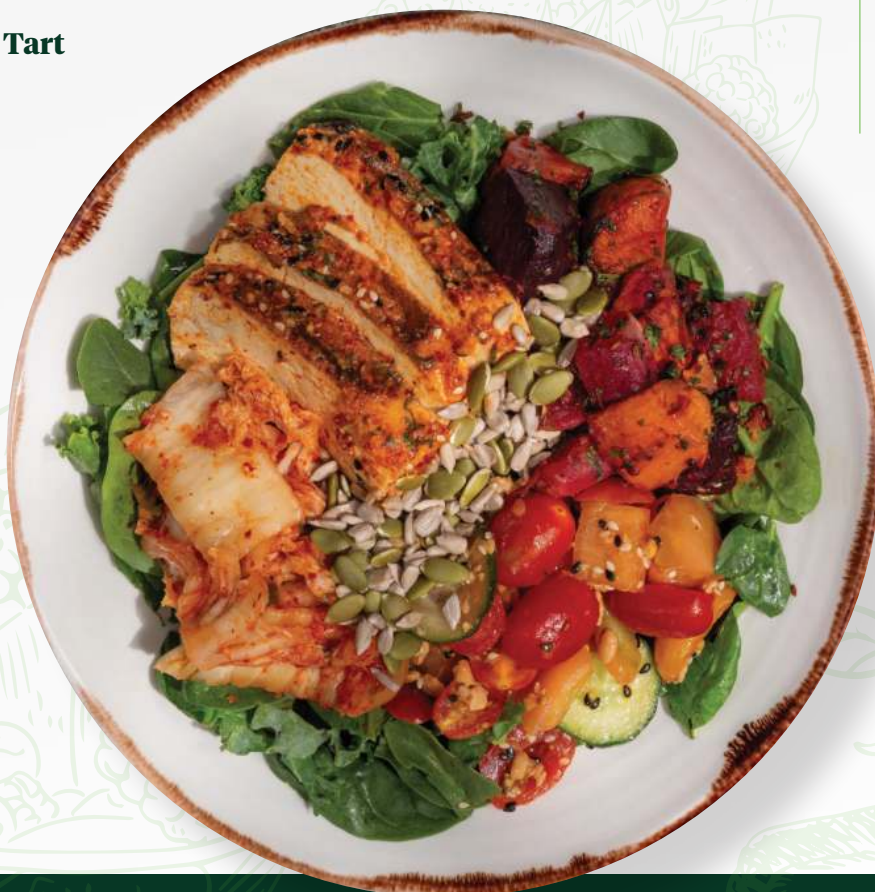
Donburi Salmon

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Peanut Tofu

with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

Banana Bread



THURSDAY

Jackfruit (Pad Kra Pao)

with Barley Risotto, Grilled Eggplant, and Wafu Tomato Salad

Tuna Tataki

with Quinoa, Mixed Mushrooms, Baby Roasted Potatoes, and Grapes

Energy Ball (1pc)

FRIDAY

Tuna Tataki

with Mixed Greens, Mixed Bean Salad, and Wafu Tomato Salad

Sous-vide Chicken Breast

with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

Bacon Quiche



July July
08 - 12

THURSDAY

Sous-vide Chicken Breast

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

Beetroot Hummus

MONDAY

Peanut Tofu

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

Salmon Quiche

WEDNESDAY

Steak Parrillada

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Egg Mayo Salad

FRIDAY

Tuna Tataki

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

Gluten-Free Chocolate Chip Cookies

TUESDAY

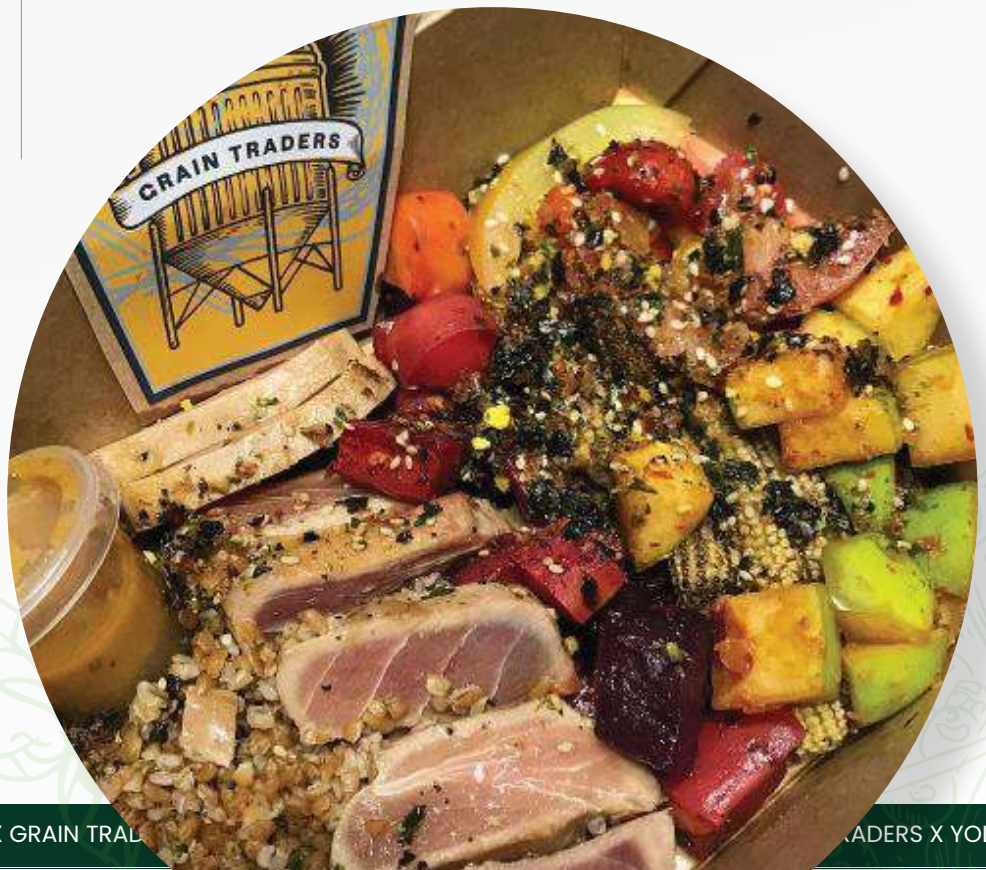
Donburi Salmon

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

Donburi Salmon

with Barley Risotto, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Eggplant Quiche



July
15 – **19**
July

MONDAY

Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

Vegan Tart

TUESDAY

Steak Parrillada

with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

Banana Bread

WEDNESDAY

Tuna Tataki

with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

Sous-vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

Energy Ball (1pc)

THURSDAY

Peanut Tofu

with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

Jackfruit (Pad Kra Pao)

with Quinoa, Mixed Bean Salad, and Sweet Potato, and Fennel

Bacon Quiche



FRIDAY

Sous-vide Chicken Breast

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Bean Salad

Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, Baby Roasted Potatoes, and Grapes

Salmon Quiche





July July
22 - 26

FRIDAY

Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

Tuna Tataki

with Mixed Greens, Mixed bean salad, and Wafu Tomato Salad

Vegan Tart

WEDNESDAY

Sous-vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

Donburi Salmon

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

Beetroot Hummus

MONDAY

Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, and Baby Roasted Potatoes, and Grapes

Donburi Salmon

with Mixed Greens, Mixed bean salad, and Young Papaya Salad

Eggplant Quiche

TUESDAY

Steak Parrillada

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Donburi Salmon

with Mixed Greens, Mixed bean salad, and Young Papaya Salad

Egg Mayo Salad

THURSDAY

Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

Jackfruit (Pad Kra Pao)

with Barley Risotto, Grilled eggplant, and Wafu Tomato Salad

Gluten-Free Chocolate Chip Cookies



July
29 – Aug
02



MONDAY

Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

Peanut Tofu

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

Banana Bread

TUESDAY

Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

Donburi Salmon

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

Energy Ball (1pc)

WEDNESDAY

Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

Steak Parrillada

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

Bacon Quiche

THURSDAY

Donburi Salmon

with Barley Risotto, Roasted Broccoli & Cauliflower, Sweet Potato, and Fennel

Sous-vide Chicken Breast

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

Salmon Quiche

FRIDAY

Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

Tuna Tataki

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

Eggplant Quiche





Aug Aug
05 - 09

THURSDAY

Jackfruit (Pad Kra Pao)
with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

Peanut Tofu
with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

Vegan Tart

MONDAY

Sous-vide Chicken Breast
with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

Jackfruit (Pad Kra Pao)
with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

Egg Mayo Salad

TUESDAY

Tuna Tataki
with Quinoa, Mixed Mushrooms, and Baby Roasted Potatoes, and Grapes

Steak Parrillada
with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

Beetroot Hummus

WEDNESDAY

Peanut Tofu
with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

Tuna Tataki
with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

Gluten-Free Chocolate Chip Cookies

FRIDAY

Donburi Salmon
with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

Sous-vide Chicken Breast
with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Bean Salad

Banana Bread

