

EMPLOYEE MEAL HEALTHY VEGETARIAN MENU – OCT 2021

<p>1 FRI</p> <p>Tofu Masak Merah Stir Fried Bendi* (Malay-Spicy)</p> 	<p>2 SAT</p> <p>Yong Chow Fried Rice (Chinese-Non Spicy)</p> 	<p>3 SUN</p> <p>Chili Concome with Rice* (Western-Spicy)</p> 	<p>Mee Siam* (Noodles-Spicy)</p> <p>4 MON</p> 	<p>5 TUE</p> <p>Telur Masak Kicap Stir Fry Bendi (Malay-Non Spicy)</p> 	<p>Thai Red Curry with Rice* (Thai-Spicy)</p> <p>6 WED</p> 	<p>7 THU</p> <p>Fried Singapore Bee Hoon (Noodles-Non Spicy)</p> 	<p>Terung Masak Berlada with Rice* (Malay-Spicy)</p> <p>8 FRI</p> 
<p>9 SAT</p> <p>Eggplant Szechuan Sauce and Kuchai Omelette (Chinese-Non Spicy)</p> 	<p>Steamed White Rice with Bendi Sambal Pakoras* (Indian-Spicy)</p> <p>10 SUN</p> 	<p>Fried Sang Mee Luk You (Noodles-Non Spicy)</p> <p>11 MON</p> 	<p>Kung Pao Tofu Tomatoes Omelet* (Chinese-Spicy)</p> <p>12 TUE</p> 	<p>Mushroom Goulash Casserole (Western-Non Spicy)</p> <p>13 WED</p> 	<p>Salted Egg Fried Tofu Asam Pedas Terung Bendi* (Malay-Spicy)</p> <p>14 THU</p> 	<p>Loh Hon Cai with Beancurd (Chinese-Non Spicy)</p> <p>15 FRI</p> 	<p>Pumpkin Tikka Masala and Telur Dadar* (Indian-Spicy)</p> <p>16 SAT</p> 
<p>17 SUN</p> <p>Spagetti Carbonara (Noodles-Non Spicy)</p> 	<p>Vegetarian Green Curry with Tofu Pk* (Thai-Spicy)</p> <p>18 MON</p> 	<p>Rice with Vegetable Stew Potatoes and Carrot (Western-Non Spicy)</p> <p>19 TUE</p> 	<p>Fried Kway Teow* (Noodles-Spicy)</p> <p>20 WED</p> 	<p>21 THU</p> <p>Nasi Goreng Bynga Kantan (Malay-Non Spicy)</p> 	<p>Mapo Eggplant with Rice* (Chinese-Spicy)</p> <p>22 FRI</p> 	<p>23 SAT</p> <p>Spaghetti Pomodoro (Noodles-Non Spicy)</p> 	<p>Tofu Masak Merah Stir Fried Bendi* (Malay-Spicy)</p> <p>24 SUN</p> 
<p>25 MON</p> <p>Steamed White Rice with Egg Cabbage and Long Beans in Turmeric (Indian-Non Spicy)</p> 	<p>Egg Kurna Curry with Rice* (Indian-Spicy)</p> <p>26 TUE</p> 	<p>Ratatouille with Rice (Western-Non Spicy)</p> <p>27 WED</p> 	<p>Massaman Tofu Curry with Rice* (Indian-Spicy)</p> <p>28 THU</p> 	<p>Tofu Fricassee with Rice (Western-Non Spicy)</p> <p>29 FRI</p> 	<p>Fried Mee Mamak* (Noodles-Spicy)</p> <p>30 SAT</p> 	<p>31 SUN</p> <p>Spagetti with Black pepper sauce* (Noodles-Spicy)</p> 	