











# POWIIS

## AUG - SEP 2024

(24 days)

### YumBox provides:

1. Lunch Box with Name Tag
2. Fruits & Vegetables with each set meal
3. **Please provide own Cutlery.**
4. *Special Dietary Meals are available upon request.*
5. All meats are cut into bite size.
6. Boneless & Skinless Chicken White Meat is used unless otherwise indicated.
7. All meals are cooked using Pink Himalayan Salt & Sunflower cooking oil.
8. Please note that we reserve the right to change our daily dishes due to the availability of fresh ingredients

	AUG 26 - MON	AUG 27 - TUE	AUG 28 - WED	AUG 29 - THU	AUG 30 - FRI
INTERNATIONAL	CRISPY CHICKEN SLICES CARBONARA MACARONI 脆皮鸡肉火腿培根通心粉 	GRILLED CHICKEN CACCIATORE MACARONI 烤鸡肉卡恰托雷通心粉 	YUMBOX BREAKFAST TAQUITO ROLL (contains mince sausage, cheese & scrambled eggs)	MEATLOAF BURGER & TORTILLA CHIPS (contains coleslaw)	CHICKEN SPAGHETTI BOLOGNESE, GARLIC BREAD 鸡肉意大利肉酱面、蒜蓉面包 
ASIAN	SOY SAUCE MUSHROOM & CHICKEN RICE 酱油蘑菇鸡饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	CHICKEN CUTLET & RICE (with carrots & potatoes gravy)	GARLIC FRIED RICE POKE BOWL with CRISPY PERCH FISH (contains boiled egg)	BRAISED CHICKEN & MUSHROOM RICE 红烧鸡蘑菇饭 
EVERYTHING ELSE	CHICKEN & MUSHROOM MINCE STIR FRY RICE NOODLES 鸡肉蘑菇碎炒米粉	3-LAYER EGG MAYO & CHEESE SANDWICH 三层蛋黄酱奶酪三明治	RICE NOODLES & CRISPY PERCH FISH SLICES 米粉脆鲈鱼片	GRILLED CHICKEN RICE NOODLES 烤鸡米线 	"K" TOAST & FRIES (contains egg & mayo) “K”吐司和薯条 (包含鸡蛋和蛋黄酱) 

	SEP 2 - MON	SEP 3 - TUE	SEP 4 - WED	SEP 5 - THU	SEP 6 - FRI
INTERNATIONAL	CRISPY CHICKEN SLICES CHEESY AGLIO OLIO 脆皮鸡肉火腿片芝士 Aglio olio	HOMEMADE HERBED SAUSAGE MACARONI & CHEESE 自制香草香肠通心粉和奶酪 	CHEESY GRILLED CHICKEN QUESA-ROLL 芝士烤鸡肉饼卷	ROSTI "BOLOGNESE" PIE	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 
ASIAN	BRAISED CHICKEN with BEANCURD SKIN & RICE 豆皮饭焖鸡 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	BEEF MINCE JAPANESE CURRY RICE 牛肉碎日式咖喱饭 	SESAME CHICKEN POKE BOWL (contains egg) 芝麻鸡戳碗 (含鸡蛋)
EVERYTHING ELSE	KATSU SANDOS SANDWICH 炸猪排三明治	CHICKEN SATAY with RICE NOODLES 鸡肉沙爹米线 	BULGOGI CHICKEN MINCE LETTUCE WRAPS 烤肉鸡肉肉末生菜卷	TUNA MAYO ONIGIRI (2 pcs)	APPLE PANCAKE DIPPERS & HONEY 苹果煎饼勺和蜂蜜 

	SEP 9 - MON	SEP 10 - TUE	SEP 11 - WED	SEP 12 - THU	SEP 13 - FRI
INTERNATIONAL	HOMEMADE HERBED CHICKEN SAUSAGE, GRAVY & MASH POTATO 自制香草鸡肉香肠、肉汁和土豆泥	GRILLED CHICKEN, MARINARA MACARONI 烤鸡、海鲜通心粉 	CHEESY CHICKEN ROLL UPS 芝士鸡肉卷 	BEEF MINCE AGLIO OLIO 牛肉碎 Aglio olio	PIZZA UNCRUSTALES 脆皮披萨 
ASIAN	NON SPICY CHICKEN YELLOW CURRY RICE 不辣黄鸡咖喱饭	TOMYAM FRIED RICE with HOMEMADE CHICKEN NUGGETS 东炎炒饭配自制鸡块	NON SPICY MAPO TOFU RICE 不辣麻婆豆腐饭 	OYAKODON (Chicken & Egg Rice) OYAKODON (鸡肉鸡蛋饭)	SWEET & SOUR PERCH FISH RICE 糖醋鲈鱼饭
EVERYTHING ELSE	RICE NOODLES with CHICKEN MINCE EGG OMELETTE 鸡碎蛋卷米线	THAI BASIL MINCE CHICKEN LETTUCE WRAPS 泰式罗勒肉末鸡肉生菜卷	STIR FRY RICE NOODLES with GRILL CHICKEN 烧鸡炒米粉	CHICKEN BULGOGI ONIGIRI (2 PCS) 鸡肉烤肉饭团 (2 件) 	MINI CAJUN CHICKEN BAKED TAQUITOS 迷你卡真鸡肉烤玉米饼 
	SEP 16 - MON	SEP 17 - TUE	SEP 18 - WED	SEP 19 - THU	SEP 20 - FRI
INTERNATIONAL	<b>PROPHET MOHD BIRTHDAY</b>	<b>MALAYSIA DAY HOLIDAY</b>	PERCH FISH & CHIPS 鲈鱼炸鱼薯条 	2 PCS HOMEMADE CORN DOGS	CHICKEN BOLOGNESE WRAP (contains vegetables)
ASIAN			KIMCHI FRIED RICE & CHEESY KIMCHI CHICKEN 泡菜炒饭和芝士泡菜鸡	BIBIMBAP MIXED RICE BOWL with CHICKEN (contains egg & vegetables)	NON SPICY THAI GREEN CURRY CHICKEN RICE
EVERYTHING ELSE			3-LAYER CHICKEN SLICE & CHEESE SANDWICH 三层鸡肉火腿奶酪三明治	CHEESY CHICKEN HERBED SAUSAGE BREAD ROLLS 鸡肉芝士香草香肠面包卷	CHICKEN SATAY with RICE NOODLES 鸡肉沙爹米线 
	SEP 23 - MON	SEP 24 - TUE	SEP 25 - WED	SEP 26 - THU	SEP 27 - FRI
INTERNATIONAL	CHICKEN PARMAGIANA PASTA & MARINARA SAUCE 巴马吉亚纳鸡肉意大利面和大蒜酱 	"PIZZA CHICKEN BURGERS"	CHEESY CHICKEN ROLLS 芝士鸡肉卷	GRILLED CHICKEN, MARINARA MACARONI 烤鸡、海鲜通心粉 	CHICKEN MINCE NACHOS & CHEESE SAUCE 鸡肉碎玉米片和奶酪酱 
ASIAN	CHICKEN TERIYAKI RICE 照烧鸡肉饭 	CHICKEN KATSU JAPANESE CURRY 日式咖喱鸡排 	CHICKEN TIKKA MASALA & RICE 咖喱鸡和米饭	GARLIC FRIED RICE with GRILL BBQ CHICKEN 蒜蓉炒饭配烤鸡 	MENCHIKATSU (BREADED CHICKEN PATTY) & RICE 面包鸡肉饼和米饭 
EVERYTHING ELSE	RICE NOODLES with EGG & TERIYAKI CHICKEN 鸡蛋米粉和照烧鸡 	SANSAGES (homemade breakfast sausage sandwich) 自制早餐香肠三明治 	CHICKEN BULGOGI ONIGIRI (2 PCS) 鸡肉烤肉饭团 (2 件) 	GRILLED CHICKEN SPIEDIES (sandwich & lots of vegetables)	APPLE PANCAKE DIPPERS & HONEY 苹果煎饼勺和蜂蜜 

	<b>SEP 30 - MON</b>
<b>INTERNATIONAL</b>	HOMEMADE HERBED CHICKEN SAUSAGE, GRAVY & MASH POTATO 自制香草鸡肉香肠、肉汁和土豆泥
<b>ASIAN</b>	NON SPICY CHICKEN YELLOW CURRY RICE 不辣黄鸡咖喱饭
<b>EVERYTHING ELSE</b>	RICE NOODLES with CHICKEN MINCE EGG OMELETTE 鸡碎蛋卷米线

**To Order:**

1.  or  your meal choice.
2. Send your orders via **WhatsApp 016 557 3039**
3. Please let us know of your child's food allergies (if any).

**Cancellation/Meal Changes or Transfer Orders:**

1. Please inform us 1 day ahead or latest by 8am on the day itself.
2. Please **call 016 557 3039** directly to avoid oversight.
3. **Any cancellations after 8am on the day itself, meals will**

**For Payment:**

1. Preferably Online Transfer to Yolanda George, Account #: **706 5899 152 (CIMB)**
2. Please reflect your Child's Name & Class in the payment reference.
3. **Orders will only be confirmed after receiving the payment slip via WhatsApp 016 557 3039.**

RM14 x \_\_\_\_ (# Of Days) x \_\_\_\_ (# of Sets) = RM\_\_\_\_\_

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_

Parents' Mobile: \_\_\_\_\_