



CHARTWELLS UTOWN MENU

	MONDAY 28-Sep-15	TUESDAY 29-Sep-15	WEDNESDAY 30-Sep-15	THURSDAY 1-Oct-15	FRIDAY 2-Oct-15	SUNDAY 4-Oct-15
HELP YOUR SELF	SALAD BAR FRUITS CORDIAL / INFUSED WATER COFFEE / TEA / MILO	SALAD BAR GREEN BEAN SOUP (HOT) CORDIAL / INFUSED WATER COFFEE / TEA / MILO	SALAD BAR CAKE OF THE DAY HERBAL ICE TEA COFFEE / TEA / MILO	SALAD BAR RED BEAN SOUP CORDIAL / INFUSED WATER COFFEE / TEA / MILO	SALAD BAR FRUITS ICE BANDUNG COFFEE / TEA / MILO	SALAD BAR FRUITS CORDIAL / INFUSED WATER COFFEE / TEA / MILO
ASIAN	WHITE & BROWN RICE Kam Hiong Fish Prawn Paste Chicken Thai Style Tau Kua Braised Beijing Cabbage Winter Melon Soup	WHITE & BROWN RICE Fish In Plum Sauce Braised Five Spice Pork Black Bean Tofu ChyeSim with Garlic Peanut Soup	WHITE & BROWN RICE Assam Fish Sze Chuan Chicken Foo Yong Egg Leeks and Taukua Watercress Soup	WHITE & BROWN RICE Fried Fish with bean crumb Kang Kong Sambal Prawn Paste Chicken Braised Soya Egg Corn Soup	WHITE & BROWN RICE Black Pepper Fish San Pei Chicken Steamed Egg with Mince Chicken Bean Sprouts in Egg Sauce ABC Soup	WHITE & BROWN RICE Mushroom Chicken Sardine Sambal Long Bean Fried Egg Braised Cabbage with dry shrimp Seaweed Tofu Soup
NOODLE	Slice Fish Bee Hoon Soup	Chicken Thick Bee Hoon Soup	Mee Pok	Penang Curry Mee	Mee Siam	Mee Bakso
PANINI / WESTERN	CREAM OF MUSHROOM SOUP Chicken Goulash Roasted Potato Cauliflower Gratin Cajun Fish Panini Herb Potato	TOMATO LENTIL SOUP 1/4 Roasted Chicken Beans and Mash Roast Beef Panini Cous Cous	CORN CHOWDER SOUP Pasta Meat Sauce Buttered Broccoli Garden Greens Chicken Tikka Panini Wedges	FRENCH ONION SOUP Beef Stroganoff Herbed Pasta Baked vegetables Chicken Ham Panini Coleslaw	CREAM OF CARROT SOUP Crispy Chicken with Tropical Salsa Baby Bock Choy Herb Rice Bacon & Egg Panini Potato Salad	CREAM OF ASPARAGUS SOUP Minute Steaks with Gravy Crushed Kumara Broccoli Mornay Thai Chicken Panini Pasta Salad
	SERVED WITH POTATO OR PASTA WITH GARDEN VEG AND SOUP OF THE DAY					
INDIAN	Sambar Dhum Aloo Cabbage Poriyal Matter Masala BIRYANI RICE Kadai Chicken	Dal tadka Long Bean Masala Vegetable jalfreze Matter Tofu Pulau Rice Mutton Masala	Cabbage Dal Rajma Masala Aloo Matter Gobi Mancurian Plain Pulau Chicken Jaipuri	Dal Palak Onion Pakora Baigan Tadka Mix Raita Jeera Pulau Mutton Korma	Dal Fry Cabbage Masala Snake gourd masala Bendi Tadka Fried Rice Chicken 65	Dal Curry Dhum Aloo Egg Korma Palak Dry fry Pepper Rice Fish Pineapple Curry
MUSLIM	WHITE & BROWN RICE Ayam Belado Ikan Lemak Egg Kichap Sayor Champor	WHITE & BROWN RICE Ayam Masak Ros Fish in Thai Sauce Sambal Fish Cake Stir-fry Spinach	WHITE & BROWN RICE Chicken Rendang Kari Ikan Telor rempah Braised Cabbage	WHITE & BROWN RICE Ayam Padang Sotong Goreng Tahu Satay Kachang goreng	WHITE & BROWN RICE Ayam Masak Tok Telor Masam Manis Ikan Kichap Sambal Kang Kong	WHITE & BROWN RICE Beef Curry Ikan Goreng Kerabu Tahu Goreng Thai Sayor Lodeh

** Menu subjected to changes due to stock availability



Eat Most



Eat Moderately



Eat Less

** Menu subjected to changes due to stock availability



Eat Most



Eat Moderately



Eat Less