

# GOLDEN SANDS BAPTIST ASSEMBLY

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1<sup>st</sup> October 2017

To : Reverend, Pastor, Church Chairman and Church Leaders,

## REVISION IN FOOD CHARGES

Greetings to you in the name of our Lord Jesus Christ.

In view of the recent hike in all commodities and food stuff and also at the request of our Canteen Caterer, GSBA Committee has decided to revise the food charges with effect from **1<sup>st</sup> January 2018**.

The Menu and the revised food charges are as follows: -

BBQ Dinner	<b>Option 1 @ RM 20.00 nett</b>
	<b>Option 2 @ RM 30.00 nett</b>

Meals	Menu 1	Menu 2	Menu 3	Menu 4 ( Vegetarian )
Breakfast	RM 5.20	RM 7.20	RM 7.20	RM 7.20
Lunch	RM 9.20	RM 11.60	RM 14.60	RM 11.60
Dinner	RM 9.20	RM 11.60	RM 14.60	RM 11.60
Tea Break	RM 3.50	RM 3.50	RM 3.50	RM 3.50
Supper	RM 4.50	RM 4.50	RM 4.50	RM 4.50

The above rates are meant for adults only.

Children between the ages of 3-8 will be given a 40% discount on the above mentioned rates except for the tea break and supper.

We look forward for your continuous support.

Thank you

Yours in Christ,

GOLDEN SANDS BAPTIST ASSEMBLY

*Peter K L Hah*

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Peter K L Hah ( Chairman)

**GOLDEN SANDS BAPTIST ASSEMBLY  
SPECIAL MEALS PACKAGE - BBQ DINNER**

<b><u>OPTION 1</u></b> <b>MENU A</b>	<b><u>OPTION 2</u></b> <b>MENU B</b>
<b>COLESLAW</b>	<b>FRESH GARDEN SALAD WT DRESSING</b>
<b>*****</b>	<b>*****</b>
<b>CHINESE FRIED RICE FRIED MEE HOON</b>	<b>NASI GERENG KAMPUNG FRIED KUAH TEAW</b>
<b>*****</b>	<b>*****</b>
<b>MARINATED CHICKEN GRILLED SAUSAGES</b>	<b>MARINATED CHICKEN MARINATED FISH</b>
<b>FISH BALL KEBAB/ YOUNG CORN</b>	<b>MARINATED LAMB CHOP GRILLED SAUSAGES</b>
<b>*****</b>	<b>*****</b>
<b>CHILI &amp; TOMATO SAUCE</b>	<b>FISH BALL KEBAB / YOUNG CORN</b>
<b>*****</b>	<b>*****</b>
<b>MIXED FRUITS</b>	<b>CHILI &amp; TOMATO SAUCE AIR ASSAM &amp; MINT SAUCE</b>
<b>*****</b>	<b>*****</b>
<b>CORDIAL DRINKS</b>	<b>MIXED FRUITS</b>
	<b>*****</b>
	<b>CORDIAL DRINKS</b>

GOLDEN SANDS BAPTIST ASSEMBLY			
MEALS PACKAGE 1			
BREAKFAST PKG 1 MENU A (MON/FRI)	BREAKFAST PKG 1 MENU B (TUE/SAT)	BREAKFAST PKG 1 MENU C (WED/SUN)	BREAKFAST PKG 1 MENU D (THUR)
HOKKEIN YEE MEE	FRIED EGGS	FRIED MEE HOON	CHICKEN PORRIDGE
FRIED KUAH TEOW	CHICKEN SAUSAGES	FRIED RICE	BREAD WT BUTTER & JAM
SAMBAL IKAN BILIS	BREAD WT BUTTER & JAM	SAMBAL IKAN BILIS	
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG 1 MENU A (MON/FRI)	LUNCH PKG 1 MENU B (TUE/SAT)	LUNCH PKG 1 MENU C (WED/SUN)	LUNCH PKG 1 MENU D (THUR)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
MAYOINAISE CHICKEN	CHICKEN CURRY	OSYTER CHICKEN	HAINANESE CHICKEN
SPICY FISH	SWEET SOUR FISH	SAMBAL IKAN SELAR	RICE WT CONDIMENTS
DHALL CURRY/VEG CURRY	CHICKEN MEAT STEAM EGGS	FU CHOK ROLL	SOUP
FRIED LONG BEAN	FRIED ROUND CABBAGE	MIXED VEGETABLE	SALTED TAUGH
*****	*****	*****	*****
FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER
DINNER PKG 1 MENU A (MON/FRI)	DINNER PKG 1 MENU B (TUE/SAT)	DINNER PKG 1 MENU C (WED/SUN)	DINNER PKG 1 MENU D (THUR)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
DEEP FRIED CHICKEN	RENDANG CHICKEN	DF SEAFOOD ROLL	BLACK PEPPER BEEF
FISH CURRY	GINGER ONION TALAPIA	AYAM MASAK LEMAK CILI	RENDANG STYLE FISH
SING KONG TAUFU	JAPANESE TAUFU	FOO YONG EGGS	STEAMED SOFT TAUFU
SEASONAL VEGETABLE	SEASONAL VEGETABLE	SEASONAL VEGETABLE	SEASONAL VEGETABLE
*****	*****	*****	*****
FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER
AM/PM TEA BREAKS AT CHEF'S CHOICE OF 2 TYPE OF MALAY KUIH/ CAKE/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN OR RED BEAN SOUP OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLI	

TYPE OF KUIH:

KARIPUFF/ MINI BURGER/ VADAI/ SARDINE ROLL/ MINI PAU/ YAM CAKE/ SAUSAGES ROLL/ SAMOSA

DONUT/ SERI MUKA/ CUSTARD JAGUNG/ KUIH LAPIS/ KUIH APAM/ KUIH GULUNG/ ONDEK-ONDEK/ MINI PAU

**GOLDEN SANDS BAPTIST ASSEMBLY**  
**MEALS PACKAGE 2**

<b>BREAKFAST PKG 2</b>	<b>BREAKFAST PKG 2</b>	<b>BREAKFAST PKG 2</b>	<b>BREAKFAST PKG 2</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>FRIED RICE</b>	<b>MEE MAMAK</b>	<b>NASI LEMAK</b>	<b>CHICKEN PORRIDGE</b>
<b>HOKKIEN YEE MEE</b>	<b>CHICKEN PORRIDGE</b>	<b>FRIED MEE HOON</b>	<b>CHAR KUAH TEAW</b>
*****	*****	*****	*****
<b>FRIED EGGS</b>	<b>SCRAMBLE EGGS</b>	<b>BOILED EGGS</b>	<b>COKTAIL SAUSAGES</b>
<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>
*****	*****	*****	*****
<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>
<b>LUNCH PKG 2</b>	<b>LUNCH PKG 2</b>	<b>LUNCH PKG 2</b>	<b>LUNCH PKG 2</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>
*****	*****	*****	*****
<b>MAYONNAISE CHICKEN</b>	<b>CHICKEN CURRY</b>	<b>OSYTER CHICKEN</b>	<b>HAINANESE CHICKEN</b>
<b>SPICY FISH</b>	<b>SWEET SOUR FISH</b>	<b>SAMBAL IKAN SELAR</b>	<b>RICE WT CONDIMENTS</b>
<b>DEEP FRIED SEAFOOD TAUFU</b>	<b>CHICKEN MEAT STEAM EGGS</b>	<b>ONION EGGS</b>	<b>SOUP</b>
<b>DHALL CURRY/VEG CURRY</b>	<b>FRIED ROUND CABBAGE</b>	<b>FU CHOK ROLL</b>	<b>SALTED TAUGIH</b>
<b>FRIED LONG BEAN</b>	<b>GARLIC BAYAM</b>	<b>MIXED VEGETABLE</b>	<b>DEEP FRIED MEAT ROLL</b>
*****	*****	*****	*****
<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>
<b>DINNER PKG 2</b>	<b>DINNER PKG 2</b>	<b>DINNER PKG 2</b>	<b>DINNER PKG 2</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>
*****	*****	*****	*****
<b>SEAWEED SOUP</b>	<b>FISH BALL SOUP</b>	<b>ABC SOUP</b>	<b>DUMPLING SOUP</b>
<b>DEEP FRIED CHICKEN</b>	<b>RENDANG CHICKEN</b>	<b>DF SEAFOOD ROLL</b>	<b>BLACK PEPPER BEEF</b>
<b>FISH CURRY</b>	<b>GINGER ONION TALAPIA</b>	<b>AYAM MASAK LEMAK CILI</b>	<b>RENDANG STYLE FISH</b>
<b>SING KONG TAUFU</b>	<b>JAPANESE TAUFU</b>	<b>FOO YONG EGGS</b>	<b>STEAMED SOFT TAUFU</b>
<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>
*****	*****	*****	*****
<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>	<b>FRUITS PLATTER</b>
<b>AM/PM TEA BREAKS AT CHEF'S CHOICE OF</b>		<b>SUPPER AT CHEF'S CHOICE OF</b>	
<b>2 TYPE OF MALAY KUIH/ CAKE/ SANDWICHES</b>		<b>GREEN OR RED BEAN SOUP OR NOODLES</b>	
*****		*****	
<b>NESCAFE &amp; TEA</b>		<b>NESCAFE &amp; TEA OR BARLI</b>	

TYPE OF KUIH:  
 KARIPUFF/ MINI BURGER/ VADAI/ SARDINE ROLL/ MINI PAU/ YAM CAKE/ SAUSAGES ROLL/ SAMOSA  
 DONUT/ SERI MUKA/ CUSTARD JAGUNG/ KUIH LAPIS/ KUIH APAM/ KUIH GULUNG/ ONDEK-ONDEK/ MINI PAU

GOLDEN SANDS BAPTIST ASSEMBLY			
MEALS PACKAGE 3			
<b>BREAKFAST PKG 3</b>	<b>BREAKFAST PKG 3</b>	<b>BREAKFAST PKG 3</b>	<b>BREAKFAST PKG 3</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>FRIED RICE</b>	<b>MEE MAMAK</b>	<b>NASI LEMAK</b>	<b>CHICKEN PORRIDGE</b>
<b>HOKKIEN YEE MEE</b>	<b>CHICKEN PORRIDGE</b>	<b>FRIED MEE HOON</b>	<b>CHAR KUAH TEAW</b>
*****	*****	*****	*****
<b>FRIED EGGS</b>	<b>SCRAMBLE EGGS</b>	<b>BOILED EGGS</b>	<b>COKTAIL SAUSAGES</b>
<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>	<b>BREAD WT BUTTER &amp; JAM</b>
*****	*****	*****	*****
<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>	<b>NESCAFE &amp; TEA</b>
<b>LUNCH PKG 3</b>	<b>LUNCH PKG 3</b>	<b>LUNCH PKG 3</b>	<b>LUNCH PKG 3</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>
*****	*****	*****	*****
<b>BUTTER PRAWN</b>	<b>SAMBAL PRAWN</b>	<b>OAT PRAWN</b>	<b>HAINANESE CHICKEN</b>
<b>MAYONAISE CHICKEN</b>	<b>CHICKEN CURRY</b>	<b>OSYTER CHICKEN</b>	<b>RICE WT CONDIMENTS</b>
<b>SPICY FISH</b>	<b>SWEET SOUR FISH</b>	<b>SAMBAL IKAN SELAR</b>	<b>FISH BALL SOHOON SOUP</b>
<b>DHALL CURRY/VEG CURRY</b>	<b>SEAFOOD MEAT STEAM EGGS</b>	<b>ONION EGGS</b>	<b>SALTED FISH TAUGH</b>
<b>FRIED BROCCOLI MIXED</b>	<b>GARLIC KAILAN</b>	<b>THREE VEGETABLE PLAIN</b>	<b>DEEP FRIED MEAT ROLL</b>
*****	*****	*****	*****
<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>
<b>DINNER PKG 3</b>	<b>DINNER PKG 3</b>	<b>DINNER PKG 3</b>	<b>DINNER PKG 3</b>
<b>MENU A (MON/FRI)</b>	<b>MENU B (TUE/SAT)</b>	<b>MENU C (WED/SUN)</b>	<b>MENU D (THUR)</b>
<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>	<b>STEAMED WHITE RICE</b>
*****	*****	*****	*****
<b>SEAWEED SOUP</b>	<b>FISH BALL SOUP</b>	<b>ABC SOUP</b>	<b>DUMPLING SOUP</b>
<b>DRY CHILI LALA</b>	<b>SAMBAL SOTONG</b>	<b>KAM HEONG BAMBOO</b>	<b>DF SOTONG</b>
<b>DEEP FRIED CHICKEN</b>	<b>RENDANG CHICKEN</b>	<b>DF SEAFOOD ROLL</b>	<b>BLACK PEPPER BEEF</b>
<b>FISH CURRY - TENGGIRI</b>	<b>GINGER ONION SIAKAP</b>	<b>STEAMED CHICKEN</b>	<b>RENDANG STYLE WHOLE FISH</b>
<b>SING KONG TAUFU</b>	<b>JAPANESE TAUFU</b>	<b>IKAN MASAK LEMAK CILI</b>	<b>STEAMED SOFT TAUFU</b>
<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>	<b>SEASONAL VEGETABLE</b>
*****	*****	*****	*****
<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>	<b>MIXED FRUITS PLATTER</b>
<b>AM/PM TEA BREAKS AT CHEF'S CHOICE OF</b>		<b>SUPPER AT CHEF'S CHOICE OF</b>	
<b>2 TYPE OF MALAY KUIH/ CAKE/ SANDWICHES</b>		<b>GREEN OR RED BEAN SOUP OR NOODLES</b>	
*****		*****	
<b>NESCAFE &amp; TEA</b>		<b>NESCAFE &amp; TEA OR BARLI</b>	
TYPE OF KUIH:			
KARIPUFF/ MINI BURGER/ VADAI/ SARDINE ROLL/ MINI PAU/ YAM CAKE/ SAUSAGES ROLL/ SAMOSA			
DONUT/ SERI MUKA/ CUSTARD JAGUNG/ KUIH LAPIS/ KUIH APAM/ KUIH GULUNG/ ONDEK-ONDEK/ MINI PAU			

GOLDEN SANDS BAPTIST ASSEMBLY			
MEALS PACKAGE 4 - VEGETARIAN			
BREAKFAST PKG - VEGETARIAN MENU A (MON/FRI)	BREAKFAST PKG - VEGETARIAN MENU B (TUE/SAT)	BREAKFAST PKG - VEGETARIAN MENU C (WED/SUN)	BREAKFAST PKG - VEGETARIAN MENU D (THUR)
FRIED MEE	BREAD WT BUTTER & JAM	FRIED MEE HOON	PORRIDGE- VEGE
FRIED KUAH TEOW	BAKED BEAN	FRIED RICE	BREAD WT BUTTER & JAM
SAMBAL		SAMBAL	
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG - VEGETARIAN MENU A (MON/FRI)	LUNCH PKG - VEGETARIAN MENU B (TUE/SAT)	LUNCH PKG - VEGETARIAN MENU C (WED/SUN)	LUNCH PKG - VEGETARIAN MENU D (THUR)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
BUTTER CHICKEN - VEG	CHICKEN CURRY -VEG	OSYTER CHICKEN - VEG	SWEET SOUR VEG CHICKEN
SPICY FISH - VEG	SWEET SOUR VEG FISH	SAMBAL IKAN - VEG	THREE VEGETABLE PLAIN
DHALL CURRY/VEG CURRY	SOYA STEAM TAUFU	PLAIN FRIED POTATO LEAF	SOUP VEGETABLE
FRIED LONG BEAN	FRIED ROUND CABBAGE	MIXED VEGETABLE	SALTED TAUGH
*****	*****	*****	*****
FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER
DINNER PKG - VEGETARIAN MENU A (MON/FRI)	DINNER PKG - VEGETARIAN MENU B (TUE/SAT)	DINNER PKG - VEGETARIAN MENU C (WED/SUN)	DINNER PKG - VEGETARIAN MENU D (THUR)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
DEEP FRIED VEG ROLL	RENDANG VEG CHICKEN	DF VEG ROLL	ABC VEG SOUP
VEG FISH CURRY	GINGER ONION VEG LAMB	STEW VEG CHICKEN	BLACK PEPPER VEG LAMB
SING KONG TAUFU	THAILAND TAUFU	SAMBAL TAUFU	STEAMED SOFT TAUFU
SEASONAL VEGETABLE	SEASONAL VEGETABLE	SEASONAL VEGETABLE	SEASONAL VEGETABLE
*****	*****	*****	*****
FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER	FRUITS PLATTER
AM/PM TEA BREAKS AT CHEF'S CHOICE OF 2 TYPE OF MALAY KUIH/ CAKE/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN OR RED BEAN SOUP OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLI	
TYPE OF KUIH:			
KARIPUFF/ MINI BURGER/ VADAI/ SARDINE ROLL/ MINI PAU/ YAM CAKE/ SAUSAGES ROLL/ SAMOSA			
DONUT/ SERI MUKA/ CUSTARD JAGUNG/ KUIH LAPIS/ KUIH APAM/ KUIH GULUNG/ ONDEK-ONDEK/ MINI PAU			