

GOLDEN SANDS BAPTIST ASSEMBLY

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1st December 2021

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 **1st December 2021**.

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

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			
MEALS PACKAGE 1			
BREAKFAST PKG 1 MENU A (MON/FRI)	BREAKFAST PKG 1 MENU B (TUE/THUR)	BREAKFAST PKG 1 MENU C (WED/SAT)	BREAKFAST PKG 1 MENU D (SUN)
CHICKEN PORRIDGE	NASI LEMAK	FRIED EGGS OR	OMELETTE
CHEE CHEONG FUN	FRIED MEE HOON	SCRAMBLED EGGS	BREAD WT BUTTER & JAM
	SAMBAL IKAN BILIS	CHICKEN SAUSAGES	
	BOIL EGGS	BREAD WITH BUTTER & JAM	
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG 1 MENU A (MON/FRI)	LUNCH PKG 1 MENU B (TUE/THUR)	LUNCH PKG 1 MENU C (WED/SAT)	LUNCH PKG 1 MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	FRIED RICE
*****	*****	*****	*****
CURRY CHICKEN	FRIED CHICKEN OR	CHICKEN STEW OR	HAINANESE NOODLES
FRIED FISH FILLET/ DOLLY FISH	GINGER ONION PORK	MINCE PORK WITH BASIL LEAF	FRIED DICED CHICKEN
VEG SALAD	FISH WITH BEAN PASTE	FRIED SEAFOOD TOFU	WITH GREEN PEPPER
FRIED LONG BEAN EGGS	CHILI AND TOMATO	FOO YONG EGGS	VEGETABLE
	BRAISED TOFU	VEGETABLE	SOUP
	VEGETABLE		
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
DINNER PKG 1 MENU A (MON/FRI)	DINNER PKG 1 MENU B (TUE/THUR)	DINNER PKG 1 MENU C (WED/SAT)	DINNER PKG 1 MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
BRAISED CHICKEN WITH	RENDANG CHICKEN	ASSAM FISH	SWEET & SOUR PORK
OYSTER SAUCE	YONG TOFU	PONGTEH CHICKEN	CHICKEN WITH HONEY
FRIED FISH WITH SOYA	SEAFOOD ROLL	MINCE MEAT WITH TOFU	PICKLED GINGER
SAUCE AND GARLIC	VEGETABLE	VEGETABLE	STEAMED SOFT TOFU
THAI STYLE TOFU			VEGETABLE
VEGETABLE			
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
AM/PM TEA BREAK AT CHEF'S CHOICE OF KUIH/ CAKE/ BISCUIT/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN BEAN/ RED BEAN/ PULUT HITAM/ WHITE FUNGUS OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLEY	

GOLDEN SANDS BAPTIST ASSEMBLY			
MEALS PACKAGE 2			
BREAKFAST PKG 2 MENU A (MON/FRI)	BREAKFAST PKG 2 MENU B (TUE/THUR)	BREAKFAST PKG 2 MENU C (WED/SAT)	BREAKFAST PKG 2 MENU D (SUN)
CHICKEN PORRIDGE	NASI LEMAK	FRIED EGGS OR	OMELETTE
CHEE CHEONG FUN	FRIED MEE HOON	SCRAMBLED EGGS	SAUSAGES
YAM / PUMPKIN CAKE	SAMBAL IKAN BILIS	CHICKEN SAUSAGES	BAKED BEAN
BREAD WT BUTTER & JAM	BOIL EGGS	LUNCHEON MEAT OR HAM	BREAD WT BUTTER & JAM
	NUGGETS	BREAD WT BUTTER & JAM	
	BREAD WT BUTTER & JAM		
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG 2 MENU A (MON/FRI)	LUNCH PKG 2 MENU B (TUE/THUR)	LUNCH PKG 2 MENU C (WED/SAT)	LUNCH PKG 2 MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	FRIED RICE
*****	*****	*****	*****
CURRY CHICKEN	FRIED CHICKEN OR	CHICKEN STEW OR	HAINANESE NOODLES
FRIED FISH FILLET/ DOLLY FISH	GINGER ONION PORK	MINCE PORK WT BASIL LEAF	FRIED DICED CHICKEN
VEG SALAD	FISH WITH BEAN PASTE	ED SEAFOOD TOFU	WT GREEN PEPPER
FRIED LONG BEAN EGGS	CHILI AND TOMATO	FOO YONG EGGS	VEGETABLE
GARLIC SPINACH	BRAISED TOFU	VEGETABLE	SOUP
	VEGETABLE	MIXED VEGETABLE	MEAT ROLL
	MINCE MEAT WT EGGPLANT		
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
DINNER PKG 2 MENU A (MON/FRI)	DINNER PKG 2 MENU B (TUE/THUR)	DINNER PKG 2 MENU C (WED/SAT)	DINNER PKG 2 MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
WATERCRESS SOUP	FISH BALL SOUP	ABC SOUP	OLD CUCUMBER SOUP
BRAISED CHICKEN WITH	RENDANG CHICKEN	ASSAM FISH	SWEET & SOUR PORK
OYSTER SAUCE	YONG TOFU	PONGTEH CHICKEN	CHICKEN WITH HONEY
FRIED FISH WITH SOYA	SEAFOOD ROLL	MINCE MEAT WITH TOFU	PICKLED GINGER
SAUCE AND GARLIC	VEGETABLE	VEGETABLE	STEAM SOFT TOFU
THAI STYLE TOFU	ONION EGGS	STEAM EGGS	VEGETABLE
VEGETABLE			BABY FRENCH BEAN
OTAK-OTAK			
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
AM/PM TEA BREAK AT CHEF'S CHOICE OF KUIH/ CAKE/ BISCUIT/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN BEAN/ RED BEAN/ PULUT HITAM/ WHITE FUNGUS OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLEY	

GOLDEN SANDS BAPTIST ASSEMBLY			
MEALS PACKAGE 3			
BREAKFAST PKG 3	BREAKFAST PKG 3	BREAKFAST PKG 3	BREAKFAST PKG 3
MENU A (MON/FRI)	MENU B (TUE/THUR)	MENU C (WED/SAT)	MENU D (SUN)
CHICKEN PORRIDGE	NASI LEMAK	FRIED EGGS OR	OMELETTE
CHEE CHEONG FUN	FRIED MEE HOON	SCRAMBLED EGGS	SAUSAGES
YAM / PUMPKIN CAKE	SAMBAL IKAN BILIS	CHICKEN SAUSAGES	BAKED BEAN
BREAD WT BUTTER & JAM	BOIL EGGS	LUNCHEON MEAT/ HAM	
	NUGGETS		
	BREAD WT BUTTER & JAM	BREAD WT BUTTER & JAM	BREAD WT BUTTER & JAM
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG 3	LUNCH PKG 3	LUNCH PKG 3	LUNCH PKG 3
MENU A (MON/FRI)	MENU B (TUE/THUR)	MENU C (WED/SAT)	MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	FRIED RICE
*****	*****	*****	*****
BUTTER/ SALTED EGG PRAWN	SWEET & SOUR PRAWN	NESTUM OAT PRAWN	OYSTER OR PRAWN EGGS
CURRY CHICKEN	FRIED CHICKEN OR GINGER	CHICKEN STEW OR MINCE	HAINANESE NOODLES
FRIED FISH FILLET/ DOLLY FISH	SPRING ONION PORK	PORK WT BASIL LEAF	FRIED DICED CHICKEN WT
VEG SALAD	FISH WT BEAN PASTE	FRIED SEAFOOD TOFU	GREEN PEPPER
FRIED LONG BEAN EGGS	CHILI AND TOMATO	FOO YONG EGGS	VEGETABLE
GARLIC SPINACH	BRAISED TOFU	VEGETABLE	SOUP
	VEGETABLE	MIXED VEGETABLE	MEAT ROLL
	MINCE MEAT WT EGGPLANT		OYSTER OR PRAWN EGGS
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
DINNER PKG 3	DINNER PKG 3	DINNER PKG 3	DINNER PKG 3
MENU A (MON/FRI)	MENU B (TUE/THUR)	MENU C (WED/SAT)	MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
WATERCRESS SOUP	FISH BALL SOUP	ABC SOUP	OLD CUCUMBER SOUP
KUNG PAO LALA	THAI STYLE STEAM SOTONG	KAM HEONG BAMBOO	GINGER & ONION FISH
BRAISED CHICKEN WT	RENDANG CHICKEN	ASSAM FISH	SWEET & SOUR PORK
OYSTER SAUCE	YONG TOFU	PONGTEH CHICKEN	CHICKEN WT HONEY
FRIED FISH WT SOYA	SEAFOOD ROLL	MINCE MEAT WT TOFU	PICKLED GINGER
SAUCE AND GARLIC	VEGETABLE	VEGETABLE	STEAM SOFT TOFU
THAI STYLE TOFU	ONION EGGS	STEAM EGGS	VEGETABLE
VEGETABLE			BABY FRENCH BEAN
OTAK-OTAK			
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
AM/PM TEA BREAK AT CHEF'S CHOICE OF KUIH/ CAKE/ BISCUIT/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN BEAN/ RED BEAN/ PULUT HITAM/ WHITE FUNGUS OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLEY	

**GOLDEN SANDS BAPTIST ASSEMBLY
MEALS PACKAGE 4 - VEGETARIAN**

BREAKFAST PKG - VEGETARIAN MENU A (MON/FRI)	BREAKFAST PKG - VEGETARIAN MENU B (TUE/THUR)	BREAKFAST PKG - VEGETARIAN MENU C (WED/SAT)	BREAKFAST PKG - VEGETARIAN MENU D (SUN)
PORRIDGE	NASI LEMAK	ROTI CANAI OR NAN	OMELETTE OR
CHEE CHEONG FUN	VEGETARIAN SAMBAL	DHALL CURRY OR	PANCAKE WT BUTTER
	BREAD WT BUTTER & JAM	FRIED EGGS	AND SYRUP
		VEGETARIAN HAM	BREAD WT BUTTER & JAM
*****	*****	*****	*****
NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA	NESCAFE & TEA
LUNCH PKG - VEGETARIAN MENU A (MON/FRI)	LUNCH PKG - VEGETARIAN MENU B (TUE/THUR)	LUNCH PKG - VEGETARIAN MENU C (WED/SAT)	LUNCH PKG - VEGETARIAN MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	FRIED RICE
*****	*****	*****	*****
CURRY CHICKEN-VEG	FRIED CHICKEN-VEG	VEGETABLE STEW	HAINANESE NOODLES
SPICY FISH - VEG	VEG FISH WITH BEAN PASTE	NESTUM FRIED JAPANESE TOFU	VEGETABLE
VEG SALAD	CHILI AND TOMATO	STIR FRY POTATO LEAF	VEGETABLE SOUP
FRIED LONG BEAN	BRAISED TOFU	MIXED VEGETABLE	
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
DINNER PKG - VEGETARIAN MENU A (MON/FRI)	DINNER PKG - VEGETARIAN MENU B (TUE/THUR)	DINNER PKG - VEGETARIAN MENU C (WED/SAT)	DINNER PKG - VEGETARIAN MENU D (SUN)
STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE	STEAMED WHITE RICE
*****	*****	*****	*****
BRAISED VEG CHICKEN	RENDANG VEG CHICKEN	ASSAM VEG FISH	SWEET & SOUR VEG PORK
WITH MUSHROOM SAUCE	GINGER ONION VEG LAMB	VEG CHICKEN PONGTEH	VEG CHICKEN WT
VEG FISH WT BUTTER SAUCE	DEEP FRIED VEG ROLL	MINCE VEG MEAT WT TOFU	HONEY PICKLED GINGER
THAI STYLE TOFU	VEGETABLE	VEGETABLE	STEAMED SOFT TOFU
VEGETABLE	*****	*****	VEGETABLE
*****	*****	*****	*****
FRUITS	FRUITS	FRUITS	FRUITS
AM/PM TEA BREAK AT CHEF'S CHOICE OF KUIH/ CAKE/ BISCUIT/ SANDWICHES		SUPPER AT CHEF'S CHOICE OF GREEN BEAN/ RED BEAN/ PULUT HITAM/ WHITE FUNGUS OR NOODLES	
*****		*****	
NESCAFE & TEA		NESCAFE & TEA OR BARLEY	

