

FEBRUARY 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

EVENTS

1 - 2 February -
Chinese New Year

14 February -
Valentine's Special



WHY IS PROTEIN IMPORTANT?

Along with fat and carbohydrates, it is a "macronutrient," meaning that the body needs relatively large amounts of protein. Protein is an important building block for bones, muscles, cartilage, skin, and blood. It is also important to promote proper growth for children and teenagers. We need a continuous, sufficient supply of protein in our daily food intake. Protein can be gained from lean meats, poultry, seafood, eggs, dairy products, nuts, legumes and beans.

VALENTINE'S DAY SPECIAL

Show your love and admiration to your loved ones on the Valentine's Day! For this year, we will be preparing a special pre-order menu to celebrate it. For further details on menu and ordering, you may check with your local cafeteria staff. Pre-order yours now before it's too late!

**CEZARS™
KITCHEN**

Valentine's Day Special

14TH FEBRUARY 2022

Pre-order the special Chocolate Cake with Hearts Sprinkles & collect it from the cafeteria on 14th February!

Celebrate this year's Valentine by showing your love and admiration by sending messages of love and affection to your parents, family, teachers and friends.

***Kindly refer to the cafeteria staff for item & ordering details.*

PRE-ORDER DATELINE:
11TH FEBRUARY 2022, 2:30PM

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RECIPE OF THE MONTH: VEGETARIAN CHICKPEA STEW



Ingredients:

- 15ml extra virgin olive oil
- 80g onion
- 10g garlic (peeled)
- 6g cumin powder
- 6g coriander powder
- 4g nutmeg powder
- 5g cinnamon powder
- 2g paprika powder
- 2g clove powder
- 70g eggplant
- 60g chickpeas
- 10g brown sugar
- 100ml vegetable stock
- 10ml melon juice
- 80ml pomodoro sauce

Directions:-

- 1) Before starting, preheat the oven to 200 degrees celcius.
- 2) Then, preheat the pot over medium/low heat and add the oil.
- 3) After that, add the onion and fry it lightly for a minute. Add the garlic and parsley stalks before frying them for 2 more minutes. Do not allow the onion or garlic to turn brown.
- 3) Add all the spices (cumin powder, coriander powder, nutmeg powder, cinnamon powder, paprika powder, and clove powder) and stir well.
- 4) Then add the eggplant, chickpeas, pomodoro sauce, brown sugar, vegetable stock and mix it well.
- 5) Cover the pot with the lid and place in the preheated oven for 30 minutes.
- 6) After 30 minutes, remove it from the oven and stir well. Now, it's ready to be served!

CEZARS KITCHEN SDN. BHD.

Unit C3A11, Level 3A Block C, Kelana Square, Kelana Jaya, Jalan SS7/26, Kelana Jaya,
47301 Petaling Jaya, Selangor, Malaysia | Tel: 603 - 7665 0122 / 603 - 7665 0123

   cezarskitchenmy Website: www.cezarskitchen.com.my Email: infomys@cezarskitchen.com

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