

MONTHLY MENU AUGUST 2023 EARLY YEARS

Week of: 1st Week and 3rd Week

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		July-31st / Aug 14th/28th	Aug 1st/ Aug 15th/29th	Aug 2nd / Aug 16th/30th	Aug 3rd/ Aug 17th/31st	Aug 4th / Aug 18th

Morning Snack	Ala Carte	Vanilla Muffin (RM4)	Wholemeal Banana Bread (RM4)	Fruit Yogourt (RM4)	Chicken Wrap w. Hummus (RM5)	Cerial w. Low Fat Milk (RM4)
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Lunch Fayre	Western	Marinara Chicken Meatball Tossed Spaghetti and Honey Glazed Corn & Carrot	Fish & Chips w. Tartar Sauce Truffle Fries Corn on Cobb	Roasted Honey Chicken Mashed Potato Steamed Cauliflower & Carrot	Irish Mutton Stew Focaccia Bread Mixed Vegetables	Chicken Pot Pie Roasted Potato Buttered Corn Kernel
	Asian	Baked Fish w. Manchurian Sauce Jasmine Rice Roasted Herb Eggplant	Ginger & Garlic Chicken Yee Mee Noodles Steamed Pok Choy	Teriyaki Saba Fish, Jasmine Rice Oi Muchim	Ayam Masak Merah, Tomato Rice Acar & Papadom	Malaysian Grilled Fish Jasmine Rice Pumpkin Coconut Gravy Asian Salad
	Vegetarian	Karachi Vegetarian Chicken Brown Rice Stir Fried Eggplant & Carrot	Vegetable Napolitan, Penne Pasta and Grilled Mix Vegetable	TerayakiTofu Jasmine Rice Oi Muchim	Vegetarian Lasagne, Focaccia Bread Corn Salsa	Mushroom Pot Pie Roasted Potato Buttered Corn Kernel
	Dessert	Slice Orange	Banana Cake	Slice Papaya	Orange Cake	Banana

Lunch Special	Noodle Station	Selections are available at Secondary Cafeteria
	Panini Counter	
	Chef Special	

*HNF Campus Kitchen does not use nuts in its recipes.

EY & FF student menu price RM 11.00



Water and milk served daily!



Salad bar available daily!

MONTHLY MENU AUGUST 2023 EARLY YEARS

Week of: 2nd Week and 4rd Week

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Aug-8th / Aug 22th	Aug - 9th / Aug 23th	Aug 10th / Aug 24th	Aug 11th / Aug 25th	Aug 12th / Aug 26th	
Morning Snack	Ala Carte Wholemeal Pancake w. Jam (RM4)	Raisin Scones w. Jam (RM4)	Chocolate Muffin (RM3)	Fruit Yogourt (RM5)	Chicken Porridge (RM4)	
Lunch Fayre	Western	Baked Fish w. Lemon Butter Sauce Tossed Pasta Roasted Zucchini	Roasted Cajun Chicken Mashed Potato Baked Broccoli & Cauliflower	Grilled Fish w. Mornay Sauce Tossed Pasta Steamed Vegetables	Rosemary Chicken w Mushroom Gravy, Focaccia Bread Baked Vegetable Au-Gratin	Crispy Baked Fish Pilaf Rice Corn Salsa
	Asian	Chicken Korma w. Potato Brown Rice Stir Fry Cabbage & Carrot	Sweet & Sour Fish Yong Chow Fried Rice Stir Fry Beansprouts	Chicken in Green Curry Corn Rice Cap Cay Vegetables	Daging Masak Hitam (Meat in Black Sauce) Jasmine Rice and Stir Fry Long Bean w. Egg.	Chicken Mandy, Mandy Rice Arab Salatah w. Harrah Sauce
	Vegetarian	Coconut Gravy w. Tofu Brown Rice Braised Cabbage in Soy Sauce.	Cheesy Sweet Potato Casserole Soft Roll Roasted Broccoli & Carrot	Braised Noodle with Mushroom, Spicy Tofu and Stir Fry Kailan	Vegetarian Enchiladas, Focaccia Bread Rosted Grilled Tomato	Vegetarian Chicken Mandy, Mandy Rice Arab Salatah w. Harrah Sauce
	Dessert	Apple	Marble Cake	Papaya	Carrot Cake	Vanilla Muffin
Lunch Special	Noodle Station	Selections are available at Secondary Cafeteria				
	Panini Counter					
	Chef Special					

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EY & FF student menu price RM 11.00



Water and milk served daily!



Salad bar available daily!

MONTHLY MENU AUGUST 2023

ELEMENTARY & SECONDARY

Week of: 1st Week and 3rd Week

STATION	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	July-31st / Aug 14th/28th		Aug 1st/ Aug 15th/29th		Aug 2nd / Aug 16th/30th		Aug 3rd/ Aug 17th/31st		Aug 4th / Aug 18th	
Morning Snack	Asian Delight	Char Kway Teow (RM5.00)		Nasi Lemak w. Condiment (RM 5.00)		Chinese Fried Rice (RM5.00)		Kway Teow Soup w. Chicken (RM5.00)		Chicken Porridge (RM4.00)
	Protein Power	Sunny Side Up Egg (RM3.00)		Vegetarin Spring Roll (RM2.00)		Scramble Egg (RM4.00)		English Egg Muffin (RM5.00)		Assorted Muffin (RM3.00)
		Egg Chicken Muffin (RM5.00)		Chicken Buritto with Hummus (RM5.00)		Cinnamon Roll (RM4.00)		Chicken Mayo Sandwich (RM4.00)		Egg & Cheese Buritto (RM5.00)
	Morning Bakery	Vanilla Muffin (RM3.00)		Wholemeal Pancake (RM 4.00)		Yogurt Fruit (RM 4.00)		Asian Chicken Pau (RM5.00)		Chicken Quesdilla (RM 4.00)
Lunch Fayre	Western	Marinara Chicken Meatball Tossed Spaghetti and Honey Glazed Corn & Carrot		Fish & Chips w. Tartar Sauce Truffle Fries Corn on Cobb		Roasted Honey Chicken Mashed Potato Steamed Cauliflower & Carrot		Irish Mutton Stew Focaccia Bread Mixed Vegetables		Chicken Pot Pie Roasted Potato Buttered Corn Kernel
	Asian	Baked Fish w. Manchurian Sauce Jasmine Rice Roasted Herb Eggplant Karamin vegetarian		Ginger & Garlic Chicken Yee Mee Noodles Steamed Pok Choy		Teriyaki Saba Fish, Jasmine Rice Oi Muchim		Ayam Masak Merah, Tomato Rice Acar & Papadom		Malaysian Grilled Fish Jasmine Rice Pumpkin Coconut Gravy Asian Salad
	Vegetarian	Chicken Brown Rice Stir Fried Eggplant & Carrot		Vegetable Napolitan, Penne Pasta and Grilled Mix Vegetable		TerayakiTofu Jasmine Rice Oi Muchim		Vegetarian Lasagne, Focaccia Bread Corn Salsa		Mushroom Pot Pie Roasted Potato Buttered Corn Kernel
	Dessert	Slice Orange		Banana Cake		Slice Papaya		Orange Cake		Banana
Lunch Special	Noodle Station	Noodles Curry w. Chicken (RM10.00)		Udon Noodles Soup (RM10.00)		Wonton Noodles Soup (RM10.00)		Mee Bandung Muar (RM10.00)		Kway Teow Tomyam (RM10.00)
	Panini Counter	BBQ Chicken (RM12.00)		Cheesy Chicken Pizza (RM12.00)		Sloppy Joe (12.00)		Fried Chicken Club (12.00)		Turkey Egg (RM12.00)
	Chef Special	Today's Chef Special (RM10.00)		Today's Chef Special (RM10.00)		Today's Chef Special (RM10.00)		Today's Chef Special (RM10.00)		Today's Chef Special (RM10.00)

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Secondary Student Menu Price RM13.00

Elementary Student Menu Price Rm12.00

Lunch Specials only available at Secondary Cafeteria



Water and milk served daily!

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Salad bar available daily!

MONTHLY MENU AUGUST 2023 ELEMENTARY & SECONDARY

Week of: 2nd Week and 4th Week

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		July-31st / Aug 14th	Aug 1st/ Aug 15th	Aug 2nd / Aug 16th	Aug 3rd/ Aug 17th	Aug 4th / Aug 18th
Morning Snack	Asian Delight	Mamak Style Noodle (RM 5.00)	Roti Canai w. Dhall (RM 3.00)	Soy Sauce Fried Rice (RM 5.00)	Nasi Lemak w. Condiments (RM 5.00)	Bee Hoon Soup w. Shredded Chicken (RM 5.00)
	Protein Power	Sunny Side Egg (RM 3.00)	Chicken Ham Wrap (RM 5.00)	Egg Roll (RM 4.00)	Scrambled Egg (RM 3.00)	Egg Foo Yong (RM 4.00)
		Breakfast Sausage (RM 3.00)	Chicken Mayo Sandwich (RM 5.00)	Hashbrown (RM 3.00)	Toast Bread with Baked Bean (RM 4.00)	Chicken & Cheese Burrito (RM 5.00)
Morning Bakery	Egg Mayo Sandwich (RM 5.00)	Chocolate Cupcake (RM 5.00)	French Toast w. Cinnamon (RM 4.00)	Banana Muffin (RM 3.00)	Waffle w. Jam / Honey (RM 4.00)	
Lunch Fayre	Western	Baked Fish w. Lemon Butter Sauce Tossed Pasta Roasted Zucchini	Roasted Cajun Chicken Mashed Potato Baked Broccoli & Cauliflower	Grilled Fish w. Mornay Sauce Tossed Pasta Steamed Vegetables	Rosemary Chicken w. Mushroom Gravy, Focaccia Bread Baked Vegetable Au-Gratin	Crispy Baked Fish Pilaf Rice Corn Salsa
	Asian	Chicken Korma w. Potato Brown Rice Stir Fry Cabbage & Carrot	Sweet & Sour Fish Yong Chow Fried Rice Stir Fry Beansprouts	Chicken in Green Curry Corn Rice Cap Cay Vegetables	Daging Masak Hitam (Meat in Black Sauce) Jasmine Rice and Stir Fry Long Bean w. Egg.	Chicken Mandy, Mandy Rice Arab Salatah w. Harrah Sauce
	Vegetarian	Coconut Gravy w. Tofu Brown Rice Braised Cabbage in Soy Sauce.	Cheesy Sweet Potato Casserole Soft Roll Roasted Broccoli & Carrot	Braised Noodle with Mushroom, Spicy Tofu and Stir Fry Kailan	Vegetarian Enchiladas, Focaccia Bread Rosted Grilled Tomato	Vegetarian Chicken Mandy, Mandy Rice Arab Salatah w. Harrah Sauce
	Dessert	Apple	Marble Cake	Papaya	Carrot Cake	Vanilla Muffin
Lunch Special	Noodle Station	Noodles Curry w. Chicken (RM10.00)	Lakssa Johor (RM10.00)	Wonton Noodles Soup (RM10.00)	Laksa Utara w Egg (RM10.00)	Asam with Chicken Pineapple (RM10.00)
	Panini Counter	Chicken Fajitas (RM 12.00)	Breaded Fish (12.00)	Chimicuri Chicken (RM12.00)	Chicken Satay (RM12.00)	Ayam Percik RM12.00)
	Chef Special	Today's Chef Special (RM10.00)	Today's Chef Special (RM10.00)	Today's Chef Special (RM10.00)	Today's Chef Special (RM10.00)	Today's Chef Special (RM10.00)

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Secondary Student Menu Price RM13.00

Elementary Student Menu Price Rm12.00

Lunch specials only available at Secondary Cafeteria



Water and milk served daily!



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