

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4th/18th SEPT	5th SEPT/19th SEPT	6th SEPT/20th SEPT	7th SEPT/21 SEPT	1st/8th SEPT/22th SEPT

Lunch Fayre	Western	Grilled Fish w. Creamy Lemon Sauce Garlic Bread Green Salad	Chicken Burger Potato Wedges Coleslaws	Oven Baked Chicken Mashed Potato Steamed Cauliflower w. Carrot	Grilled Chicken Spagetti Aglio Olio Garden Salad	Grilled Fish Picatta Breamy Mashed Potato Buttered Green Peas
	Asian	5 Spiced Chicken Steamed Fragrant Rice Stir Fry Beansprout	Fish Tikka Brown Rice Cucumber Raita	Grilled Fish w. Thai Sauce Braised Yee Mee Sauted Chinese Cabbage	Ayam Masak Merah Tomato Rice Vegetable Dalca	Opor Chicken Jasmine Rice Steamed Long Bean w. Garlic Sauce
	Vegetarian	Pesto Pasta Garden Salad Grilled Tofu	Yong Chow Fried Rice Steamed Lettuce w. Garlic Sauce	Kung Fu Noodle w. Egg Tofu Steamed Kailan	Roti Canai Long Bean & Potato Dalca Vegetable Pakora	Baked Mushroom w. Capsicum Pasta Roasted Vegetables
	Dessert	Sliced Orange	Orange Cake	Banana	Banana Cake	Slice Papaya

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

Lunch Fayre Selection is priced at RM 13



Water and milk served daily!



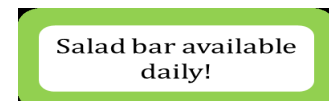
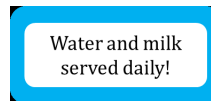
Salad bar available daily!

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11th SEPT/25th SEPT	12th SEPT/26th SEPT	13th SEPT/ 27th SEPT	14th SEPT/28th SEPT	15th SEPT/29th SEPT

Lunch Fayre	Western	Breaded Chicken Carbonara Pasta Roasted Broccoli		Breaded Fish Roasted Potato Wedges Smashed Green Beans		Chicken w. Creamy Garlic Sauce Butter Rice Honey Glazed Potato Carrot		Fish Au Gratin Garlic Bread Roasted Cauliflower		Chicken Cordon Blue Garlic Bread Sauteed Green Beans
	Asian	Nasi Kerabu Ayam Percik w. Malay Fresh Salads		Baked Fish w. Lemon Honey Sauce Jasmine Rice Sauteed French Bean		Teriyaki Chicken Ramen Noodle Sauteed Spinach		Japanese Chicken Curry w Potato. Fragrant Rice Steamed Cabbages w Sesame		Egg Noodle w. Honey Chicken Steamed French Bean & Carrot
	Vegetarian	Nasi Kerabu with Mock Chicken and Vegetable Cracker		Tofu with Hainanese Sauce Vegetarian Fried Rice Grilled Beansprout		Braised Ramen Noodle w. Mushroom Honey Glaze Potato and Carrot		Japanese Vegetarian Chicken Curry w. Potato Fragrant Rice Steamed Cabbages w Sesame		Vegetable Sesame Noodle w. Honey Glazed Eggplant & Potato
	Dessert	Apple		Marble Cake		Papaya		Carrot Cake		Vanilla Muffi

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

Lunch Fayre Selection is priced at RM 13



STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	4th/18th SEPT	5th SEPT/19th SEPT	6th SEPT/20th SEPT	7th SEPT/21 SEPT	1st/8th SEPT/22th SEPT	
Morning Snack	Asian Delight	Char Kway Teow (RM 5)	Nasi Lemak w. Condiments (RM 5)	Garlic Fried Rice (RM 5)	Mee Hoon with Fish Ball Soup (RM 5)	Chicken Porridge (RM 4)
	Protein Power	Sunny Side Up Egg (RM 3)	Egg Sandwich (RM 5)	Egg Foo Yong (RM 4)	Tater Tots (RM 3)	Scrambled Egg (RM 3)
		Breakfast Slider (RM 5)	Chicken Buritto (RM 5)	Tuna Wrap (RM 5)	Chicken Mayo Sandwich (RM 5)	Veggie & Ham Sandwich (RM 5)
	Morning Bakery	Vanilla Muffin (RM 3)	Wholemeal Pancake w. Jam (RM 4)	Breakfast Pizza (RM 4)	Steamed Pau (RM 3)	Kaya & Butter Toast (RM 3)
Lunch Fayre	Western	Grilled Fish w. Creamy Lemon Sauce Garlic Bread Green Salad	Chicken Burger Potato Wedges Coleslaws	Oven Baked Chicken Mashed Potato Steamed Cauliflower w. Carrot	Grilled Chicken Spagetti Aglio Olio Garden Salad	Grilled Fish Picatta Breamy Mashed Potato Buttered Green Peas
	Asian	5 Spiced Chicken Steamed Fragrant Rice Stir Fry Beansprout	Fish Tikka Brown Rice Cucumber Raita	Grilled Fish w. Thai Sauce Braised Yee Mee Sauted Chinese Cabbage	Ayam Masak Merah Tomato Rice Vegetable Dalca	Opor Chicken Jasmine Rice Steamed Long Bean w. Garlic Sauce
	Vegetarian	Pesto Pasta Garden Salad Grilled Tofu	Yong Chow Fried Rice Steamed Lettuce w. Garlic Sauce	Kung Fu Noodle w. Egg Tofu Steamed Kailan	Roti Canai Long Bean & Potato Dalca Vegetable Pakora	Baked Mushroom w. Capsicum Pasta Roasted Vegetables
	Dessert	Sliced Orange	Orange Cake	Banana	Banana Cake	Slice Papaya
Lunch Special	Noodle Station	Chicken Pesto	Breaded Fish	Chimicuri Chicken	Satay Chicken	BBQ Chicken
	Panini Counter	Shredded Chicken with Soup	Tom Yum Noodle	Curry Mee	Fish Ball Soup	Asam Laksa
	Chef Special	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)

Lunch Fayre Selection is priced at RM 15 for Primary level & RM 17 for Secondary level



Water and milk served daily!



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STATION	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	11th SEPT/25th SEPT		12th SEPT/26th SEPT		13th SEPT/ 27th SEPT		14th SEPT/28th SEPT		15th SEPT/29th SEPT		
Morning Snack	Asian Delight	Wok Style Vegetable Noodle (RM 5)		Roti Canai w. Dhall Curry (RM 3)		Spanish Fried Rice (RM 5)		Nasi Lemak w. Condiments (RM 5)		Mee Hoon Soup w. Shredded Chicken (RM 5)	
	Protein Power	Sunny Side Up Egg (RM 3)		Chicken Fajita Quesadilla (RM 5)		Vegetable Fritata (RM 4)		Scrambled Egg (RM 3)		Egg Foo Yong (RM 4)	
		Tuna Mayo Sandwich (RM 5)		Egg Mayo Sandwich (RM 5)		Hashbrown (RM 3)		Chicken Sausage (RM 3)		Ham & Cheese Sandwich (RM 5)	
	Morning Bakery	Croissant (RM 4)		Wholemeal Chocolate Chip Muffin (RM 3)		French Toast w. Cinnamon (RM 4)		Toast Bread w. Baked Bean (RM 4)		Wholemeal Waffle w. Jam / Honey (RM 4)	
Lunch Fayre	Western	Breaded Chicken Carbonara Pasta Roasted Broccoli		Breaded Fish Roasted Potato Wedges Smashed Green Beans		Chicken w. Creamy Garlic Sauce Butter Rice Honey Glazed Potato Carrot		Fish Au Gratin Garlic Bread Roasted Cauliflower		Chicken Cordon Blue Garlic Bread Sauteed Green Beans	
	Asian	Nasi Kerabu Ayam Percik w. Malay Fresh Salads		Baked Fish w. Lemon Honey Sauce Jasmine Rice Sauteed French Bean		Teriyaki Chicken Ramen Noodle Sauteed Spinach		Japanese Chicken Curry w. Potato Fragrant Rice Steamed Cabbages w. Sesame		Egg Noodle w. Honey Chicken Steamed French Bean & Carrot	
	Vegetarian	Nasi Kerabu with Mock Chicken and Vegetable Cracker		Tofu with Hainanese Sauce Vegetarian Fried Rice Grilled Beansproud		Braised Ramen Noodle w. Mushroom Honey Glaze Potato and Carrot		Japanese Vegetarian Chicken Curry w. Potato Fragrant Rice Steamed Cabbages w. Sesame		Vegetable Sesame Noodle w. Honey Glazed Eggplant & Potato	
	Dessert	Apple		Marble Cake		Papaya		Carrot Cake		Vanilla Muffi	
Lunch Special	Noodle Station	Shredded Chicken Soup		Tom Yum Noodle		Curry Mee		Fish Ball Soup		Asam Laksa	
	Panini Counter	Chicken Pesto		Breaded Fish		Chimicuri Chicken		Satay Chicken		BBQ Chicken	
	Chef Special	Special Chef (RM 10)		Special Chef (RM 10)		Special Chef (RM 10)		Special Chef (RM 10)		Special Chef (RM 10)	

Lunch Fayre Selection is priced at RM 15 for Primary level & RM 17 for Secondary level



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