

MONTHLY MENU DECEMBER 2023

EARLY YEAR

STATION	MONDAY	TUESD AY	WEDNESD AY	TH URSDAY	FRID AY	
	4-Dec	5 Dec	6-Dec	7-Dec	1 Dec / 8 Dec	
Morning Snack	Ala Cart e	<i>Chicken Fajitas Quesadilla</i>	<i>French Toast w. Cinnamon</i>	<i>Corn & Cheese Pizza</i>	<i>Waffle w. Caramelized Apple</i>	<i>Raisin Cinnamon Roll</i>
Lunch F ayre	Western	Baked Fish w. Lemon Butter Sauce Tossed Pasta Roasted Zucchini	Carbonara Chicken Tossed Pasta Baked Broccoli & Cauliflower	Roasted Cajun Chicken Potato Au Gratin Stir Fry Tomato & Spinach	Rosemary Chicken w. Mushroom Gravy Focaccia Bread Tomato Salad	Crispy Baked Fish Pilaf Rice Corn Salsa
	Asian	Chicken Korma w. Potato Brown Rice Stir Fry Cabbage & Carrot	Teriyaki Fish, Jasmine Rice Oi Muchim	Ayam Masak Merah, Tomato Rice Acar & Papadom	Malaysian Grilled Fish Jasmine Rice Pumpkin Coconut Gravy Asian Salad	Ginger & Garlic Chicken Yee Mee Noodles Steamed Pok Choy
	Vegetarian	Egg Korma with Potato Brown Rice Stir Fry Cabbage & Carrot	TeriyakiTofu Jasmine Rice Oi Muchim	Egg Masak Merah, Tomato Rice Acar & Papadom	Chickpea Stew Focaccia Bread Tomato Salad	Ginger & Garlic Tofu Yee Mee Noodles Steamed Pok Choy
	Dessert	Fruit Jelly	Marble Cake	Watermelon Slice	Carrot Cake	Vanilla Muffin
Lunch Special	Noodle Station	Selections are available at Primary and Secondary Cafeteria				
	Panini Count er					
	Chef Special					

STATION	MONDAY	TUESD AY	WEDNESD AY	TH URSDAY	FRID AY	
	11-Dec	12 Dec	13-Dec	14-Dec	15-Dec	
Morning Snack	Ala Cart e	<i>Tuna Sandwich</i>	<i>Turkey Ham Sandwich</i>	<i>Honey Butter Biscuit</i>	<i>French Toast with Cinnamon</i>	<i>Vanilla Muffin</i>
Lunch F ayre	Western	<i>Grilled Chicken w. Mornay Sauce Italian Herb Bread Steamed Vegetables</i>	<i>Baked Fish w. Dill Sauce Garlic Butter Rice Sauteed French Bean</i>	<i>Chicken Stroganoff Garlic Bread Honey Glazed Carrots</i>	<i>Tossed Spaghetti Chicken Meatball in Marinara Sauce Vegetable Sticks</i>	<i>Cranberry Glazed Roasted Chicken Mashed Potatoes Roasted Mixed Vegetables</i>
	Asian	<i>Green Curry Fish Corn Rice Cap Cay Vegetables</i>	<i>Rojan Josh Chicken Curry Jasmine Rice Cucumber Raita</i>	<i>Jasmine Rice Crispy Sweet & Sour Fish Cabbage Salad</i>	<i>Stir Fried Ramen Chicken with Bulgogi Sauce Carrot & Green Bean</i>	<i>Garlic Fried Rice Fish Karaage Japanese Carrot & Daikon Stir Fry</i>
	Vegetarian	<i>Green Curry Egg Corn Rice Cap Cay Vegetables</i>	<i>Rojan Josh Chickpea Curry Jasmine Rice Cucumber Raita</i>	<i>Jasmine Rice Crispy Sweet & Sour Tofu Cabbage Salad</i>	<i>Stir Fried Ramen Vegetarian Chicken with Bulgogi Sauce Carrot & Green Bean</i>	<i>Garlic Fried Rice Korean Tofu Stew Japanese Carrot & Daikon Stir Fry</i>
	Dessert	<i>Chocolate Cake</i>	<i>Watermelon</i>	<i>Cranberry Bread Butter Pudding</i>	<i>Rose Jelly</i>	<i>Snickerdoodle Cookies</i>
Lunch Special	Noodle Station	Selections are available at Primary and Secondary Cafeteria				
	Panini Count er					
	Chef Special					

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	4-Dec	5 Dec	6-Dec	7-Dec	1 Dec / 8 Dec	
Morning Snack	Asian Delight	<i>Stir Fried Bee Hoon (RM 5)</i>	<i>Roti Canai w. Dhall Curry (RM 3)</i>	<i>Nasi Lemak w. Condiments (RM 5)</i>	<i>Kway Teow Soup (RM 5)</i>	<i>Indonesian Stir Fried Rice (RM 5)</i>
	Protein Power	<i>Scramble Egg (RM 3)</i>	<i>Granola sunflower and pumpkin seed</i>	<i>Sunny Side Up Egg (RM 2)</i>	<i>Grilled Cheese Sandwiches (RM 4)</i>	<i>Omelette (RM 3)</i>
		<i>Chicken Fajitas Wrap (RM 5)</i>	<i>Turkey Focaccia Sandwich (RM 4)</i>	<i>Egg & Cheese Burrito (RM 4)</i>	<i>Black Bean Quesadilla (RM 5)</i>	<i>Chicken & Cheese Burrito (RM 5)</i>
	Morning Bakery	<i>Oatmeal Muffin (RM 4)</i>	<i>French Toast w. Cinnamon (RM 4)</i>	<i>Corn & Cheese Pizza (RM 4)</i>	<i>Wholemeal Waffle w. Caramelize Apple (RM 4)</i>	<i>Raisin Cinnamon Roll (RM 4)</i>
Lunch	Western	Baked Fish w. Lemon Butter Sauce Tossed Pasta Roasted Zucchini	Carbonara Chicken Tossed Pasta Baked Broccoli & Cauliflower	Roasted Cajun Chicken Potato Au Gratin Stir Fry Tomato & Spinach	Rosemary Chicken w. Mushroom Gravy, Focaccia Bread Tomato Salad	Crispy Baked Fish Pilaf Rice Corn Salsa
	Asian	Chicken Korma w. Potato Brown Rice Stir Fry Cabbage & Carrot	Teriyaki Fish, Jasmine Rice Oi Muchim	Ayam Masak Merah, Tomato Rice Acar & Papadom	Malaysian Grilled Fish Jasmine Rice Pumpkin Coconut Gravy Asian Salad	Ginger & Garlic Chicken Yee Mee Noodles Steamed Pok Choy
	Vegetarian	Egg Korma with Potato Brown Rice Stir Fry Cabbage & Carrot	Teriyaki Tofu Jasmine Rice Oi Muchim	Egg Masak Merah, Tomato Rice Acar & Papadom	Chickpea Stew Focaccia Bread Tomato Salad	Ginger & Garlic Tofu Yee Mee Noodles Steamed Pok Choy
	Dessert	Fruit Jelly	Marble Cake	Watermelon Slice	Carrot Cake	Vanilla Muffin
Lunch Special	Noodle Station	<i>Ipoh Hor Fun with Condiment (RM8)</i>	<i>Curry Noodle with Condiment (RM8)</i>	<i>Tom Yam Noodle with Condiment (RM8)</i>	<i>Sizzling Noodle with Condiment (RM8)</i>	<i>Prawn Noodle with Condiment (RM 8)</i>
	Panini Counter	<i>Korean Egg Drop Sandwich (White Bread) (RM12)</i>	<i>BLT Sandwich (panini Bread) (RM12)</i>	<i>Chicken albondigas in Concasse (Tortilla Skin) (RM12)</i>	<i>Gilgeori Toast (Cabbage & egg) (White Bread) (RM12)</i>	<i>Club Sandwich (Panini Bread) (RM12)</i>
	Chef Special	<i>Special Chef (RM 10)</i>	<i>Special Chef (V) (RM 10)</i>	<i>Special Chef (RM 10)</i>	<i>Special Chef (V) (RM 10)</i>	<i>Today is so special from Chef (RM 10)</i>

STATION	MONDAY	TUESD AY	WEDNESD AY	TH URSDAY	FRID AY	
	11-Dec	12 Dec	13-Dec	14-Dec	15-Dec	
Morning Snack	Asian Delight	<i>Vegetarian Spring Roll (RM 5)</i>	<i>Kway Teow Soup (RM 5)</i>	<i>Nasi Lemak w. Condiments (RM 5)</i>	<i>Chicken Ginger Congee (RM4.00)</i>	<i>Chicken Ginger Congee (RM4.00)</i>
	Protein Power	<i>Tuna Sandwich (RM 4)</i>	<i>Hashbrown (RM 3)</i>	<i>Sunny Side Up Egg (RM 3)</i>	<i>Scrambled Egg (RM 3)</i>	<i>Breakfast Sausages (RM3.00)</i>
		<i>Cheese Omelette (RM 4)</i>	<i>Turkey Ham Sandwich (RM 4)</i>	<i>Egg & Cheese Quesadilla (RM 5)</i>	<i>Chicken & Cheese Sandwich (RM 5)</i>	<i>Chicken & Cheese Quessadilla (RM 4)</i>
	Morning Bakery	<i>English Muffin w. Jam (RM 4)</i>	<i>Toast Bread with Kaya and Butter (RM 4)</i>	<i>Honey Butter Biscuit (RM 4)</i>	<i>French Toast w. Cinnamon (RM 4)</i>	<i>Vanilla Muffin (RM4.00)</i>
Lunch	Western	<i>Grilled Chicken w. Mornay Sauce Italian Herb Bread Steamed Vegetables</i>	<i>Baked Fish w. Dill Sauce Garlic Butter Rice Sauteed French Bean</i>	<i>Chicken Stroganoff Garlic Bread Honey Glazed Carrots</i>	<i>Tossed Spaghetti Chicken Meatball in Marinara Sauce Vegetable Sticks</i>	<i>Cranberry Glazed Roasted Chicken Mashed Potatoes Roasted Mixed Vegetables</i>
	Asian	<i>Green Curry Fish Corn Rice Cap Cay Vegetables</i>	<i>Rojan Josh Chicken Curry Jasmine Rice Cucumber Raita</i>	<i>Jasmine Rice Crispy Sweet & Sour Fish Cabbage Salad</i>	<i>Stir Fried Ramen Chicken with Bulgogi Sauce Carrot & Green Bean</i>	<i>Garlic Fried Rice Fish Karaage Japanese Carrot & Daikon Stir Fry</i>
	Vegetarian	<i>Green Curry Egg Corn Rice Cap Cay Vegetables</i>	<i>Rojan Josh Chickpea Curry Jasmine Rice Cucumber Raita</i>	<i>Jasmine Rice Crispy Sweet & Sour Tofu Cabbage Salad</i>	<i>Stir Fried Ramen Vegetarian Chicken with Bulgogi Sauce Carrot & Green Bean</i>	<i>Garlic Fried Rice Korean Tofu Stew Japanese Carrot & Daikon Stir Fry</i>
	Dessert	<i>Chocolate Cake</i>	<i>Watermelon</i>	<i>Cranberry Bread Butter Pudding</i>	<i>Rose Jelly</i>	<i>Snickerdoodle Cookies</i>
Lunch Special	Noodle Station	<i>Bakso Noodles w Condiments (RM 8)</i>	<i>Ipoh Hor Fun Noodle with Condiments (RM8)</i>	<i>Cantonese Yee Mee Noodle with Condiments (RM 8)</i>	<i>Vietnamese Chicken Pho with Condiments (RM 8)</i>	<i>Tom Yum Noodle with Condiments (RM 8)</i>
	Panini Counter	<i>Nachos Chicken Wrap w Salad (RM12)</i>	<i>BLT Sandwiches & Chips (RM12)</i>	<i>Club Sandwiches & Salad (RM12)</i>	<i>Grilled Chicken Caesar (RM12)</i>	<i>Fried Chicken Club (12.00)</i>
	Chef Special	<i>Special Chef (RM 10)</i>	<i>Special Chef (V) (RM 10)</i>	<i>Special Chef (RM 10)</i>	<i>Special Chef (V) (RM 10)</i>	<i>Special Chef (V) (RM 10)</i>