

MONTHLY MENU APRIL 2024 EARLY YEARS & ELEMENTARY

Menu week 1,3&5

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1,15,29/4/2024	2,16,20/4/2024	3,17/4/2024	4,18/4/2024	5,19/4/2024

Lunch Fayre	Western	Chicken Maryland with Mushroom Sauce & Rainbow Vegie ,Pasta with Pronto Sauce	Fish Piccata with Baked Potato Wedges and Sautee French Bean	Pillaf Rice with Roasted Herb Chicken with Gravy & Buttered Vegetable	Hearty Chicken Stew Served With Soft Bun & Roasted Zucchini And Aubergine	Oat Meal Butter Fish with Tomatoes Caulis served with Garlic Spinach & mashed Potato
	Asian	Steam Fish with King Sauce , Fried Kway Teaw and Sauté Bean Sprout	Carrot Rice ,Opor Chicken,Steam Cabbage with herb	Jasmine Rice with Fried Kung-Po Fish Served with Trio Mushroom Broccoli	Chicken Yakitori ,Steam Rice & Stir Fry Julienne Vegetable	Biryani Chicken with Ghee Rice and Acar Jelatah
	Vegetarian	Fried Tofu Maryland with Mushroom Sauce & Rainbow Vegie ,Pasta with Pronto Sauce.	Jasmine Rice ,Mock Chicken Opor, Steam Cabbage with herb.	Pillaf Rice served with Grilled BBO Tempe & Butter Vegetable	Tofu Yakitori ,Steam Rice & Stir Fry Julienne Vegetable	Steam Butter Chick Peas with Tomatoes Caulis served with Garlic Spinach & mashed Potato
	Dessert	Red Watermelon	Fruit Jelly	Orange	Marble Cake	Honey Dew

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

*HNFC Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNFC Holding HALAL Certificate

Eat a Rainbow



Have you ever noticed how colorful our foods are? Those colors come from special stuff called phytochemicals. They not only make our food look pretty but also act like superheroes in our bodies. They're called **antioxidants**, and they protect our cells from bad guys called **free radicals**.



Antioxidant
Stops free radicals from causing damage



Free Radical
Missing electrons and wants them from other molecules

Rainbow Challenge!

Spot the veggies on the menu this month and brave yourself to try them all!

- Rainbow Veggie
- Carrot Rice
- Garden Salad
- Buttered Broccoli, Carrot & Cauliflower



MONTHLY MENU APRIL 2024 EARLY YEARS & ELEMENTARY

Menu week 2&4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8,22/4/2024	9,23/4/2024	10,24/4/2024	11,25/4/2024	12,26/4/2024


Lunch Fayre	Western	Fish Bouillabaisse Served with Chikpeas Rice & Buttered Broccoli ,Carrot & Cauliflower	Mac & Cheese with Grilled chicken served with Garden Salad	Breaded Fish with Tartar Sauce and Baked Cajun Potato & Coleslaw	Chicken Tajine Moroccan Stew Served with Lebanese Bread and Steam Vegetable	Hickory BBQ Smoke Chicken with Broccoli and Garlic Pasta
	Asian	Noodle with Thick Soy Sauce ,Chicken Doenjang-Jjgae served With sautee Bean Sprout	Steam Rice, Maharaja Chicken Curry with Sautee Turmeric Cabbage	Claypot Rice & Chicken Ginger with Scallion , Sautee Yau Mak Tham	Jasmine Rice with Baked Fish Malay Style & Sweet Soy Chili Sauce ,Stir Fry Long Cabbage	Steam Rice ,Nyonya Lamb Curry with Sautee Okra
	Vegetarian	Tofu Tomato Stew Served with Potato Parsley & Butter Broccoli ,Carrot & Cauliflower	Basmathi Rice, Maharaja Mock Chicken Curry with Sautee Turmeric Cabbage	Tempura Tempe with Tartar Sauce and Baked Cajun Potato & Coleslaw	Jasmine Rice with Fried Egg Sweet Soy Chili Sauce ,Stir Fry Long Cabbage	Steam Rice ,Nyonya Chick Peas Curry with Sautee Okra
	Dessert	Yellow Watermelon	Cup Cake	Red Apple	Slice Cake	Mix Fruit

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


*HNFC Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNFC Holding HALAL Certificate

Eat a Rainbow



Have you ever noticed how colorful our foods are? Those colors come from special stuff called phytochemicals. They not only make our food look pretty but also act like superheroes in our bodies. They're called **antioxidants**, and they protect our cells from bad guys called **free radicals**.



Antioxidant
Stops free radicals from causing damage



Free Radical
Missing electrons and wants them from other molecules

Rainbow Challenge!

Spot the veggies on the menu this month and brave yourself to try them all!

- Rainbow Veggie
- Carrot Rice
- Garden Salad
- Buttered Broccoli, Carrot & Cauliflower



MONTHLY MENU APRIL 2024 SECONDARY

Menu week 1,3&5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1,15,29/4/2024	2,16,20/4/2024	3,17/4/2024	4,18/4/2024	5,19/4/2024
Morning Snack	Asian Delight	Stir Fried Bee Hoon (RM 5)	Stir Fried Mee (RM 5)	Nasi Lemak w. Condiments (RM 5)	Chapatti with Chutney (RM 5)	Indonesian Stir Fried Rice (RM 5)
	Protein Power	Scramble Egg (RM 3)	Samosa (RM 2 = 3 pcs)	Sunny Side Up Egg (RM 2)	Hashbrown (RM4)	Curry Puff (RM 1)
		Chicken Fajitas Wrap (RM6)	Triple Cheese Ouessadila (RM6)	Egg & Cheese Burrito (RM 6)	Chicken Quesadilla (RM 6)	Chicken & Cheese Burrito (RM 6)
	Morning Bakery	Oatmeal Muffin (RM 4)	Belgian Waffle (RM 5)	Chocolate Roll (RM 3.50)	Pancake With Syrup (RM 4)	Raisin Cinnamon Roll (RM 4)
Lunch	Western	Chicken Maryland with Mushroom Sauce & Rainbow Vegie, Pasta with Pronto Sauce	Fish Piccata with Baked Potato Wedges and Sautee French Bean	Pillaf Rice with Roasted Herb Chicken with Gravy & Buttered Vegetable	Hearty Chicken Stew Served With Soft Bun & Roasted Zucchini And Aubergine	Oat Meal Butter Fish with Tomatoes Caulis served with Garlic Spinach & mashed Potato
	Asian	Steam Fish with King Sauce, Fried Kway Teaw and Sauté Bean Sprout	Carrot Rice, Opor Chicken, Steam Cabbage with herb	Jasmine Rice with Fried Kung-Po Fish Served with Trio Mushroom Broccoli	Chicken Yakitori, Steam Rice & Stir Fry Julienne Vegetable	Biryani Chicken with Ghee Rice and Acar Jelatah
	Vegetarian	Selections are available at Secondary Cafeteria	Jasmine Rice, Mock Chicken Opor, Steam Cabbage with herb.	Pillaf Rice served with Grilled BBQ Tempe & Butter Vegetable	Tofu Yakitori, Steam Rice & Stir Fry Julienne Vegetable	Steam Butter Chick Peas with Tomatoes Caulis served with Garlic Spinach & mashed Potato
	Dessert	Red Watermelon	Fruit Jelly	Orange	Marble Cake	Honey Dew
Lunch Special	Noodle Station	Soba Noodle with Shredded Chicken (RM10)	Jjangmyeon (RM10)	Tom Yam Noodle with Condiment (RM10)	Sizzling Noodle with Condiment (RM10)	Hailam Noodle with Condiment (RM10)
	Panini Counter	Chicken Foldover (RM12)	BLT Sandwich (panini Bread) (RM12)	Chicken albodigas in Concasse (Tortilla Skin) (RM12)	Cheese & Chicken Pepperoni Sandwich (RM12)	Club Sandwich (Panini Bread) (RM12)
	Chef Special	Special Chef (RM 10-RM15)	Special Chef (V) (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (V) (RM 10-RM15)	Special Chef (RM 10-RM15)

*HNFC Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNFC Holding HALAL Certificate

MONTHLY MENU APRIL 2024 SECONDARY

Menu Week 2&4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8,22/4/2024	9,23/4/2024	10,24/4/2024	11,25/4/2024	12,26/4/2024
Morning Snack	Asian Delight	Fried Ramen (RM 5)	Char Kway Teow (RM 5)	Nasi Lemak w. Condiments (RM 5)	Fried Yee Mee (RM5.00)	Chicken Ginger Congee (RM4.00)
	Protein Power	Toast Pizza (RM 4)	Hashbrown (RM 4)	Sunny Side Up Egg (RM 2)	Spring Roll (RM 2 = 3pcs)	Breakfast Sausages (RM3.00)
		Scramble Egg (RM 3)	Breakfast Casserole (RM 4)	Chicken & Cheese Burrito (RM 5)	Monte Cristo (RM 5)	Chicken & Cheese Quessadilla (RM 4)
	Morning Bakery	Soft Cookies (RM 4.50)	Slice Cake (RM 4)	Honey Butter Biscuit (RM 4.50)	Cupcake (RM 4)	Vanilla Muffin (RM4.00)
Lunch	Western	Fish Bouillabaisse Served with Chickpeas Rice & Buttered Broccoli ,Carrot & Cauliflower	Mac & Cheese with Grilled chicken served with Garden Salad	Breaded Fish with Tartar Sauce and Baked Cajun Potato & Coleslaw	Chicken Tajine Moroccan Stew Served with Lebanese Bread and Steam Vegetable	Hickory BBQ Smoke Chicken with Broccoli and Garlic Pasta
	Asian	Noodle with Thick Soy Sauce ,Chicken Doenjang-Jjigae served With sautee Bean Sprout	Steam Rice, Maharaja Chicken Curry with Sautee Turmeric Cabbage	Claypot Rice & Chicken Ginger with Scallion , Sautee Yau Mak Tham	Jasmine Rice with Baked Fish Malay Style & Sweet Soy Chili Sauce ,Stir Fry Long Cabbage	Steam Rice ,Nyonya Lamb Curry with Sautee Okra
	Vegetarian	Selections are available at Secondary Cafeteria	Basmathi Rice, Maharaja Mock Chicken Curry with Sautee Turmeric Cabbage	Tempura Tempe with Tartar Sauce and Baked Cajun Potato & Coleslaw	Jasmine Rice with Fried Egg Sweet Soy Chili Sauce ,Stir Fry Long Cabbage	Steam Rice ,Nyonya Chick Peas Curry with Sautee Okra
	Dessert	Yellow Watermelon	Cup Cake	Red Apple	Slice Cake	Mix Fruit
Lunch Special	Noodle Station	Bakso Noodles w Condiments (RM 10)	Mee Bandung with Condiments (RM10)	Cantonese Yee Mee Noodle with Condiments (RM 10)	Vietnamese Chicken Pho with Condiments (RM 10)	Wantan Noodle With Chicken Char Siew (RM 10)
	Panini Counter	Chicken Wrap w Salad (RM12)	Chicken Slider With Fries (RM12)	Club Sandwiches & Salad (RM12)	Chicken Foldover with Wedges (RM12)	Fried Chicken Burger (RM12)
	Chef Special	Special Chef (RM 10-RM15)	Special Chef (V) (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)

*HNFC Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNFC Holding HALAL Certificate