

MONTHLY MENU MAY 2024 ELEMENTARY

TUESDAY



FRIDAY

Menu Week 1 & 3

	STATION	12-26 MAY	13-27 MAY	14-28 MAY	15-29 MAY	2-16-30 MAY			
Lunch Fayre	Western	Meggie Tossed nasta	Peri-Peri Baked Fish with Baked Potato Wedges And Sautee French Bean & Carrot	Roasted Chicken with Bravas	Chicken Tetrazzini With Sesame Bun & Honey Baked Pumpkin & Carrot	Chili Corn Carne Fish served with Sweet Corn & Baked Potato			
	Asian	Isauca Staam Rica Sautá Raan	Flavour Rice ,Kuzi Chicken Served With Vegetable Dalca	~	Steam Fish with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Chicken Tikka Masala with Raisin Rice and Cauliflower & Broccoli Aloo			
	Vegetarian		Flavour Rice, Egg Kuzi Served With Vegetable Dalca	Roasted Tofu with Bravas	Grilled Tofu with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Tofu Pakoras with Raisin Rice and Alo Gobi			
	Dessert	Red Watermelon	Lychee Jelly	Orange	Lemon Slice Cake	Honey Dew			

	Noodle Station	
Lunch Special	Panini Counter	
	Chef Special	

Selections are available at Secondary Cafeteria

WEDNESDAY

MONDAY

^{*}HNFC Holding HALAL Certificate



Let's Learn Food Culture & Fusion Cuisine

So, you know how we all have our favorite foods, like pizza, tacos, or spaghetti?

Well, where those foods come from and how they're made is all part of something called "Food Culture".

Food culture is like a big recipe book that tells us about the different kinds of foods people eat around the world and why they eat them.

"Fusion Cuisine" is like a tasty puzzle where chefs mix flavors and ingredients from different food cultures to create delicious new dishes.

It's a fun way to explore different cultures through food and create exciting flavors that everyone can enjoy!

THURSDAY

Spot the fusion inspired menu this month and brave yourself to try them all!

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



MONTHLY MENU MAY 2024 ELEMENTARY



Menu Week 2&4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		5 /19 MAY	6 /20 MAY	7/21 MAY	8/22 MAY	9/23 MAY		
Lunch Fayre	Western	Baked Fish with Mexican Salsa Served with Parsley Rice & Cauliflower Mornay	Chicken Enchiladas served with Garden Salad & Garlic Potato	Fish Fajitas with Focacia & Vegetable Stew	Breaded Chicken served with Aglio Olio Pasta and Steam Vegetable	Queso Fish with French Bean and Garlic Pasta		
	Asian	Toast Noodle with Chicken Mapo Tofu served with Steam Pak Choy	Steam Rice, Methi Chicken with Sautee Snake Gourd	Ovakodon with Steam Rice	Szechuan Fish with Sautee Choy Sum & Mushroom served with White Rice	Steam Rice, Braised Lamb with Sautee Cabbage		
	Vegetarian	Toast Noodle with Mapo Tofu served with Steam Pak Choy	Vegetarian Enchiladas served with Garden Salad & Garlic Potato		Vegatarian Pepper Chicken served with Aglio Olio Pasta and Steam Vegetable	Steam Rice, Braised Lamb with Sautee Cabbage		
	Dessert	Yellow Watermelon	Muffin	Red Apple	Choccolate Roll	Mix Fruit		

	Noodle Station	
Lunch Special	Panini Counter	
	Chef Special	

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MONTHLY MENU MAY 2024 SECONDARY



Menu Week 1 & 3

MONDAY TUESDAY THURSDAY WEDNESDAY **FRIDAY STATION** 12-26 MAY 13-27 MAY 14-28 MAY 15-29 MAY 2-16-30 MAY Stir Fried Stir Fried Nasi Lemak w. Condiments Chapatti with Chutney Indonesian Stir Fried Rice **Asian Delight** Bee Hoon Mee (RM5)(RM 5) (RM5)(RM 5) (RM 5) Chicken Tikka Masala with Croissant Sandwich Sunny Side Up Egg Samosa Hashbrown (RM4) Raisin Rice and Cauliflower & (RM 5) (RM 2 = 3 pcs)(RM 2) **Protein** Broccoli Aloo **Morning Snack Power** Chicken Fajitas Wrap Triple Cheese Quessadila Egg & Cheese Burrito Chicken Quesadilla Chicken & Cheese Burrito (RM6) (RM6) (RM 6) (RM 6) (RM 6) Vannila Muffin Belgian Waffle Chocolate Roll Pancake With Syrup Raisin Cinnamon Roll **Morning Bakery** (RM 4) (RM 5) (RM 3.50) (RM 4) (RM 4) Peri-Peri Baked Fish with Spanish Rice served with Chicken Tetrazzini With Chili Corn Carne Fish served Chicken Cacciatore& Rainbow Western Baked Potato Wedges And Roasted Chicken with Bravas Sesame Bun & Honey Baked with Sweet Corn & Baked Vegie ,Tossed pasta Sautee French Bean & Carrot Sauce & Butter Vegetable Pumpkin & Carrot Potato Steam Fish with Pineapple Korean Noodle with Steam Steam Fish with Kabayaki Flavour Rice ,Kuzi Chicken Chicken Tikka Masala with Sauce, Steam Rice Sauté Bean Sauce Steam Rice & Stir Fry Fish Ginger sauce Asian Lunch Served With Vegetable Dalca Raisin Rice and Alo Gobi Served with Cabbage Salad Iulienne Radish & Carrot Sprout Spanish Rice served with Grilled Tofu with Kabayaki Tofu Cacciatore & Rainbow Flavour Rice Egg Kuzi Tofu Pakoras with Raisin Sauce Steam Rice & Stir Fry Vegetarian Roasted Tofu with Bravas Vegie ,Tossed pasta Served With Vegetable Dalca Rice and Alo Gobi Sauce & Butter Vegetable Julienne Radish & Carrot

Lunch Special	Noodle Station	Soba Noodle with Shredded Chicken (RM10)	Jjajangmyeon (RM10)	Tom Yam Noodle with Condiment (RM10)	Sizzling Noodle Yee Mee (RM10)	Pan Mee (RM10)
	Panini Counter	Chicken Chimicanga (RM12)	Banh Mi (panini Bread) (RM12)	Chicken Quasadillas (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)

Orange

Lemon Slice Cake

Honey Dew

Lychee Jelly

Red Watermelon

Dessert

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MONTHLY MENU MAY 2024 SECONDARY



Menu Week 2&4 MONDAY **TUESDAY** WEDNESDAY THURSDAY FRIDAY **STATION** 5 /19 MAY 6 /20 MAY 7/21 MAY 8/22 MAY 9/23 MAY Char Kway Teow Nasi Lemak w. Condiments Fried Yee Mee Chicken Ginger Congee Fried Ramen **Asian Delight** (RM 5) (RM 5) (RM5.00)(RM4.00) (RM 5) Chicken Tikka Masala with Toast Pizza Hashbrown Sunny Side Up Egg Spring Roll Raisin Rice and Cauliflower & Protein (RM 4)(RM 4) (RM2) (RM 2 = 3pcs)Morning Cnicken & Cheese Grinea **Power** Snack Mini Pizza Breakfast Casserole Chicken & Cheese Burito Monte Cristo Sandwich (RM 5) (RM 5) (RM 3) (RM 4) Honey Butter Biscuit Morning Soft Cookies Banana Roll Cupcake Vanilla Muffin **Bakery** (RM 4.50) (RM 4) (RM 4.50) (RM 4)(RM4.00) Baked Fish with Mexican Salsa Breaded Chicken served with Oueso Fish with French Bean Chicken Enchiladas served with Fish Faiitas with Focacia & Western Served with Parsley Rice & Aglio Olio Pasta and Steam Garden Salad & Garlic Potato Vegetable Stew and Garlic Pasta Cauliflower Mornay Vegetable Toast Noodle with Chicken Szechuan Fish with Sautee Chov Steam Rice, Methi Chicken with Ovakodon with Steam Rice Steam Rice, Braised Lamb with Mapo Tofu served with Steam Sum & Mushroom served with Asian Lunch Sautee Snake Gourd Teppanyaki Vegetable Sautee Cabbage Pak Choy White Rice Japanese Tofu with Soy sauce & Vegatarian Pepper Chicken Vegetarian Enchiladas served Toast Noodle with Mapo Tofu Steam Rice, Braised Lamb with Vegetarian with Garden Salad & Garlic Steam Rice, Teppanyaki served with Aglio Olio Pasta served with Steam Pak Chov Sautee Cabbage Potato Vegetable and Steam Vegetable Yellow Watermelon Muffin Red Apple Choccolate Roll Mix Fruit Dessert Cantonese Yee Mee Noodle with Vietnamese Chicken Pho with Wantan Noodle With Chicken Mee Rebus with Condiments Bakso Noodles w Condiments **Noodle Station** Condiments Condiments Char Siew (RM 10) (RM10) (RM 10) (RM 10) (RM 10) Pulled Chicken Wrap Chicken Slider With Fries English Muffin Sandwich Chicken Foldover with Wedges Fried Chicken Burger **Lunch Special** Panini Counter (RM12) (RM12) (RM12) (RM12) (12.00)Special Chef Special Chef Special Chef Special Chef Special Chef (V) **Chef Special** (RM 10-RM15) (RM 10-RM15) (RM 10-RM15) (RM 10-RM15) (RM 10-RM15)

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