

## MONTHLY MENU MAY 2024 ELEMENTARY

*Menu Week 1 & 3*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12-26 MAY	13-27 MAY	14-28 MAY	15-29 MAY	2-16-30 MAY

<b>Lunch Fayre</b>	<b>Western</b>	Chicken Cacciatore & Rainbow Veggie ,Tossed pasta	Peri-Peri Baked Fish with Baked Potato Wedges And Sautee French Bean & Carrot	Spanish Rice served with Roasted Chicken with Bravas Sauce & Butter Vegetable	Chicken Tetrizzini With Sesame Bun & Honey Baked Pumpkin & Carrot	Chili Corn Carne Fish served with Sweet Corn & Baked Potato
	<b>Asian</b>	Steam Fish with Pineapple Sauce , Steam Rice Sauté Bean Sprout	Flavour Rice ,Kuzi Chicken Served With Vegetable Dalca	Korean Noodle with Steam Fish Ginger sauce Served with Cabbage Salad	Steam Fish with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Chicken Tikka Masala with Raisin Rice and Cauliflower & Broccoli Aloo
	<b>Vegetarian</b>	Tofu Cacciatore& Rainbow Veggie ,Tossed pasta	Flavour Rice, Egg Kuzi Served With Vegetable Dalca	Spanish Rice served with Roasted Tofu with Bravas Sauce & Butter Vegetable	Grilled Tofu with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Tofu Pakoras with Raisin Rice and Alo Gobi
	<b>Dessert</b>	Red Watermelon	Lychee Jelly	Orange	Lemon Slice Cake	Honey Dew

<b>Lunch Special</b>	<b>Noodle Station</b>	Selections are available at Secondary Cafeteria
	<b>Panini Counter</b>	
	<b>Chef Special</b>	

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

\*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!

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

## 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

<b>Lunch Fayre</b>	<b>Western</b>	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
	<b>Asian</b>	Toast Noodle with Chicken Mapo Tofu served with Steam Pak Choy	Steam Rice, Methi Chicken with Sautee Snake Gourd	Oyakodon with Steam Rice Teppanyaki Vegetable	Szechuan Fish with Sautee Choy Sum & Mushroom served with White Rice	Steam Rice, Braised Lamb with Sautee Cabbage
	<b>Vegetarian</b>	Toast Noodle with Mapo Tofu served with Steam Pak Choy	Vegetarian Enchiladas served with Garden Salad & Garlic Potato	Japanese Tofu with Soy sauce & Steam Rice, Teppanyaki Vegetable	Vegetarian Pepper Chicken served with Aglio Olio Pasta and Steam Vegetable	Steam Rice, Braised Lamb with Sautee Cabbage
	<b>Dessert</b>	Yellow Watermelon	Muffin	Red Apple	Chocolate Roll	Mix Fruit

<b>Lunch Special</b>	<b>Noodle Station</b>	Selections are available at Secondary Cafeteria
	<b>Panini Counter</b>	
	<b>Chef Special</b>	

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

## MONTHLY MENU MAY 2024 SECONDARY

*Menu Week 1 & 3*

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12-26 MAY	13-27 MAY	14-28 MAY	15-29 MAY	2-16-30 MAY

<b>Morning Snack</b>	<b>Asian Delight</b>	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)
	<b>Protein Power</b>	Croissant Sandwich (RM 5)	Samosa (RM 2 = 3 pcs)	Sunny Side Up Egg (RM 2)	Hashbrown (RM4)	Chicken Tikka Masala with Raisin Rice and Cauliflower & Broccoli Aloo
		Chicken Fajitas Wrap (RM6)	Triple Cheese Quessadila (RM6)	Egg & Cheese Burrito (RM 6)	Chicken Quesadilla (RM 6)	Chicken & Cheese Burrito (RM 6)
	<b>Morning Bakery</b>	Vannila Muffin (RM 4)	Belgian Waffle (RM 5)	Chocolate Roll (RM 3.50)	Pancake With Syrup (RM 4)	Raisin Cinnamon Roll (RM 4)

<b>Lunch</b>	<b>Western</b>	Chicken Cacciatore & Rainbow Vegie, Tossed pasta	Peri-Peri Baked Fish with Baked Potato Wedges And Sautee French Bean & Carrot	Spanish Rice served with Roasted Chicken with Bravas Sauce & Butter Vegetable	Chicken Tetrizzini With Sesame Bun & Honey Baked Pumpkin & Carrot	Chili Corn Carne Fish served with Sweet Corn & Baked Potato
	<b>Asian</b>	Steam Fish with Pineapple Sauce, Steam Rice Sauté Bean Sprout	Flavour Rice, Kuzi Chicken Served With Vegetable Dalca	Korean Noodle with Steam Fish Ginger sauce Served with Cabbage Salad	Steam Fish with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Chicken Tikka Masala with Raisin Rice and Alo Gobi
	<b>Vegetarian</b>	Tofu Cacciatore & Rainbow Vegie, Tossed pasta	Flavour Rice, Egg Kuzi Served With Vegetable Dalca	Spanish Rice served with Roasted Tofu with Bravas Sauce & Butter Vegetable	Grilled Tofu with Kabayaki Sauce Steam Rice & Stir Fry Julienne Radish & Carrot	Tofu Pakoras with Raisin Rice and Alo Gobi
	<b>Dessert</b>	Red Watermelon	Lychee Jelly	Orange	Lemon Slice Cake	Honey Dew

<b>Lunch Special</b>	<b>Noodle Station</b>	Soba Noodle with Shredded Chicken (RM10)	Jjajangmyeon (RM10)	Tom Yam Noodle with Condiment (RM10)	Sizzling Noodle Yee Mee (RM10)	Pan Mee (RM10)
	<b>Panini Counter</b>	Chicken Chimicanga (RM12)	Banh Mi (panini Bread) (RM12)	Chicken Quasadillas (RM12)	Cheese & Chicken Pepperoni Sandwich (RM12)	Club Sandwich (Panini Bread) (RM12)
	<b>Chef Special</b>	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)

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## MONTHLY MENU MAY 2024 SECONDARY

*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
<b>Morning Snack</b>	<b>Asian Delight</b>	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)
	<b>Protein Power</b>	Toast Pizza (RM 4)	Hashbrown (RM 4)	Sunny Side Up Egg ( RM 2)	Spring Roll (RM 2 = 3pcs)	Chicken Tikka Masala with Raisin Rice and Cauliflower & Broccoli Aloe
		Mini Pizza (RM 3)	Breakfast Casserole (RM 4)	Chicken & Cheese Burito (RM 5)	Monte Cristo (RM 5)	Chicken & Cheese Grilled Sandwich (RM 4)
	<b>Morning Bakery</b>	Soft Cookies (RM 4.50)	Banana Roll (RM 4)	Honey Butter Biscuit (RM 4.50)	Cupcake (RM 4)	Vanilla Muffin (RM4.00)
<b>Lunch</b>	<b>Western</b>	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
	<b>Asian</b>	Toast Noodle with Chicken Mapo Tofu served with Steam Pak Choy	Steam Rice, Methi Chicken with Sauttee Snake Gourd	Oyakodon with Steam Rice Teppanyaki Vegetable	Szechuan Fish with Sauttee Choy Sum & Mushroom served with White Rice	Steam Rice, Braised Lamb with Sauttee Cabbage
	<b>Vegetarian</b>	Toast Noodle with Mapo Tofu served with Steam Pak Choy	Vegetarian Enchiladas served with Garden Salad & Garlic Potato	Japanese Tofu with Soy sauce & Steam Rice,Teppanyaki Vegetable	Vegatarian Pepper Chicken served with Aglio Olio Pasta and Steam Vegetable	Steam Rice, Braised Lamb with Sauttee Cabbage
	<b>Dessert</b>	Yellow Watermelon	Muffin	Red Apple	Chocololate Roll	Mix Fruit
<b>Lunch Special</b>	<b>Noodle Station</b>	Bakso Noodles w Condiments (RM 10)	Mee Rebus 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)
	<b>Panini Counter</b>	Pulled Chicken Wrap (RM12)	Chicken Slider With Fries (RM12)	English Muffin Sandwich (RM12)	Chicken Foldover with Wedges (RM12)	Fried Chicken Burger (12.00)
	<b>Chef Special</b>	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)

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