

MONTHLY MENU JUNE 2024

Menu Week 1 & 3

| | STATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|-------------|-------------|-------------|-------------|-------------|
| | | 3 - 17 JUNE | 4 - 18 JUNE | 5 - 19 JUNE | 6 - 20 JUNE | 7 - 21 JUNE |

| | | | | | | |
|--------------------|-------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------|
| Lunch Fayre | Western | Roasted Chicken creamy Sauce Tossed Spaghetti and Honey Glazed Corn & Carrot | Baked Fish with Lime Kafir sauce Butter Rice Mango Corn Salsa | Cheese Chicken Parmigiana Roasted sweet Potato with Herb Buttered Mix Vegetable | Irish Chicken Stew W Vegetable Focaccia Bread Corn on Cob | Crispy Baked Fish Creamy Mash Potato Stewed Okra and Tomatoes |
| | Asian | Crispy fish with Thai three-flavored sauce Steamed Jasmine Rice Fried Eggplant with Sweet Sambal | Chinese Black Papper Chicken Fried Yee Mee Noodles Stir Fried Chinese Cabbages | Crispy Japanese Fish Katsu with Katsu sauce Fried Ramen Noodles Japanese coleslaw with Sesame Dressing | Chicken Peratal Jeera Rice Vegetable Dhall | Roasted Chicken w Percik Sauce Tomato Rice Acar Jelatah |
| | Vegetarian | Mock Chicken with Creamy Sauce Tossed Spaghetti and Honey Glazed Corn & Carrot | Crispy Fried Tofu with Mango Sauce Fried Yee Mee Noodles Stir Fried Chinese Cabbages | Vegetarian Lasagna Roasted Sweet Potato w Herb Buttered vegetable | Crispy Tofu Peratal Sauce Jeera Rice Vegetables Dhall | Crispy Mock Chicken Percik Sauce Mash Potato Stewed Okra and Tomatoes |
| | Dessert | Slice Carrot Cake | Mango Jelly | Slice Watermelon | Assorted Fruit Jelly | Slice Orange Cake |

| | | |
|----------------------|-----------------------|-------------------------------------------------|
| 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



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 JUNE 2024

Menu Week 2&4

| | STATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|--------------|--------------|--------------|--------------|--------------|
| | | 10 – 24 JUNE | 11 – 25 JUNE | 12 – 26 JUNE | 13 – 27 JUNE | 14 – 28 JUNE |

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|--------------------|-------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------|
| Lunch Fayre | Western | Baked Fish w. Capers Butter Sauce Cross Bun Roasted Carrot & cauliflower with Herb | Roasted BBQ Chicken Baked Potato Wedges Creamy Coleslaw | Baked Fish with herb Penne Pasta with Pomodoro Sauce Salt-and-Pepper Green Beans | Mediterranean Baked Chicken Pilaf Rice Corn Salsa | Fish pie cottage cheese Soft buns Buttered Vegetable |
| | Asian | Ayam Goreng Kunyit w Vegetable Local Fried Rice Kangkung goreng Bilis | Steamed fish with Ginger & Garlic Steamed Jasmine Rice Stir Fry Kailan | Thai Basil Chicken Pineapple Fried Rice Stir Fry Pad Prik | Sweet & Sour Fish Phad Thai Noodles Stir Fry Egg plant w Egg | Chicken Varuval Biryani Rice Cucumber Raita |
| | Vegetarian | Vegetable Stew with Tofu Cross Bun Roasted Carrot & Cauliflower | Egg Drop Soup with Tofu Steamed Jasmine Rice Stir Fry Kailan | Thai Basil Tofu Penne Pasta w Pomodoro Sauce Salt-and-Pepper Green Beans | Crispy Mock Chicken Sweet & Sour Sauce Phad Thai Noodles Stir Fry eggplant w egg | Vegetable Cottage Pie Soft Buns Buttered Vegetable |
| | Dessert | Slice Orange | Rose Jelly | Slice Yellow Watermelon | Slice Marble Cake | Fruit Jelly |

| | | |
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| Lunch Special | Noodle Station | Selections are available at Secondary Cafeteria |
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| | 3 - 17 JUNE | 4 - 18 JUNE | 5 - 19 JUNE | 6 - 20 JUNE | 7 - 21 JUNE | |
| Morning Snack | Asian Delight | Stir Fried Bee Hoon (RM 5) | Stir Fried Mee (RM 5) | Nasi Lemak w. Condiments (RM 5) | Chapatti with Dhall (RM 5) | Kampung Fried Rice (RM 5) |
| | Protein Power | Cheese Sandwich (RM 5) | Samosa (RM 2 = 3 pcs) | Sunny Side Up Egg (RM 2) | Hashbrown (RM4) | Breakfast Sausage (RM 2) |
| | | Chicken Fajitas Wrap (RM6) | Triple Cheese Wrap (RM6) | Egg & Cheese Burrito (RM 6) | Chicken Casserole (RM 6) | Chicken & Cheese Burrito (RM 6) |
| | Morning Bakery | Vanilla Muffin (RM 4) | Belgian Waffle (RM 5) | Chocolate Roll (RM 3.50) | Pancake With Syrup (RM 4) | Raisin Cinnamon Roll (RM 4) |
| Lunch | Western | Roasted Chicken creamy Sauce Tossed Spaghetti and Honey Glazed Corn & Carrot | Baked Fish with Lime Kafir sauce Butter Rice Mango Corn Salsa | Cheese Chicken Parmigiana Roasted sweet Potato with Herb Buttered Mix Vegetable | Irish Chicken Stew W Vegetable Focaccia Bread Corn on Cob | Crispy Baked Fish Creamy Mash Potato Stewed Okra and Tomatoes |
| | Asian | Crispy fish with Thai three-flavored sauce Steamed Jasmine Rice Fried Eggplant with Sweet Sambal | Chinese Black Papper Chicken Fried Yee Mee Noodles Stir Fried Chinese Cabbages | Crispy Japanese Fish Katsu with Katsu sauce Fried Ramen Noodles Japanese coleslaw with Sesame Dressing | Chicken Peratal Jeera Rice Vegetable Dhall | Roasted Chicken w Percik Sauce Tomato Rice Acar Jelatah |
| | Vegetarian | Mock Chicken with Creamy Sauce Tossed Spaghetti and Honey Glazed Corn & Carrot | Crispy Fried Tofu with Mango Sauce Fried Yee Mee Noodles Stir Fried Chinese Cabbages | Vegetarian Lasagna Roasted Sweet Potato w Herb Buttered vegetable | Crispy Tofu Peratal Sauce Jeera Rice Vegetables Dhall | Crispy Mock Chicken Percik Sauce Mash Potato Stewed Okra and Tomatoes |
| | Dessert | Slice Carrot Cake | Mango Jelly | Slice Watermelon | Assorted Fruit Jelly | Slice Orange Cake |
| Lunch Special | Noodle Station | Soba Noodle with Shredded Chicken (RM10) | Jjajangmyeon (RM10) | Tom Yam Noodle with Condiment (RM10) | Yee Mee Nooldes Chicken Soup (RM10) | Noodles Curry Laksa (RM10.00) |
| | Panini Counter | Beef Pepperoni Sandwich (RM12) | Banh Mi (panini Bread) (RM12) | Chicken Quesadillas (RM12) | Cheese & Chicken Pepperoni Sandwich (RM12) | Club Sandwich (Panini Bread) (RM12) |
| | Chef Special | Special Chef (RM 10-RM15) | Special Chef (RM 10-RM15) | Special Chef (RM 10-RM15) | Special Chef (RM 10-RM15) | Special Chef (RM 10-RM15) |

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MONTHLY MENU JUNE 2024

Menu Week 2&4

| | STATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|-----------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------|
| | | 10 - 24 JUNE | 11 - 25 JUNE | 12 - 26 JUNE | 13 - 27 JUNE | 14 - 28 JUNE |
| Morning Snack | Asian Delight | Fried Ramen (RM 5) | Char Kway Teow (RM 5) | Chicken Ginger Congee (RM4.00) | Fried Yee Mee (RM5.00) | Nasi Lemak Condiments (RM 5) |
| | Protein Power | Toast Pizza (RM 4) | Croissant Sandwich (RM 4) | Chicken Nugget Skewer (RM 4) | Spring Roll (RM 2 = 3pcs) | French Toast (RM2) |
| | | Mini Pizza (RM 3) | Breakfast Slider (RM 4) | Chicken & Cheese Burrito (RM 5) | Monte Cristo (RM 5) | Egg Sandwich (RM 5) |
| | Morning Bakery | Soft Cookies (RM 4.50) | Custard Pastry (RM 4) | Honey Butter Biscuit (RM 4.50) | Cupcake (RM 4) | Vanilla Muffin (RM4.00) |
| Lunch | Western | Baked Fish w. Capers Butter Sauce Cross Bun Roasted Carrot & cauliflower with Herb | Roasted BBQ Chicken Baked Potato Wedges Creamy Coleslaw | Baked Fish with herb Penne Pasta with Pomodoro Sauce Salt-and-Pepper Green Beans | Mediterranean Baked Chicken Pilaf Rice Corn Salsa | Fish pie cottage cheese Soft buns Buttered Vegetable |
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| | Dessert | Slice Orange | Rose Jelly | Slice Yellow Watermelon | Slice Marble Cake | Fruit Jelly |
| Lunch Special | Noodle Station | Baso Noodles w Condiments (RM 10) | Mee Jawa with Condiments (RM10) | Cantonese Kway Teaw with Condiments (RM 10) | Vietnamese Chicken Pho with Condiments (RM 10) | Wanton Noodle with Chicken Char Siew (RM 10) |
| | Panini Counter | Pulled Chicken Wrap (RM12) | Chicken Slider with Fries (RM12) | Pulled Chicken Rendang Panini (RM12) | Fish Finger w Creamy Sauce Panini (RM12) | Chicken Club Sandwich (12.00) |
| | 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) |

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