

MONTHLY MENU SEPTEMBER 2024 ELEMENTARY & IEAP

Menu Week 1 & 3

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2-16 Sept	3-17 Sept	4-18 Sept	5-19 Sept	6-20 Sept

Lunch Fayre	Western	Jamaican Jerk Chicken W. Wajapi Sauce Toasted Garlic Pasta Rainbow Veggie	Crispy Panko Baked Fish W. Creamy Lime Kafir Sauce Carrot Rice Sauteed French Bean W. Garlic	Roasted Potato Wedges W. Herb Honey Roasted Chicken W. Gravy Buttered Mix Vegetable	Mexican Baked Fish Napolitan Pasta Mexican Roasted Zucchini W. Carrot	Fish Stew W. Potato & Carrot Soft Bun Creamy Coleslaw W. Raisin
	Asian	Fried Kway Teaw Steam Fish W. King Sauce Stir-Fried Bok Choy W. Garlic	Yakisoba (Japanese Stir-Fried Noodles) Karaage Chicken Japanese Pickled Cucumbers	Steamed Jasmine Rice Steamed Fish XO Sauce Stir Fried Mushroom & Broccoli	Chicken Bulgogi Aromatic Rice Corn Salsa	Thai Basil Chicken Phad Thai Noodles Pad Pak Ruam
	Vegetarian	Crispy Tofu W. BBQ Sauce Tossed Garlic Pasta And Rainbow Vegie	Yakisoba (Japanese Stir-Fried Noodles) Crispy Terayaki Tofu Japanese Pickled Cucumber	Roasted Potato Wedges W. Herb BBQ Crispy Tofu Buttered Mix Vegetable	Bulgogi Mock Chicken Aromatic Rice Corn Salsa	Vegetable Stew W. Tofu Soft Bun Creamy Coleslaw W. Raisin
	Dessert	Watermelon	Slice Orange	Jelly Rose W. Selasih	Slice Marble Cake	Slice Papaya

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 SEPTEMBER 2024 ELEMENTARY & IEAP

Menu Week 2&4

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-23 Sept	10-24 Sept	11-25 Sept	12-26 Sept	13-27 Sept

Lunch Fayre	Western	Chicken Cordon Blue Creamy Mash Potato Honey Glaze Corn & Carrot	Moroccan Baked Fish Pita Bread W. Garlic Sauce Moroccan Vegetable Tagine W. Chickpeas	Irish Chicken Stew W. Vegetable Focaccia Bread Vegetable Au Gratin	Baked Fish W. Herb And Creamy Lemon Sauce Pilaf Rice Garlic Roasted Mix Vegetable	Chicken Piccata Penne Aglio Olio Sauteed Spinach W. Sesame
	Asian	Indonesia Fried Rice Indonesian Grilled Fish Sauteed Cabbage W. Garlic	Mee Goreng Mamak Indian Chicken 65 Stir Fry Cabbage Indian Style	Steamed Jasmine Rice Chinese Sweet & Sour Fish Stir Fried Long Cabbages W. Oyster Garlic Sauce	Kon Loh Pan Mee Roasted Char Sui Chicken Steamed Bok Choy W. Garlic Soy Sauce	Steamed Jasmine Rice Indian Fish Curry W. Okra Stir Fried Bitter Gourd W. Shredded Tofu
	Vegetarian	Indonesia Fried Rice Mock Chicken Rendang Sauteed Cabbages W. Garlic	Pita Bread W. Garlic Sauce Cauliflower Alo Gobi Moroccan Vegetable Tagine W. Chickpeas	Steamed Jasmine Rice Crispy Sweet & Sour Tofu Stir Fried Long Cabbages W. Oyster Garlic Sauce	Korean Fried Tofu Pilaf Rice Garlic Roasted Mix Vegetable	Steamed Jasmine Rice Indian Fish Mock Curry W. Okra Stir Fried Bitter Gourd W. Shredded Tofu
	Dessert	Fruit Jelly	Watermelon	Cendol Jelly	Slice Cake	Slice Orange

Lunch Special	Noodle Station	Selections Are Available At Secondary Cafeteria
	Panini Counter	
	Chef Special	

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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 SEPTEMBER 2024 SECONDARY

<i>Menu Week 1 & 3</i>						
STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	2-16 Sept	3-17 Sept	4-18 Sept	5-19 Sept	6-20 Sept	
Morning Snack	Asian Delight (RM 6.00)	Stir Fried Bee Hoon	Stir Fried Mee	Nasi Lemak W. Condiments	Fried Kway Teaw	Indonesian Fried Rice
	Protein Power	Croissant Sandwich RM5.00	Baked Bean	Sunny Side Up Egg RM3.00	Hashbrown RM3.00	Spring Roll (2pcs) RM3.00
		Chicken Cheese Wrap RM6.00	Scramble Egg RM5.00	Curry Puff RM2.00	Chicken Quesadilla RM6.00	Chicken & Cheese Burrito RM6.00
	Morning Bakery	Vanilla Muffin RM5.00	French Toast (2pcs) RM5.00	Chocolate Roll RM4.50	Pancake W. Syrup RM4.00	Raisin Cinnamon Roll RM5.00
Lunch	Western	Jamaican Jerk Chicken W. Wajapi Sauce Toasted Garlic Pasta Rainbow Veggie	Crispy Panko Baked Fish W. Creamy Lime Kafir Sauce Carrot Rice Sauteed French Bean W. Garlic	Roasted Potato Wedges W. Herb Honey Roasted Chicken W. Gravy Buttered Mix Vegetable	Mexican Baked Fish Napolitan Pasta Mexican Roasted Zucchini W. Carrot	Fish Stew W. Potato & Carrot Soft Bun Creamy Coleslaw W. Raisin
	Asian	Fried Kway Teaw Steam Fish W. King Sauce Stir-Fried Bok Choy W. Garlic	Yakisoba Karaage Chicken Japanese Pickled Cucumbers	Steamed Jasmine Rice Steamed Fish XO Sauce Stir Fried Mushroom & Broccoli	Chicken Bulgogi Aromatic Rice Corn Salsa	Thai Basil Chicken Phad Thai Noodles Pad Pak Ruam
	Vegetarian	Crispy Tofu W. BBQ Sauce Tossed Garlic Pasta And Rainbow Veggie	Yakisoba Crispy Teriyaki Tofu Japanese Pickled Cucumber	Roasted Potato Wedges W. Herb BBQ Crispy Tofu Buttered Mix Vegetable	Bulgogi Mock Chicken Aromatic Rice Corn Salsa	Vegetable Stew W. Tofu Soft Bun Creamy Coleslaw W. Raisin
	Dessert	Watermelon	Slice Orange	Jelly Rose W. Selasih	Slice Marble Cake	Slice Papaya
Lunch Special	Noodle Station RM10.00	Curry Noodle W. Shredded Chicken	Kway Teow Soup	Ramen Noodles Soup W. Chicken	Beehoon Soup Utara W. Chicken	Mee Rebus Muar
	Panini Counter RM12.00	Chicken Chimichanga	Banh Mi (Panini Bread)	Chicken Quesadillas	Cheese & Chicken Pepperoni Sandwich	Club Sandwich
	Chef Special	Special Chef	Special Chef	Special Chef	Special Chef (V)	Special Chef

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MONTHLY MENU SEPTEMBER 2024 SECONDARY

Menu Week 2&4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-23 Sept	10-24 Sept	11-25 Sept	12-26 Sept	13-27 Sept
Morning Snack	Asian Delight RM 6.00	Fried Ramen	Char Kway Teow	Roti Canai W. Dhall	Fried Yee Mee	Chicken Ginger Congee
	Protein Power	Toast Pizza RM6.00	Hashbrown RM3.00	Breakfast Sausages RM2.00	Spring Roll (2pcs) RM3.00	Haina Toast Bread
		Nugget (3pcs) RM5.00	Scramble Egg RM5.00	Egg Burrito RM6.00	Cinnamon Roll RM5.00	Chicken Sandwich RM6.00
	Morning Bakery	Soft Cookies RM5.00	Assorted Pastry RM6.00	Honey Butter Biscuit RM5.00	Cupcake RM5.00	Vanilla Muffin RM5.00
Lunch	Western	Jamaican Jerk Chicken W. Wojapi Sauce Toasted Garlic Pasta Rainbow Veggie	Crispy Panko Baked Fish W. Creamy Lime Kafir Sauce Corn Butter Rice Sauteed French Bean W. Garlic	Roasted Potato Wedges W. Herb Honey Roasted Chicken W. Gravy Buttered Mix Vegetable	Mexican Baked Fish Napolitan Pasta Mexican Roasted Zucchini W. Carrot	Fish Stew W. Potato & Carrot Soft Bun Creamy Coleslaw W. Raisin
	Asian	Fried Kway Teaw Steam Fish W. King Sauce Stir-Fried Bok Choy W. Garlic	Yakisoba Karaage Chicken Japanese Pickled Cucumbers	Steamed Jasmine Rice Steamed Fish XO Sauce Stir Fried Mushroom & Broccoli	Chicken Bulgogi Aromatic Rice Corn Salsa	Thai Basil Chicken Phad Thai Noodles Pad Pak Ruam
	Vegetarian	Crispy Tofu W. BBQ Sauce Tossed Garlic Pasta And Rainbow Vegie	Yakisoba Crispy Terayaki Tofu Japanese Pickled Cucumber	Roasted Potato Wedges W. Herb BBQ Crispy Tofu Buttered Mix Vegetable	Bulgogi Mock Chicken Aromatic Rice Corn Salsa	Vegetable Stew W. Tofu Soft Bun Creamy Coleslaw W. Raisin
	Dessert	Fruit Jelly	Watermelon	Cendol Jelly	Slice Cake	Slice Orange
Lunch Special	Noodle Station RM10.00	Soba Noodle W. Shredded Chicken	Healthy Miso Chicken Soup	Beef Pho Soup (Vietnamese Soup)	Chicken And Sweetcorn Soup W. Chicken Dumpling	Laksa Johor
	Panini Counter RM12.00	Pulled Chicken Wrap	Chicken Slider W. Fries	Meatball Sandwich	Chicken Fold Over W. Wedges	Fried Chicken Burger
	Chef Special	Special Chef	Special Chef	Special Chef	Special Chef (V)	Special Chef

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