

## MONTHLY MENU AUGUST 2024 ELEMENTARY STUDENT

Menu Week 1 & 3

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5-19 AUGUST	6-20 AUGUST	7-21 AUGUST	8-22 AUGUST	9-23 AUGUST

Lunch Fayre RM13.00	Western	Spaghetti Primavera Roasted Chicken w. Herb Sauteed Spinach w. Garlic	Hearty Chicken Stew Soft Bun Roasted Zucchini & Aubergine	Brazilian Fish Stew (Maqueda Baiana) Toast Pasta Garden Salad w. Dressing	Mexican Chicken Baked Cajun Potato Steam Corn on Cobb	Moroccan Lamb Stew Jasmine Rice Roasted Vegetable
	Asian	Jasmine Rice Portuguese Grill Fish Sautee Long bean	Steam Rice Fish Bulgogi Stir Fry Julienne Vegetable	Indonesia Fried Rice Baked Percik Chicken Vegetable Acar	Steam Rice Goan Fish Curry Sautee Snake Gourd	Stir- Fry Noodles Thai Fried Chicken Lo Han Chai
	Vegetarian	Jasmine Rice Fried Tofu w. Sweet Sambal Pumpkin Stew w. Coconut Gravy	Steam Rice Tofu Bulgogi Stir Fry Julienne Vegetable	Indonesia Fried Rice Baked Percik Vegetarian Chicken Vegetable Acar	Baked Tempe with Cheese Baked Cajun Potato Steam Corn on Cobb	Stir- Fry Noodles Thai Fried Tofu Lo Han Chai
	Dessert	Red Watermelon	Fruit Jelly	Orange	Lemon Slice Cake	Honey Dew

\*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 AUGUST 2024 ELEMENTARY STUDENT

*Menu Week 2&4*

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

<b>Lunch Fayre RM13.00</b>	<b>Western</b>	Roasted Rosemary Chicken Plov Rice Steam Rainbow Vegetable	Hickory BBQ Smoke Fish Garlic & Parsley Baked Potato Ratatouille Stew and	Lamb Bolognese Tossed Macaroni Mixed Salad	Parmesan & Herb Fish with Tomato Caulis Corn Bread Sautee Sweet Bean	Lemon Basil Chicken Potato Wedges Cauliflower Au Gratin
	<b>Asian</b>	Cantonese Kway Teaw Ginger Fish Stir Fry Long Cabbage	Steam Rice Nyonya Chicken Curry Sautee Okra	Steam Rice Japanese Chicken Curry Cabbage Salad with Sesame Dressing	Aromatic Rice Fried Chicken Sautee Bean Sprout	Steam Rice Honey Garlic Fish Stir Fry Pok Choy
	<b>Vegetarian</b>	Cantonese Kway Teaw Ginger Tofu Stir Fry Long Cabbage	Steam Rice Nyonya Chickpeas Curry Sautee Okra	Vegetarian Bolognese with Macaroni served with Mixed Salad	Aromatic Rice Fried Tempe with Spices Sautee Bean Sprout	Steam Rice Honey Garlic Vegetarian Chicken Stir Fry Pok Choy
	<b>Dessert</b>	Yellow Watermelon	Mini Muffin	Red Apple	Rose Jelly	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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**FOODS AROUND THE WORLD**

**Let's Learn**  
**Food Culture & Fusion Cuisine**

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## MONTHLY MENU AUGUST 2024 SECONDARY STUDENT

<i>Menu Week 1 &amp; 3</i>						
STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	5-19 AUGUST	6-20 AUGUST	7-21 AUGUST	8-22 AUGUST	9-23 AUGUST	
<b>Morning Snack</b>	<b>Asian Delight</b> RM6.00	Stir Fried Bee Hoon	Stir Fried Mee	Nasi Lemak w. Condiments	Fried Kway Teaw	Indonesian Stir-Fried Rice
	<b>Protein Power</b>	Croissant Sandwich RM 5.00	Breakfast Sausage RM2.00	Sunny Side Up Egg RM3.00	Hashbrown RM3.00	Spring Roll (2pcs) RM3.00
		Chicken Cheese Wrap RM 6.00	Triple Cheese Quesadilla RM6.00	Curry Puff RM 2.00	Chicken Quesadilla RM6.00	Chicken & Cheese Burrito RM6.00
	<b>Morning Bakery</b>	Vanilla Muffin RM5.00	Belgian Waffle RM 4.00	Chocolate Roll RM5.00	Pancake With Syrup 2pcs RM4.00	Raisin Cinnamon Roll RM5.00
<b>Lunch</b> RM14.00	<b>Western</b>	Spaghetti Primavera Roasted Chicken w. Herb Sauteed Spinach w. Garlic	Hearty Chicken Stew Soft Bun Roasted Zucchini & Aubergine	Brazilian Fish Stew (Maqueda Baiana) Toast Pasta Garden Salad w. Dressing	Mexican Chicken Baked Cajun Potato Steam Corn on Cobb	Moroccan Lamb Stew Jasmine Rice Roasted Vegetable
	<b>Asian</b>	Jasmine Rice Portuguese Grill Fish Sautee Long bean	Steam Rice Fish Bulgogi Stir Fry Julienne Vegetable	Indonesia Fried Rice Baked Percik Chicken Vegetable Acar	Steam Rice Goan Fish Curry Sautee Snake Gourd	Stir- Fry Noodles Thai Fried Chicken Lo Han Chai
	<b>Vegetarian</b>	Jasmine Rice Fried Tofu w. Sweet Sambal Pumpkin Stew w. Coconut Gravy	Steam Rice Tofu Bulgogi Stir Fry Julienne Vegetable	Indonesia Fried Rice Baked Percik Vegetarian Chicken Vegetable Acar	Baked Tempe with Cheese Baked Cajun Potato Steam Corn on Cobb	Stir- Fry Noodles Thai Fried Tofu Lo Han Chai
	<b>Dessert</b>	Red Watermelon	Fruit Jelly	Orange	Lemon Slice Cake	Honey Dew
<b>Lunch Special</b>	<b>Noodle Station</b> RM10.00	Curry Noodle with Shredded Chicken	Kway Teow Soup	Tom Yam Ramen with Condiment	Sizzling Noodle Yee Mee	Pan Mee
	<b>Panini Counter</b> RM12.00	Chicken Chimichanga	Banh Mi (panini Bread)	Chicken Quesadillas	Cheese & Chicken Pepperoni Sandwich	Club Sandwich (Panini Bread)
	<b>Chef Special</b> RM10.00-15.00	Special Chef	Special Chef	Special Chef	Special Chef (V)	Special Chef

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## MONTHLY MENU AUGUST 2024 SECONDARY STUDENT

*Menu Week 2&4*

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

<b>Morning Snack</b>	<b>Asian Delight</b> RM6.00	Fried Ramen	Char Kway Teow	Nasi Lemak w. Condiments	Fried Yee Mee	Chicken Ginger Congee
	<b>Protein Power</b>	Toast Pizza RM6.00	Hashbrown RM2.00	Sunny Side Up RM3.00	Spring Roll (2pcs) RM3.00	French Toast (2pcs) RM5.00
		Nugget (3 pcs) RM5.00	Scramble Egg RM5.00	Chicken & Cheese Burrito RM6.00	Monte Cristo RM4.00	Chicken Sandwich RM5.00
	<b>Morning Bakery</b>	Soft Cookies RM5.00	Scones Butter RM5.00	Honey Butter Biscuit RM5.00	Cupcake RM5.00	Vanilla Muffin RM5.00

<b>Lunch</b> RM14.00	<b>Western</b>	Roasted Rosemary Chicken Plov Rice Steam Rainbow Vegetable	Hickory BBQ Smoke Fish Garlic & Parsley Baked Potato Ratatouille Stew and	Lamb Bolognese Tossed Macaroni Mixed Salad	Parmesan & Herb Fish with Tomato Caulis Corn Bread Sautee Sweet Bean	Lemon Basil Chicken Potato Wedges Cauliflower Au Gratin
	<b>Asian</b>	Cantonese Kway Teaw Ginger Fish Stir Fry Long Cabbage	Steam Rice Nyonya Chicken Curry Sautee Okra	Steam Rice Japanese Chicken Curry Cabbage Salad with Sesame Dressing	Aromatic Rice Fried Chicken Sautee Bean Sprout	Steam Rice Honey Garlic Fish Stir Fry Pok Choy
	<b>Vegetarian</b>	Cantonese Kway Teaw Ginger Tofu Stir Fry Long Cabbage	Steam Rice Nyonya Chickpeas Curry Sautee Okra	Vegetarian Bolognese with Macaroni served with Mixed Salad	Aromatic Rice Fried Tempe with Spices Sautee Bean Sprout	Steam Rice Honey Garlic Vegetarian Chicken  Stir Fry Pok Choy
	<b>Dessert</b>	Yellow Watermelon	Mini Muffin	Red Apple	Rose Jelly	Mix Fruit

<b>Lunch Special</b>	<b>Noodle Station</b> RM10.00	Chicken Meat Ball Noodles w Condiments	Mee Rebus with Condiments	Cantonese Yee Mee Noodle with Condiments	Vietnamese Chicken Pho with Condiments	Fish Ball Noodle Soup
	<b>Panini Counter</b> RM12.00	Pulled Chicken Wrap	Chicken Slider with Fries	English Muffin Sandwich	Chicken Fold over with Wedges	Fried Chicken Burger
	<b>Chef Special</b> RM10.00-RM15.00	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

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