

MONTHLY MENU OCTOBER 2024

Menu Week 1 & 3

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14-28 OCT	2-15 OCT	3-16 OCT	4-17 OCT	5-18 OCT
Lunch Fayre	Western	Cowboy Chicken Toasted Garlic Pasta Rainbow Veggie	Lemon & Dill Baked Fish w. Romesco Sauce Carrot Butter Rice Charred Cauliflower	Parmesan Roasted Potatoes Chicken Limone Buttered Broccoli & Carrot	Chicken Stroganoff Soft Roll Sauteed Spanish w. Garlic	Mediterranean Baked Fish Steam Potato w. Parsley Sautee French bean
	Asian	Steam Fish w. Vietnamese Sauce Steamed Jasmine Rice Stir-Fried Choy	Hokkien Mee Char Siu Chicken Steam Pak Choy	Coriander Rice Fish Vindaloo Indian Fried Cabbage	Ikan Bakar w. Air Assam Indonesia Fried Rice Fried Bitter Gourd w. Egg	Chicken Soboro Donburi Steamed Japanese Rice Yasai Itami
	Vegetarian	Crispy Tofu w. Vietnamese Sauce Steamed Jasmine Rice Stir-Fried Choy Sum & Cabbage	Fried Tempe w. Romesco Sauce Carrot Butter Rice Charred Cauliflower	Coriander Rice Vindaloo Mock Fish Indian Fried Cabbage	Stuffed Tofu Vegetable w. Sweet Sauce Indonesia Fried Rice Fried Bitter Gourd w. Egg	Steamed Egg Soy Sauce Steamed Japanese Rice Yasai Itami
	Dessert	Fruit Jelly	Orange Cake	Slice Watermelon Red	Jelly Santan Gula Melaka	Slice Papaya

*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 OCTOBER 2024

Menu Week 2&4

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	7-21 OCT	8-22 OCT	9-23 OCT	10-24 OCT	11-25 OCT	
Lunch Fayre	Western	Oatmeal Crusted Chicken Penne Pomodoro Buttered Carrot & Corn	Panko Baked Fish Garlic Mashed Potato Butter Green Peas & Corn	Roasted Chicken w. herb & Huntter sauce Focaccia Bread Garden Salad w. Italian Dressing	Baked Cajun Fish w. BBQ Sauce Spiral Aglio- Olio Roasted Broccoli & Carrot	Creamy Mac & cheese Marry Mee Roasted Chicken Cucumber salsa
	Asian	Cantonese Yee Mee Fish Fingers Chinese-Style Fried Long Cabbage w. Mushroom	Nasi Kerabu Ayam Percik Kelantan Kerabu Vegetable Keropok Sayur	Indian Fish Curry w. Okra Steamed Jasmine Rice Fired Bean Sprout w. Egg	Japanese Chicken Curry Japanese Fried Rice Wakame Salad (Japanese Seaweed Salad)	Steamed Ginger Soy Sauce Steamed Jasmine Rice Stir Fry Bok Choy Garlic
	Vegetarian	Cantonese Yee Mee Salted Crispy Fried Tofu Fried Long Cabbage w. Mushroom	Nasi Kerabu Mock Chicken Percik Kerabu Vegetable Keropok Sayur	Vegetable Stew w. Tofu Focaccia Bread Garden Salad w. Italian Dressing	Japanese Tofu Curry Japanese Fried Rice Wakame Salad (Japanese Seaweed Salad)	Creamy Mac & Cheese Fried Mock Chicken Cucumber salsa
	Dessert	Slice Orange	Carrot Cake	Rose Jelly wit Selasih	Slice Watermelon Red	Marble Cake

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Morning Snack	Asian Delight	Fried Ramen RM5.00	Fride Rice RM5.00	Roti Canai w. Dhall RM2.50	Fried Singapore Noodle RM5.00	Nasi Lemak w. Condiment RM4.50
	Protein Power	Slice Chicken Pizza RM5.00	Chicken Wrap RM6.00	Egg Quesadilla RM5.00	Samosa 2pcs RM3.00	Toast Bread RM4.00
		Breakfast Sausages RM5.00 (3pcs)	Open Face Sandwich RM4.00	Egg Burrito RM6.00	Spanish Quiche RM4.00	Ham & Cheese Sandwich RM4.00
	Morning Bakery	Soft Cookies RM5.00	Assorted Pastry RM4.00	Cinnamon Roll RM4.00	Chicken Floss Bun RM5.00	Curry Puff RM2.00

Lunch	Western	Cowboy Chicken Toasted Garlic Pasta Rainbow Vegie	Lemon & Dill Baked Fish w. Romesco Sauce Carrot Butter Rice Charred Cauliflower	Parmesan Roasted Potatoes Chicken Limone Buttered Broccoli & Carrot	Chicken Stroganoff Soft Roll Sauteed Spanish w. Garlic	Mediterranean Baked Fish Steam Potato w. Parsley Sautee French bean
	Asian	Steam Fish w. Vietnamese Fish Sauce, Steamed Jasmine Rice Stir-Fried Choy Sum	Hokkien Mee, Char Siu Chicken Steam Pak Choy	Coriander Rice, Fish Vindaloo Indian Fried Cabbage	Ikan Bakar w. Air Assam Indonesia Fried Rice Fried Bitter Gourd w. Egg	Chicken Soboro Donburi Steamed Japanese Rice Yasai Itami
	Vegetarian	Crispy Tofu w. Vietnamese Sauce, Steamed Jasmine Rice Stir-Fried Choy Sum & Cabbage	Grilled Tempeh w. Romesco Sauce Carrot Butter Rice Charred Cauliflower	Coriander Rice, Vindaloo Mock Fish Indian Fried Cabbage	Stuffed Tofu Vegetable w. Sweet Sauce Indonesia Fried Rice Fried Bitter Gourd w. Egg	Steamed Egg Soy Sauce Steamed Japanese Rice Yasai Itami
	Dessert	Fruit Jelly	Orange Cake	Slice Watermelon Red	Coconut Jelly w. Palm Sugar	Slice Papaya

Lunch Special	Noodle Station RM10.00	Lontong w. Chicken	Chicken Bakso Meehoon	Ramen Noodles Soup w. Chicken	Pan Mee Noddle w Chicken	Vietnamese Noodle
	Panini Counter RM12.00	Chicken Chimichanga	Banh Mi (Panini Bread)	Chicken Quesadillas	Cheese & Chicken Pepperoni Sandwich	Club Sandwich (Panini Bread)
	Chef Special	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

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		7-21 OCT	8-22 OCT	9-23 OCT	10-24 OCT	11-25 OCT
Morning Snack	Asian Delight	Fried Koew Tiow RM5.00	Singapore Fried Meehoon RM5.00	Chinese Fried Rice RM5.00	Fried Mee Mamak RM5.00	Roti Jala w. Potato Curry RM5.00 (3pcs)
	Protein Power	Crispy Chicken Wrap RM6.00	Hot Dog Chicken RM6.00	Sunny Side up RM3.00	Spring Roll Vege 3pcs RM4.00	French Toast w. Jem RM3.00
		Omelets Vegetable RM4.00	Hard Boil Egg w. sambal (MILD) RM3.00	Fajitas Wrap RM5.00	Scramble Egg RM4.00	Sausages Roll Bread RM3.00
	Morning Bakery	Chocolate Roll RM5.00	Orange Cake w. Frosting RM5.00	Scones w. Butter & Jem RM5.00	Fruit Cup w. Yogurt RM6.00	Red Velvet Muffin RM5.00
Lunch	Western	Oatmeal Crusted Chicken Penne Pomodoro Buttered Carrot & Corn	Panko Baked Fish Garlic Mashed Potato Butter Green Peas & Corn	Roasted Chicken w. Herb & Hunter sauce Focaccia Bread Garden Salad w. Italian Dressing	Baked Cajun Fish w. BBQ Sauce Spiral Aglio- Olio Roasted Broccoli & Carrot	Creamy Mac & cheese Marry Mee Roasted Chicken Cucumber salsa
	Asian	Cantonese Yee Mee Fish Fingers Chinese-Style Fried Long Cabbage w. Mushroom	Nasi Kerabu Ayam Percik Kelantan Kerabu Vegetable Keropok Sayur	Indian Fish Curry w. Okra Steamed Jasmine Rice Fired Bean Sprout w. Egg	Japanese Chicken Curry Japanese Fried Rice Wakame Salad (Japanese Seaweed Salad)	Steamed Ginger Soy Sauce Steamed Jasmine Rice Stir Fry Bok Choy Garlic
	Vegetarian	Cantonese Yee Mee Salted Crispy Fried Tofu Fried Long Cabbage w. Mushroom	Nasi Kerabu Mock Chicken Percik Kerabu Vegetable Keropok Sayur	Vegetable Stew w. Tofu Focaccia Bread Garden Salad w. Italian Dressing	Japanese Tofu Curry Japanese Fried Rice Wakame Salad (Japanese Seaweed Salad)	Creamy Mac & Cheese Fried Mock Chicken Cucumber salsa
	Dessert	Slice Orange	Carrot Cake	Rose Jelly w. Selasih	Slice Watermelon Red	Marble Cake
Lunch Special	Noodle Station RM10.00	Yee Mee Noodle w. Shredded Chicken	Mee Bandung	Beef Pho Soup (Vietnamese Soup)	Chicken and Sweetcorn Soup w. Chicken Dumpling	Laksa Kedah
	Panini Counter RM12.00	Pulled Chicken Wrap	Chicken Slider w. Fries	Meatball Sandwich	Chicken Foldover w. Wedges	Fried Chicken Burger
	Chef Special	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

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