

Menu Week 1 & 3

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	4-18 NOV	5-19 NOV	6-20 NOV	7-21 NOV	8-22 NOV	
Lunch Fayre	Western	Mediterranean Rice Roasted Chicken Kabsah w. Vegetable Corn & Cucumber Salsa	Baked Potato Au Gratin Crispy Baked Fish w. Herbs Sautee French Bean w. Carrot & Mushroom	Soft Roll Roasted Chicken w. Herb & Creamy Mushroom Gravy Butterd Broccoli w. Carrot & Corn	Smash Potato w. Garlic Sauce Grilled Fish w. Lemon Pepper Herbs Con and Cob	Penne Arabbiatta Chicken Shawarma w. Garlic Sauce Garden Salad w. Herb's Dressing
	Asian	Peneng Fried Koew Tiow Chinese Style Baked Fish Chap Chye	Lemongrass & Ginger Rice Chicken Kurma w. Potato & Carrot Stir Fried Kailan	Mushroom Rice Baked Terayaki Fish w. Sesame Soy Sauce Oi Muchim (Spicy Cucumber Salad)	Chinese Fried Rice Creamy Buttermilk Chicken Stir Fry Cabbage w. Black Fungus	Butter Rice Grilled Fish w. Percik Sauce Stir Fry Okra
	Vegetarian	Mediterranean Rice Chickpea & Lentil Stew Corn & Cucumber Salsa	Baked Potato Au Gratin Grilled Tofu w. Herbs Sautee French Bean w. Carrot & Mushroom	Mushroom Rice Crispy Tofu w. Sesame Soy Sauce Oi Muchim (Spicy Cucumber Salad)	Chinese Fried Rice Plant Based Chicken Kam Heong Stir Fry Cabbage w. Black Fungus	Penne Arabbiatta Shawarma Tofu w. Garlic Sauce Garden salad w. Herb's Dressing
	Dessert	Orange Slice	Fruit Yogurt	Red Watermelon	Orange Cake	Mini Vanilla Muffin

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

*HNF Catering holds 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!

Menu Week 2 & 4

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	11 - 25 NOV	12 -26 NOV	13 - 27 NOV	14 -28 NOV	15 - 29 NOV	
Lunch Fayre	Western	Steamed Parsley Potatoes Grilled Fish w. Dill Aioli Vegetable Ratatouille	Flat Bread Hearty Chicken Stew Roasted Zucchini & Aubergine	French Fries Battered Fish w. Tartar Sauce Red Cabbage Coleslaw	Mashed Potato Oatmeal Butter Fish w. Tomatoes Caulis Buttered Green Peas	Penne Pomodoro Rosemary Roasted Chicken w. Brown Sauce Sauteed French Bean & Carrot w. Garlic
	Asian	Kimchi Fried Rice Chicken Bulgogi Baked Corn Cheese	Fried Ramen Noodles Steamed Fish w. Garlic Ginger Fried Longbean w. Egg & Tofu	Steam Rice Chinese Steamed Chicken w. Garlic Soy Sauce Stir Fried Mix Vegetable	Aromatic Rice Turmeric Fried Chicken Pumpkin Spinach w. Coconut Gravy	Coriander Rice Grilled Fish Egg Tofu w. Vegetable Gravy
	Vegetarian	Kimchi Fried Rice Crispy Tofu Bulgogi Baked Corn Cheese	Fried Ramen Noodles Salty Crispy Tofu Fried Longbean w. Egg & Tofu	Steam Rice Steamed Tofu w. Garlic Soy Sauce Stir Fried Mix Vegetable	Aromatic Rice Turmeric Fried Vegetarian Chicken Pumpkin Spinach w. Coconut Gravy	Tossed Penne in Olive Oil Roasted Chickpea Bolognese Sauteed French Bean & Carrot w. Garlic
	Dessert	Yellow Watermelon	Chocolate Cake	Mix Fruit	Fruit Jelly	Honey Dew

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MONTHLY MENU NOVEMBER 2024

SECONDARY

Menu Week 1 & 3

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4- 18 NOV	5 -19 NOV	6 -20 NOV	7 -21 NOV	8 -22 NOV
Morning Snack	Asian Delight	Char Kway Teow (RM 5)	Roti Canai w. Dhall (RM 5)	Garlic Fried Rice (RM 5)	Clear Noodle Soup (RM 5)	Chicken Congee (RM 5)
	Protein Power	Scramble Egg (RM 3)	Sunny Side Up Egg (RM 2)	Egg Foo Yong (RM4)	Grilled Cheese Sandwiches (RM 4)	Omelette (RM 3)
		Chicken Burrito (RM 5)	Tuna Wrap (RM 5)	Roti John (RM 5)	Quesadilla (RM 5)	Grill Cheese & Ham Sandwich (RM 5)
	Morning Bakery	Soft Cookies (RM 5)	Assorted Bun (RM 5)	Vegetable Curry Puff (RM 3)	Cup Fruit (RM 5)	Chocolate Roll (RM 5)
Lunch	Western	Mediterranean Rice Roasted Chicken Kabsah w. Vegetable Corn & Cucumber Salsa	Baked Potato Au Gratin Crispy Baked Fish w. Herbs Sautee French Bean w. Carrot & Mushroom	Soft Roll Roasted Chicken w. Herb & Creamy Mushroom Gravy Butterd Broccoli w. Carrot & Corn	Smash Potato w. Garlic Sauce Grilled Fish w. Lemon Pepper Herbs Con and Cob	Penne Arribiatta Chicken Shawarma w. Garlic Sauce Garden Salad w. Herb's Dressing
	Asian	Peneng Fried Koew Tiow Chinese Style Baked Fish Chap Chye	Lemongrass & Ginger Rice Chicken Kurma w. Potato & Carrot Stir Fried Kailan	Mushroom Rice Baked Terayaki Fish w. Sesame Soy Sauce Oi Muchim (Spicy Cucumber Salad)	Chinese Fried Rice Creamy Buttermilk Chicken Stir Fry Cabbage w. Black Fungus	Butter Rice Grilled Fish w. Percik Sauce Stir Fry Okra
	Vegetarian	Mediterranean Rice Chickpea & Lentil Stew Corn & Cucumber Salsa	Baked Potato Au Gratin Grilled Tofu w. Herbs Sautee French Bean w. Carrot & Mushroom	Mushroom Rice Crispy Tofu w. Sesame Soy Sauce Oi Muchim (Spicy Cucumber Salad)	Chinese Fried Rice Plant Based Chicken Kam Heong Stir Fry Cabbage w. Black Fungus	Penne Arribiatta Shawarma Tofu w. Garlic Sauce Garden salad w. Herb's Dressing
	Dessert	Orange Slice	Fruit Yogurt	Red Watermelon	Orange Cake	Mini Vanilla Muffin
Lunch Special	Noodle Station	Miso Noodle w. Chicken (RM10)	Jjangmyeon (RM10)	Ramen Chicken Soup (RM10)	Asam Laksa Noodles (RM10)	Mee Bandung Muar (RM10)
	Panini Counter	Korean Egg Drop Sanwich(White Bread) (RM12)	BLT Sandwich (Panini Bread) (RM12)	Chicken Albodigas in Concasse (Tortilla Skin) (RM12)	Gilgeori Toast(Cabbage & Egg) (White Bread) (RM12)	Club Sandwich (Panini Bread) (RM12)
	Chef Special	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)

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		11 - 25 NOV	12 -26 NOV	13 - 27 NOV	14 -28 NOV	15 - 29 NOV

Morning Snack	Asian Delight	Stir Fried Bee Hoon (RM 5)	Roti Canai w. Dhall Curry (RM 3)	Nasi Lemak w. Condiments (RM 5)	Kway Teow Soup (RM 5)	Indonesian Stir Fried Rice (RM 5)
	Protein Power	Scramble Egg (RM 3)	Granola Sunflower & Pumkin Seed	Sunny Side Up Egg (RM 2)	Grilled Cheese Sandwiches (RM 4)	Omelette (RM 3)
		Chicken Fajitas Wrap (RM 5)	BBQ Chicken Burrito (RM 5)	Egg & Cheese Burrito (RM 5)	Black Bean Quesadilla (RM 5)	Chicken & Cheese Burrito (RM 5)
	Morning Bakery	Oatmeal Muffin (RM 4)	French Toast w. Cinnamon (RM 4)	Corn & Cheese Pizza (RM 4)	Wholemeal Waffle w. Caramelized Apple (RM 4)	Raisin Cinnamon Roll (RM 4)

Lunch	Western	Steamed Parsley Potatoes Grilled Fish w. Dill Aioli Vegetable Ratatouille	Flat Bread Hearty Chicken Stew Roasted Zucchini & Aubergine	French Fries Battered Fish w. Tartar Sauce Red Cabbage Coleslaw	Mashed Potato Oatmeal Butter Fish w. Tomatoes Caulis Buttered Green Peas	Penne Pomodoro Rosemary Roasted Chicken w. Brown Sauce Sauteed French Bean & Carrot w. Garlic
	Asian	Kimchi Fried Rice Chicken Bulgogi Baked Corn Cheese	Fried Ramen Noodles Steamed Fish w. Garlic Ginger Fried Longbean w. Egg & Tofu	Steam Rice Chinese Steamed Chicken w. Garlic Soy Sauce Stir Fried Mix Vegetable	Aromatic Rice Turmeric Fried Chicken Pumpkin Spinach w. Coconut Gravy	Coriander Rice Grilled Fish Egg Tofu w. Vegetable Gravy
	Vegetarian	Kimchi Fried Rice Crispy Tofu Bulgogi Baked Corn Cheese	Fried Ramen Noodles Salty Crispy Tofu Fried Longbean w. Egg & Tofu	Steam Rice Steamed Tofu w. Garlic Soy Sauce Stir Fried Mix Vegetable	Aromatic Rice Turmeric Fried Vegetarian Chicken Pumpkin Spinach w. Coconut Gravy	Tossed Penne in Olive Oil Roasted Chickpea Bolognese Sauteed French Bean & Carrot w. Garlic
	Dessert	Yellow Watermelon	Chocolate Cake	Mix Fruit	Fruit Jelly	Honey Dew

Lunch Special	Noodle Station	Laksa Siam (RM10)	Longtong Johor (RM10)	Laksa Penang (RM10)	Chinese Kway Teow Soup (RM10)	Oden Noodles Soup (RM10)
	Panini Counter	Tuna Cheese Tasted Sandwich (RM12)	Chicken Smoky Ball Sandwich (RM12)	Sausage Sizzle w. Fries (RM12)	Barbecue Chicken w. Seed Bun (RM12)	Pesto Chicken Panini Sandwich (RM12)
	Chef Special	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)	Special Chef (RM 12)

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