

MONTHLY MENU DECEMBER 2024

EARLY YEARS, ELEMENTARY & IEAP

Menu Week 1

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	
Lunch Fayre	Western	Carrot Rice Irish Chicken Stew w. Turnip Stir Fried Cauliflower & Mix Capsicum	Lyonnais Potato Grill Fish Mustard Sauce Con On Cob	Creamy Penne Primavera Garlic & Rose Marry Baked Chicken w. Gravy Buttered Mix Vegetable	Mandy Rice Mediterranean Baked Fish w. Pineapple Salsa Vegetable Stew w. Potato	Cross Bun Hungarian Chicken Goulash Cauliflower Polonaise
	Asian	Fried Ramen Noodles Garlic Pepper Fish Broccoli & Mushroom w. Egg Sauce	Bryani Rice Chicken Jalfrazi Stir Fried Indian Cabbages w. Carrot	Steamed Jasmine Rice Chinese Sweet & Sour Chicken Fried Cabbages w. Mushroom & Egg Drop Gravy	Phad Thai Noodles Chicken w. Ginger and Spring Onions Loh Honn Chai	Japanese-Style Steamed Rice Terayaki Fish w. Corn Honey Green Bean Gomaee (Sesame Dressing)
	Vegetarian	Carrot Rice Irish Chicken Mock Stew w. Turnip Stir Fried Cauliflower & Mix Capsicum	Bryani Rice Jalfarazi Chicken Mock Stir Fried Indian Cabbages w. Carrot	Creamy Penne Primavera Fajitas Crispy Tofu Buttered Mix Vegetable	Phad Thai Noodles Stir Fried Tofu w. Ginger and Spring Onion Lon Honn Chai	Cross Bun Hungarian Vegetable Goulash Cauliflower PoloNaise
	Dessert	Slice Red Watermelon	Banana Cake	Slice Yellow Watermelon	Vanilla Cake	Slice Rock Melon & Watermelon

* 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!

MONTHLY MENU DECEMBER 2024 EARLY YEARS, ELEMENTARY & IEAP

Menu Week 2

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	
Lunch Fayre	Western	Penne Aglio Olio Baked Fish w. Herb Crush Kale & Spinach	Roasted Potato Wedges w. Herb & Garlic Chicken Parmigiana w. Tomato Sauce Garden salad w. Dressing	Focaccia Herb Bread Spring Pea Fish Chowder Sauteed Spinach & Carrot w. Garlic	Steamed Potato w. Parsley & Garlic Sauce Chicken Enchiladas Corn Kernel & Peas Honey Glazed	Toast Spaghetti w. Parsley Chicken Stroganoff w. Mushroom Baked Broccoli w. Carrot & Parmesan
	Asian	Steamed Jasmine Rice Rojan Josh Chicken Curry w. Eggplant Cauliflower Aloo Gobi	Fried Yee Mee Steam Fish w. Lemon Sauce Siew Pak w. Oyster Sauce	Makloubeh Rice Chicken Kabsa w. Potato Tomato & Cucumber Salsa	Vietnamese Fried Rice Vietnamese Lemongrass Chicken Vietnamese Stir-Fried Vegetables	Nasi Minyak Ayam Korma w. Potato & Carrot Spicy Mixed Vegetables w. Fried Egg Tofu
	Vegetarian	Steamed Jasmine Rice Rojan Josh Mock Chicken w. Eggplant Cauliflower Aloo Gobi	Roasted Potato Wedges w. Herb Stew Tofu w. Chickpeas Vegetable Garden salad w. Dressing	Makloubeh Rice Tofu Kabsha w. Potato Tomato & Cucumber Salsa	Steamed Potato w. Parsley and Garlic Fried Eggplant w. Breadcrumbs Honey Glaze Corn Kernel & Peas	Nasi Minyak Szechuan Tofu Mixed Vegetables w. Fried Egg Tofu
	Dessert	Banana Cake	Slice Rock Melon & Watermelon	Orange Wedges	Red Watermelon	Fruit Jelly

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MONTHLY MENU DECEMBER 2024 SECONDARY

Menu Week 1

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Morning Snack	Asian Delight	Fried Mee Hailam (RM 5)	Nasi Lemak w. Condiment (RM 5)	Fried Mee Hoon Singapore (RM 5)	Lontong (RM 5)	Stir Fried Pan Mee (RM 5)
	Protein Power	Sambal Telur (RM 3)	Fried Egg (RM3)	Telur Goreng Masak Kicap (RM 3)	Mushroom Omelette (RM 5)	Crab Stick in Batter (RM 3)
		Egg Oblong Sandwich (RM 5)	Tuna Sandwich (RM 5)	Toasted Hainanese Bread (RM 5)	Chicken Twister (RM 5)	Chicken Foldover (RM 5)
	Morning Bakery	Pancake w. Honey Syrup (RM 5)	Bread & Butter Pudding (RM 5)	Vegetable Curry Puff (RM 3)	Sausage Roll (RM 5)	Cheese Bun (RM 5)
Lunch	Western	Carrot Rice Irish Chicken Stew w. Turnip Strir Fried Cauliflower & Mix Capsicum	Lyonnaisse Potato Grill Fish Mustard Sauce Con On Cob	Creamy Penne Primavera Garlic & Rose Marry Baked Chicken w. Gravy Buttered Mix Vegetable	Mandy Rice Mediterranean Baked Fish w. Pineapple Salsa Vegetable Stew w. Potato	Cross Bun Hungarian Chicken Goulash Cauliflower Polonaise
	Asian	Fried Ramen Noodles Garlic Pepper Fish Broccoli & Mushroom w. Egg Sauce	Bryani Rice Chicken Jalfrazi Stir Fried Indian Cabbages w. Carrot	Steamed Jasmine Rice Chinese Sweet & Sour Chicken Fried Cabbages w. Mushroom & Egg Drop Gravy	Phad Thai Noodles Chicken w. Ginger & Spring Onions Loh Honn Chai	Japanese-Style Steamed Rice Teriyaki Fish w. Corn Honey Green Bean Gomaae (Sesame Dressing)
	Vegetarian	Carrot Rice Irish Chicken Mock Stew w. Turnip Strir Fried Cauliflower	Bryani Rice Jalfarazi Chicken Mock Stir Fried Indian Cabbages w. Carrot	Creamy Penne Primavera Fajitas Crispy Tofu Buttered Mix Vegetable	Phad Thai Noodles Stir Fried Tofu w. Ginger & Spring Onion Lon Honn Chai	Cross Bun Hungarian Vegetable Goulash Cauliflower PoloNaise
	Dessert	Slice Red Watermelon	Banana Cake	Slice Yellow Watermelon	Vanilla Cake	Slice Rock Melon & Watermelon
Lunch Special	Noodle Station	Javanese Noodle Soup (RM10)	Clear Ramen Chicken Soup (RM10)	Mee Rebus (RM10)	Laksa Johor (RM10)	Sizzling Yee Mee (RM10)
	Panini Counter	Roti John (RM12)	BLT Sandwich (Panini Bread) (RM12)	Chicken Kebab (RM12)	Chicken Tandoori Foldover (RM12)	Club Sandwich (Double Decker) (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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	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-Dec	10-Dec	11-Dec	12-Dec	13-Dec

Morning Snack	Asian Delight	Fried Wantan Noodle (RM 5)	Roti Prata w. Chicken Curry (RM 5)	Thai Fried Rice (RM 5)	Nasi Dagang w. Ikan Tongkol (RM 5)	Fried Mee Mamak (RM 5)
	Protein Power	Scramble Egg (RM 3)	Fried Wantan (2pcs) (RM 3)	Grill Chicken Sausage (RM 3)	Fried Egg (RM 3)	Hash Brown Potato (RM 3)
		Ham & Cheese Quesadilla (RM 5)	Oriental Chicken Burrito (RM 5)	Egg & Cheese English Muffin (RM 5)	Cheeze Chicken Sandwich (RM 5)	Tuna & Cheese Quesadilla (RM 5)
	Morning Bakery	Assorted Malay Kuih (RM 4)	Chocolate Roll (RM 4)	Mexican Bun (RM 4)	Chocolate Chip Muffin (RM 5)	Sugar & Cinamon Bun (RM 4)

Lunch	Western	Penne Aglio Olio Baked Fish w. Herb Crush Kale & Spinach	Roasted Potato Wedges w. Herb & Garlic Chicken Parmigiana w. Tomato Sauce Garden salad w. Dressing	Focaccia Herb Bread Spring Pea Fish Chowder Sauteed Spinach & Carrot w. Garlic	Steamed Potato w. Parsley & Garlic Sauce Chicken Enchiladas Corn Kernal & Peas Honey Glazed	Toast Spaghetti w. Parsley Chicken Stroganoff w. Mushroom Baked Broccoli w. Carrot & Parmesan
	Asian	Steamed Jasmine Rice Rojan Josh Chicken Curry w. Eggplant Cauliflower Aloo Gobi	Fried Yee Mee Steam Fish w. Lemon Sauce Siew Pak w. Oyster Sauce	Makloubeh Rice Chicken Kabsa w. Potato Tomata & Cucumber Salsa	Vietnamese Fried Rice Vietnamese Lemongrass Chicken Vietnamese Stir-Fried Vegetables	Nasi Minyak Ayam Korma w. Potato & Carrot Spicy Mixed Vegetables w. Fried Egg Tofu
	Vegetarian	Steamed Jasmine Rice Rojan Josh Mock Chicken w. Eggplant Cauliflower Aloo Gobi	Roasted Potato Wedges w. Herb Stew Tofu w. Chickpeas Vegetable Garden salad w. Dressing	Makloubeh Rice Tofu Kabsha w. Potato Tomata & Cucumber Salsa	Steamed Potato w. Parsley and Garlic Fried Eggplant w. Breadcrumbs Honey Glaze Corn Kernel & Peas	Nasi Minyak Szechuan Tofu Mixed Vegetables w. Fried Egg Tofu
	Dessert	Banana Cake	Slice Rock Melon & Watermelon	Orange Wedges	Red Watermelon	Fruit Jelly

Lunch Special	Noodle Station	Wantan Chicken Soup (RM10)	Chicken Bakso Noodle Soup (RM10)	Laksa Peneng (RM10)	Chinese Koew Tiow Soup (RM10)	Oden Noodles Soup (RM10)
	Panini Counter	Chicken Toast Sandwich (RM12)	Tuna & Cheese Panini (RM12)	Sausage Sizzle w Fries (RM12)	Barbecue Chicken w Seed Honey 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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