

## MONTHLY MENU JANUARY 2025 SECONDARY

Week of: Week 1, Week 3, & Week 5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		13 & 27 JAN	14 & 28 JAN	1,15 & 29 JAN	2,16 & 30 JAN	3,17 & 31 JAN
<b>Morning Snack</b>	<b>Asian Delight</b>	Stir Fried Bee Hoon (RM 5)	Roti Canai w. Dhall Curry (RM 3)	Penang Char Kuey Tiau (RM 5)	Nasi Lemak w. Condiments (RM 5)	Chinese Stir Fried Rice (RM 5)
	<b>Protein Power</b>	Scramble Egg (RM 3)	Haina Toast w Kaya Nutter (RM4)	Sunny Side Up Egg (RM5) (RM 2)	English Egg Muffin (RM5)	Egg Foo Yong (RM 4)
		Chicken Fajitas Wrap (RM 5)	Corn Flakes Cereal (RM3)	Egg & Cheese Burrito (RM 4)	Chicken Quesadilla (RM5)	Chicken & Cheese Burrito (RM 5)
	<b>Morning Bakery</b>	Open Face Sandwich (RM 4)	Mini Butter Croissant (RM 4)	Breakfast Pizza (RM 4)	Oatmeal Chocolate Chip Muffin (RM 4)	Raisin Cinnamon Roll (RM 4)

<b>Lunch Fayre</b>	<b>Western</b>	Baked Fish Creamy Lemon Sauce Garlic Bread Baked Mix Vegetable with Parmesan	Roasted Mayo Garlic Chicken with Gravy Sauce Pilaf Vegetbale Rice Buttered Broccoli, Carrot & Cauliflower	Grilled Fish with Panko Herb and serve with aioli Sauce Penne Aglio Olio with Vegetbale Stir Fried French Bean with Garlic	Roasted Chicken w tomato basil sauce Foccasia Rosemarry Bread Corn On Cob	Baked Fish with Orange & Rainbow Vegetable Baked Potato Wedges with Herb Classic Coleslaw
	<b>Asian</b>	Roasted Miso Chicken with Miso Gravy Japanese Fried Rice Stir Fried Kailan with Garlic Oyster Sauce	Bulgogi Baked Fish with Diced Vegetable Fried Glass Noodles with Vegetbale Stir Fry Cabbage with Carrot	Chicken Korma with Potato & Carrot Steamed Jasmine Rice Stir Fry Long Bean & Carrot	Fish Tika Masala with Potato Jeera Rice Indian Style Stir Fry Okra with eggplant	Chinese Sweet & Sour Chicken Chinese Fried Rice Stir Fry Mix Vegetbale with Black Mushroom oyster sauce
	<b>Vegetarian</b>	Roasted Eggplant & Tofu with Miso Gravy Japanese Fried Rice Stir Fried Kailan with Garlic Oyster Sauce	Tofu Stew with Vegetable Pilaf Vegetbale Rice Stir Fry Cabbage with Carrot	Egg Kurma w Potato Steamed Jasmine Rice Stir Fry Long Bean & Carrot	Crispy Tofu Tika Masala with Potato Jerra Rice Indian Style Stir Fry Okra with Eggplant	Sweet & Sour Tofu Chinese Fried Rice Stir Fry Mix Vegetable with Black Mushroom
	<b>Dessert</b>	Slice Red Watermelon	Slice Honeydew	Orange Cake	Slice Yellow Watermelon	Marble Cake

<b>Lunch Special</b>	<b>Noodle Station</b>	Ipoh Hor Fun (RM 10)	Bihun Soup w Chicken (RM10)	Laksa Siam (RM10)	Soto Ayam Nasi Impit (RM10)	Lontong Johor (RM10)
	<b>Panini Counter</b>	Chicken Parmigiana (RM12)	Chicken Shawarma (RM12)	Cesar Chicken (RM12)	California Roll Wrap (RM12)	Lemon Chicken (RM12)
	<b>Chef Special</b>	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)

## MONTHLY MENU JANUARY 2025 SECONDARY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6 & 20 JAN	7&21 JAN	8&22 JAN	9&23 JAN	8&24 JAN
<b>Morning Snack</b>	<b>Asian Delight</b>	Mee Goreng Mamak (RM5)	Ginger Scalion Noodle (RM5)	Yong Chow Fried Rice (RM5)	Nasi Lemak w. Condiments (RM 5)	Phad Tai Noodles w Chicken (RM5)
	<b>Protein Power</b>	Scramble Egg (RM 3)	Sunny Side Up (RM3)	Sunny Side Up Egg ( RM 2)	Toast Bread w Baked Bean (RM4)	Roll Bread Tuna (RM3)
		Lemon Chicken Wrap (RM 5)	Assorted Siew Mai (RM4)	Chicken & Cheese Burrito (RM 5)	Scramble Egg (RM3)	Chicken Burrito (RM 5)
	<b>Morning Bakery</b>	Open Face Sandwich (RM 4)	Pancake w Jam / Honey (RM4)	Breakfast Pizza (RM 4)	Vanilla Muffin (RM4)	Sausage Bun (RM4)
<b>Lunch Fayre</b>	<b>Western</b>	Chicken Stew w Potato & Carrot Creamy Mash Potato with Crispy Garlic Corn Kernal & Diced Carrot Honey glaze	Grilled Fish with Herb and lemon butter Sauce Cross Bun Roasted Parmagiana Eggplant	Grilled Chicken with Herb & Creamy Pesto Sauce Garlic Butter Rice Ratatouille French Vegetable	Fish Finger with Tartar sauce Penne Carbonara Buttered Broccoli, Carrot	Chicken Pot Pie Focaccia Herb Bread Corn On Cob
	<b>Asian</b>	Baked Terayaki Fish Korean Fried Rice Sauted French Bean with Carrot and Soy sauce	Mongolian Chicken with Vegetable Steamed Jasmine Rice Steamed Bok Chaoy with Mushroom Garlic Oyster sauce	Baked Fish with Percik sauce Phad Thai Noodles Stir Fry Beansprout with Anchovies	Thai Green Curry Chicken w Vegetable Steamed Jasmine Rice Cap Chay Vegetable	Steam Fish with Ginger Soy Sauce Steamed Jasmine Rice Vegetable Egg Drop with Crispy Tofu
	<b>Vegetarian</b>	Crispy Terayaki Tofu Korean Fried Rice Suateed French Bean with Carrot	Mongolian Mock Chicken with Vegetable Steamed Jasmine Rice Steamed Bok Choy with Mushroom Garlic sauce	Crispy Fried Tofu with Creamy Pesto sauce Garlic Butter rice Ratatouille French Vegetable	Thai Green Curry Mock Chicken Steamed Jasmine Rice Cap Chay Vegetable	Vegeterian Pot Pie Focacis Herb Bread Corn On Cob
	<b>Dessert</b>	Rock Melon Slice	Carrot Cake	Slice Mix Fruit	Orange Jally	Slice Watermelon Red
<b>Lunch Special</b>	<b>Noodle Station</b>	Ramen Noodle Soup with chicken (RM10)	Noodles Curry with Chicken (RM10)	Mee Hoon soup Utara (RM10)	Mee Rebus Johor (RM10)	Pho Noodle Soup (RM10)
	<b>Panini Counter</b>	Chicken Pesto (RM12)	Breaded Fish (RM12)	Chimicuri Chicken (RM12)	BBQ Chicken (RM12)	Satay Chicken (RM12)
	<b>Chef Special</b>	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)	Special Chef (RM 10)