

## MONTHLY MENU FEBRUARY 2025

### EARLY YEARS, ELEMENTARY & IEAP

**Menu Week 1 & Week 3**

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3 & 17 FEB	4 & 18 FEB	5 & 19 FEB	6 & 20 FEB	7 & 21 FEB	
<b>Lunch Fayre</b>	<b>Western</b>	Carrot Rice Baked Fish w. Pomodoro Sauce Sauted Vege w. Mushroom	Spaghetti Pasta Chicken Bolognese Roasted Zucchini & Carrot	Steamed Potatoes Parsley Grilled Fish w. Dill Aioli Vegetable Ratatouille	Herb Bread Chicken & Mushroom Fricassée Steamed Green Peas w. Carrot	Pesto Penne Creamy Garlic Butter Tuscan Fish Buttered Brocoli & Couliflower
	<b>Asian</b>	Longevity Noodle Inchi Kabin (Nyonya Style Fried Chicken) Lo Han Chai	White Rice Fish w. Coconut Gravy Stir Fry Okra	Fried Loh Shi Fun Salt & Pepper Chicken Stir Fry Long Bean w. Soy	Pineapple Fried Rice Steamed Thai Fish w. Lime Garlic Sauce Bean Sprout Salad	Steamed Rice Mongolian Chicken Steamed Bok Choy w. Oyster Sauce
	<b>Vegetarian</b>	Longevity Noodle Crispy Tofu w Sizzling Mushroom Sauce Lo Han Chai	Spaghetti Pasta Lentil Bolognese Roasted Zucchini & Carrot	Fried Loh Shi Fan Salt & Pepper Plant Base Chicken Stir Fry Long Bean w. Soy	Herb Bread Mushroom Ragu Steamed Green Peas w. Carrot	Steamed Rice Mongolian Seitan Steamed Bok Choy w. Oyster Sauce
	<b>Dessert</b>	Watermelon	Fruit Jelly	Orange Slice	Chocolate Cake	Honey Dew

\* 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 FEBRUARY 2025 EARLY YEARS, ELEMENTARY & IEAP

*Menu Week 2 & 4*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	10 & 24 FEB	11 & 25 FEB	12 & 26 FEB	13 & 27 FEB	14 & 28 FEB	
<b>Lunch Fayre</b>	<b>Western</b>	Parmesan Cheese Bread Fisherman Pie Buttered Green Peas & Carrot	Mashed Potato Mutton Bourguignon Sauteed French Bean & Carrot	Macaroni & Cheese Herb-Crusted Baked Fish Buttered Broccoli & Carrot	Scalloped Potatoes Pan Seared Fish w. Roasted Capsicum Garden Salad	Garlic Butter Rice Peri Peri Chicken Corn on Cob
	<b>Asian</b>	Mandy Rice Lemon & Garlic Roasted Chicken Middle Eastern Chickpea Salad	Ghee Rice Murgh Makhani (Indian Butter Chicken) Cucumber Raita	Mamak Fried Noodle Chicken 65 Stir Fry Cabbage with Tumeric	Hainanese Rice Roasted Chicken w. Chili Ginger Stir Fry Bean Sprout w Chive	Braised Yee Mee Steamed Fish .w Soy Sauce Stir-Fried Bok Choy
	<b>Vegetarian</b>	Parmesan Cheese Bread Vegetable Pie Buttered Green Peas & Carrot	Mashed Potato Chickpeas Stew Sauteed French Bean & Carrot	Mamak Fried Noodled Sweet & Crispy Fried Tempeh Stir Fry Cabbage with Tumeric	Hainanese Rice Steamed Tofu w. Soy Sauce Stir Fry Bean Sprout w. Chives	Braised Yee Mee Steamed Egg Tofu Stir-Fried Bok Choy
	<b>Dessert</b>	Mix Fruit	Strawberry Layer Cake	Yellow Watermelon	Fruit Jelly	Honeydew

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Spot the fusion inspired menu this month and brave yourself to try them all!

## MONTHLY MENU FEBRUARY 2025 SECONDARY

### Menu Week 1 & Week 3

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3 & 17 FEB	4 & 18 FEB	5 & 19 FEB	6 & 20 FEB	7 & 21 FEB

<b>Morning Snack</b>	<b>Asian Delight</b>	Fried Noodle (RM4.00)	Singapore Fried Mee Hoon (RM 4.00)	Kampung Fried Rice (RM 4.00)	Chicken & Potato Congee (RM4.00)	Fried Ramen (RM4.00)
	<b>Protein Power</b>	Breakfast Sausage w. Scrambled Egg (RM5.00)	Tortilla Chips w. Cream Cheese Dip (RM6.00)	Sunny Side Up Egg (RM2.00)	Black Bean & Cheese Quessadila (RM6.00)	Assorted Maki Sushi (RM6.00)
		Cereal w. Milk (RM5.00)	Assorted Pau (RM3.50)	Cereal w. Milk (RM5.00)	Assorted Pau (RM3.50)	Cereal w. Milk (RM5.00)
	<b>Morning Bakery</b>	Belgian Waffle (RM4.00)	Chocolate Chip Muffin (RM5.50)	Mini Kaya Twist (RM3.00)	Egg Tart (RM4.50)	Margherita Pizza (RM6.00)

<b>Lunch</b>	<b>Western</b>	Carrot Rice Baked Fish w. Pomodoro Sauce Sauted Vege w. Mushroom	Spaghetti Pasta Chicken Bolognese Roasted Zucchini & Carrot	Steamed Potatoes Parsley Grilled Fish w. Dill Aioli Vegetable Ratatouille	Herb Bread Chicken & Mushroom Fricassée Steamed Green Peas w. Carrot	Pesto Penne Creamy Garlic Butter Tuscan Fish Buttered Broccoli & Couiflower
	<b>Asian</b>	Longevity Noodle Inchi Kabin (Nyonya Style Fried Chicken) Lo Han Chai	White Rice Fish w. Coconut Gravy Stir Fry Okra	Fried Loh Shi Fun Salt & Pepper Chicken Stir Fry Long Bean w. Soy	Pineapple Fried Rice Steamed Thai Fish w. Lime Garlic Sauce Bean Sprout Salad	Steamed Rice Mongolian Chicken Steamed Bok Choy w. Oyster Sauce
	<b>Vegetarian</b>	Longevity Noodle Crispy Tofu w Sizzling Mushroom Sauce Lo Han Chai	Spaghetti Pasta Lentil Bolognese Roasted Zucchini & Carrot	Fried Loh Shi Fan Salt & Pepper Plant Base Chicken Stir Fry Long Bean w. Soy	Herb Bread Mushroom Ragu Steamed Green Peas w. Carrot	Steamed Rice Mongolian Seitan Steamed Bok Choy w. Oyster Sauce
	<b>Dessert</b>	Watermelon	Fruit Jelly	Orange Slice	Chocolate Cake	Honey Dew

<b>Lunch Special</b>	<b>Noodle Station</b>	Sizzling Noodle (RM10.00)	Mee Hailam (RM10.00)	Meehoon Sup Utara (RM10.00)	Cantonese Noodle Soup (RM10.00)	Sang Har Mee (RM10.00)
	<b>Panini Counter</b>	Chicken Foldover Sandwich (RM12.00)	Chicken Club Sandwich (RM12.00)	Crispy Chicken Panini (RM12.00)	Corn Dog Sub (RM12.00)	Chicken Burger (RM12.00)
	<b>Chef Special</b>	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)

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## MONTHLY MENU FEBRUARY 2025 SECONDARY

### Menu Week 2 & Week 4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10 & 24 FEB	11 & 25 FEB	12 & 26 FEB	13 & 27 FEB	14 & 28 FEB

<b>Morning Snack</b>	<b>Asian Delight</b>	Fried Kway Teow (RM4.00)	Fish Congee (RM4.00)	Chinese Fried Rice (RM4.00)	Clear Noodle Soup (RM4.00)	Japanese Fried Rice (RM4.00)
	<b>Protein Power</b>	Hashbrown w. Egg (RM7.00)	Cucumber & Cheese Sandwiches (RM4.00)	Roti Canai w. Dhall Curry	Corn & Carrot Casserole	Assorted Maki Sushi
		Cereal w. Milk (RM5.00)	Assorted Pau (RM3.50)	Cereal with Milk (RM5.00)	Assorted Pau (RM3.50)	Cereal w. Milk (RM5.00)
	<b>Morning Bakery</b>	Tuna Puff (RM6.50)	Oat & Vanilla Muffin (RM4.00)	Apple Oat Bar (RM4.00)	Plain Butter Croissant (RM5.00)	Oatmeal Breakfast Cookies (RM4.50)

<b>Lunch</b>	<b>Western</b>	Parmesan Cheese Bread Fisherman Pie Buttered Green Peas & Carrot	Mashed Potato Mutton Bourguignon Sauteed French Bean & Carrot	Macaroni & Cheese Herb-Crusted Baked Fish Buttered Broccoli & Carrot	Scalloped Potatoes Pan Seared Fish w. Roasted Capsicum Garden Salad	Garlic Butter Rice Peri Peri Chicken Corn on Cob
	<b>Asian</b>	Mandy Rice Lemon & Garlic Roasted Chicken Middle Eastern Chickpea Salad	Ghee Rice Murgh Makhani (Indian Butter Chicken) Cucumber Raita	Mamak Fried Noodle Chicken 65 Stir Fry Cabbage with Tumeric	Hainanese Rice Roasted Chicken w. Chili Ginger Stir Fry Bean Sprout w Chive	Braised Yee Mee Steamed Fish w. Soy Sauce Stir-Fried Bok Choy
	<b>Vegetarian</b>	Parmesan Cheese Bread Vegetable Pie Buttered Green Peas & Carrot	Mashed Potato Chickpeas Stew Sauteed French Bean & Carrot	Mamak Fried Noodled Sweet & Crispy Fried Tempeh Stir Fry Cabbage with Tumeric	Hainanese Rice Steamed Tofu w. Soy Sauce Stir Fry Bean Sprout w. Chives	Braised Yee Mee Steamed Egg Tofu Stir-Fried Bok Choy
	<b>Dessert</b>	Mix Fruit	Stawberry Layer Cake	Yellow Watermelon	Fruit Jelly	Honeydew

<b>Lunch Special</b>	<b>Noodle Station</b>	Curry Mee (RM10.00)	Tom Yum Noodle (RM10.00)	Vegetable Clear Soup (RM10.00)	Asam Laksa (RM10.00)	Soto Ayam (RM10.00)
	<b>Panini Counter</b>	Chicken Pesto Panini (RM12.00)	Chimichuri Chicken Wrap (RM12.00)	Banh Mi Sandwich (RM12)	BBQ Chicken Panini (RM12)	Chicken Satay Sandwich (RM12)
	<b>Chef Special</b>	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)	Special Chef (RM12.00)

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