

## MONTHLY MENU MARCH 2025

### EARLY YEARS, ELEMENTARY & IEAP

*Menu Week 1,3*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3&17-3-2025	4&18-3-2025	5&19-3-2025	6&20-3-2025	7&21-3-2025	
<b>Lunch Fayre</b>	<b>Western</b>	Potato Bread Herb Crusted Fish Buttered Root Vegetables and Harissa Sauce	Tossed Spaghetti Chicken con Pollo a la Puttanesca Fritter Zucchini	Garlic Butter Rice Orange Soy Fish Buttered Green Peas & Carrot	Focaccia Herb Bread Beef Lasagna Ratatouille	Tossed Pasta Citrus Coconut Steamed Fish Steam Vegetable
	<b>Asian</b>	Jasmine Rice Chicken Kalio Stir Fry Garlic Kailan	Corn Fried Rice Fried Fish Karaage Sauteed Siew Pok Choy	Phad Thai Noodles Thai Basil Chicken Stir Fry Mix Vegetable	Steamed Jasmine Rice Fish Asam Pedas Stir Fry Beansprout w. Tofu	Tomato Rice Ayam Masak Merah Jelatah Utara.
	<b>Vegetarian</b>	Fried Ramen Noodle Salted Egg Vegetarian Chicken Stir Fry Kailan	Corn Fried Rice General Tso's Tofu Sauteed Siew Pok Choy	Garlic Butter Rice Spicy Vegetable Stew w. Coconut Green Peas & Carrot	Focaccia Herb Bread Aubergine Lasagna Ratatouille	Tossed Pasta Vegetable Pomodoro w. Vegetarian Chicken Steam Vegetable
	<b>Dessert</b>	Banana Cake	Chocolate Swiss Roll	Honey dew	Marble Cake	Orange Cake

\* 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 MARCH 2025 EARLY YEARS, ELEMENTARY & IEAP

*Menu Week 2,4*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	10&24-3-2025	11&25-3-2025	12&26-3-2025	13&27-3-2025	14&28-3-2025	
<b>Lunch Fayre</b>	<b>Western</b>	Tossed Spaghetti Chicken Bolognese Mexican Corn on Cob	Roasted Potato Wedges w. Herbs Marinara Fish Baked Cauliflower w. Gralic	Pilaf Rice Roasted Honey Chicken Corn Salsa	Roasted Kumara Crispy Cornflakes Baked Fish Steam Broccoli and Provencal Sauce	Potato Wedges Chicken Hawaian Pizza Garden Salad w. Dressing
	<b>Asian</b>	Steamed Jasmine Rice Steam Ginger Oyster Fish Stir Fry Green Vegetable	Malaysian Fried Rice Chicken Pandan Pad Prik Vegetable	Fried Glass Noodles Ikan Bakar Garlic Bok Choy	Steamed Jasmine Rice Red Curry Chicken w. Vegetable Stir Fry Mixed Vegetable	Hainan Ric Steamed Hainan Chicken w. Garlic Soy Sauce Stir Fry Bean Sprout w. Egg
	<b>Vegetarian</b>	Steamed Jasmine Rice Chickpeas & Tofu Ginger Stir Fry Green Vegetable	Roasted Potato Wedges w. Herb, Ratatouille Lasagne Cauliflower w. Garlic	Fried Glass Noodles Sweet & Sour Tofu Garlic Bok Choy	Steamed Jasmine Rice Japanese Tofu w. Mushroom Black Plum Sauce Stir fry Mix Vegetable	Potato Wedges Vegetarian Pizza Garden Salad w. Dressing
	<b>Dessert</b>	Carrot Cake	Red Watermelon	Pandan Swiss Roll	Orange	Fruit Jelly

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

## MONTHLY MENU MARCH 2025 SECONDARY

### Menu Week 1 & 3

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3&17-3-2025	4&18-3-2025	5&19-3-2025	6&20-3-2025	7&21-3-2025

<b>Morning Snack</b>	<b>Asian Delight</b>	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)
	<b>Protein Power</b>	Scramble Egg (RM 3)	Granola sunflower and pumpkin seed	Sunny Side Up Egg (RM 2)	Grilled Cheese Sandwiches (RM 4)	Omelette (RM 3)
		Chicken Fajitas Wrap (RM 5)	Turkey Focaccia Sandwich (RM 4)	Egg & Cheese Burrito (RM 4)	Black Bean Quesadilla (RM 5)	Chicken & Cheese Burrito (RM 5)
	<b>Morning Bakery</b>	Oatmeal Muffin (RM 4)	French Toast w. Cinnamon (RM 4)	Corn & Cheese Pizza (RM 4)	Wholemeal wrap w. Caramelized Apple (RM 4)	Raisin Cinnamon Roll (RM 4)

<b>Lunch</b>	<b>Western</b>	Potato Bread Herb Crusted Fish Buttered Root Vegetables and Harissa Sauce	Tossed Spaghetti Chicken con Pollo a la Puttanesca Fritter Zucchini	Garlic Butter Rice Orange Soy Fish Buttered Green Peas & Carrot	Focaccia Herb Bread Beef Lasagna Ratatouille	Tossed Pasta Citrus Coconut Steamed Fish Steam Vegetable
	<b>Asian</b>	Jasmine Rice Chicken Kalio Stir Fry Garlic Kailan	Corn Fried Rice Fried Fish Karaage Sauteed Siew Pok Choy	Phad Thai Noodles Thai Basil Chicken Stir Fry Mix Vegetable	Steamed Jasmine Rice Fish Asam Pedas Stir Fry Beansprout w. Tofu	Tomato Rice Ayam Masak Merah Jelatah Utara.
	<b>Vegetarian</b>	Fried Ramen Noodle Salted Egg Vegetarian Chicken Stir Fry Kailan	Corn Fried Rice General Tso's Tofu Sauteed Siew Pok Choy	Garlic Butter Rice Spicy Vegetable Stew w. Coconut Green Peas & Carrot	Focaccia Herb Bread Aubergine Lasagna Ratatouille	Tossed Pasta Vegetable Pomodoro w. Vegetarian Chicken Steam Vegetable
	<b>Dessert</b>	Banana Cake	Chocolate Swiss Roll	Honey dew	Marble Cake	Orange Cake

<b>Lunch Special</b>	<b>Noodle Station</b>	Ipoh Hor Fun w. Condiment (RM8)	Curry Noodle w. Condiment (RM8)	Tom Yum Noodle w. Condiment (RM8)	Sizzling Noodle w. Condiment (RM8)	Prawn Noodle w. Condiment (RM 8)
	<b>Panini Counter</b>	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)
	<b>Chef Special</b>	Special Chef (RM 10)	Special Chef (V) (RM 10)	Special Chef (RM 10)	Special Chef (V) (RM 10)	Friday Special (RM 10)

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## MONTHLY MENU MARCH 2025 SECONDARY

*Menu Week 2,4*

	STATION	MONDAY 10&24-3-2025	TUESDAY 11&25-3-2025	WEDNESDAY 12&26-3-2025	THURSDAY 13&27-3-2025	FRIDAY 14&28-3-2025
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<b>Morning Snack</b>	<b>Asian Delight</b>	Penang Fried Kway Teow (RM5.00)	Banana Paratha (RM 4)	Fried Ramen Noodles (RM5.00)	Nasi Lemak w. Condiments (RM 5)	Chicken Ginger Congee (RM4.00)
	<b>Protein Power</b>	Scramble Egg (RM 3)	Breakfast Sausages (RM3.00)	Turkey Ham Burrito (RM 5)	Chicken & Cheese Quessadilla (RM 4)	Tuna Sandwiches (RM 4)
		Chicken Fajitas Wrap (RM 5)	Breakfast Slider (RM 5)	Egg & Cheese Burrito (RM 4)	Hainan Bread w. Kaya & Butter (RM3.00)	Chicken & Cheese Burrito (RM 5)
	<b>Morning Bakery</b>	Mini Butter Croissant (RM 4)	Apple Muffin (RM 5)	Wholemeal Waffle w. Jam (RM 4)	Sultana Chocolate Twist (RM 4)	Breakfast Scones (RM4.00)

<b>Lunch</b>	<b>Western</b>	Tossed Spaghetti Chicken Bolognese Mexican Corn on Cob	Roasted Potato Wedges w. Herbs Marinara Fish Baked Cauliflower w. Gralic	Pilaf Rice Roasted Honey Chicken Corn Salsa	Roasted Kumara Crispy Cornflakes Baked Fish Steam Broccoli and Provencal Sauce	Potato Wedges Chicken Hawaian Pizza Garden Salad w. Dressing
	<b>Asian</b>	Steamed Jasmine Rice Steam Ginger Oyster Fish Stir Fry Green Vegetable	Malaysian Fried Rice Chicken Pandan Pad Prik Vegetable	Fried Glass Noodles Ikan Bakar Garlic Bok Choy	Steamed Jasmine Rice Red Curry Chicken w. Vegetable Stir Fry Mixed Vegetable	Hainan Ric Steamed Hainan Chicken w. Garlic Soy Sauce Stir Fry Bean Sprout w. Egg
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	<b>Dessert</b>	Carrot Cake	Red Watermelon	Pandan Swiss Roll	Orange	Fruit Jelly

<b>Lunch Special</b>	<b>Noodle Station</b>	Laksa Sarawak Noodle w. Condiments (RM 8)	Chicken Pan Mee Noodle w. Condiments (RM 8)	Wantan Noodle w. Condiments (RM 8)	Vietnamese Chicken Pho w. Condiments (RM 8)	Cantonese Yee Mee w. Condiments (RM 8)
	<b>Panini Counter</b>	Mushroom Fish Tempura (Panini Bread) (RM12)	Croque Monsieur (Turkey Ham & Cheese) (RM12)	Grilled Chicken Paper (Tortilla skin) (RM12)	Pan Bagnat (Tuna Bagutte) (RM12)	Chicken Ala Kiev & Plancha (Panini Bread) (RM12)
	<b>Chef Special</b>	Special Chef (RM 10)	Special Chef (V) (RM 10)	Special Chef (RM 10)	Special Chef (V) (RM 10)	Friday Special (RM 10)

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