

## MONTHLY MENU APRIL 2025

### EARLY YEARS, ELEMENTARY & IEAP

*Menu Week 1,3 & 5*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	31/3 / 14-Apr/ 28-Apr	1-Apr/ 15-Apr/ 29-Apr	2-Apr/ 16-Apr/ 30-Apr	3-Apr/ 17-Apr/ 1-May	4-Apr/ 18-Apr/ 2-May	
<b>Lunch Fayre</b>	<b>Western</b>	Aglío Olio Pasta Roasted Chicken Mushroom Creamy Sauce Honey Glazed Corn & Carrot	Butter Rice Baked Fish w. Marinara Sauce Steamed Broccoli	Roasted Potato w. Herb Chicken Escalope w. Sauce Buttered Mix Vegetable	Focaccia Flat Bread Creamy Fish Pot Pie Steamed Green Peas	Creamy Mash Potato Grilled Mix Herbs Fish Au Gratin Broccoli
	<b>Asian</b>	Steamed Jasmine Rice Crispy Fish w. Thai Red Curry Sauce Pad Pak Ruammit	Yee Mee Noodles Mongolian Chicken Strip Stir Fried Chinese Cabbages w. Mushroom	Fried Ramen Noodles Japanese Fish Kaarage w. Katsu sauce Japanese Coleslaw	Jeera Steamed Rice Chicken Peratal Vegetable Dalcha	Chinese Fried Rice Sweet & Sour Chicken Stir Fry Kailan & Cabbage
	<b>Vegetarian</b>	Aglío Olio Pasta Mock Chicken w. Creamy Mushroom Sauce Honey Glazed Corn & Carrot	Fried Yee Mee Noodles Crispy Fried Tofu w. Mango Sauce Stir Fried Chinese Cabbages	Parmesan Bread Vegetarian Lasagna Garlic Buttered Vegetable	Jeera Steamed Rice Crispy Tofu & Chick Peas Peratal Vegetable Dalcha	Chinese Fried Rice Crispy Char Siew Sweet & Sour Sauce Stir Fry Kailan & Cabbage
	<b>Dessert</b>	Slice Red Watermelon	Mango Jelly Pudding	Slice Yellow Watermelon	Marble Cake	Slice 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 APRIL 2025 EARLY YEARS, ELEMENTARY & IEAP

*Menu Week 2 & 4*

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	7-Apr/ 21-Apr	8-Apr/ 22-Apr	9-Apr/ 23-Apr	10-Apr/ 24-Apr	11-Apr/ 25-Apr	
<b>Lunch Fayre</b>	<b>Western</b>	Roasted Potatoes w. Herbs Baked Fish w. Capers Butter Sauce Egg Plant Stew	Baked Potato Wedges Roasted BBQ Chicken Grilled Corn On Cob	Penne Pasta Au Gratin Fish Salt & Pepper Zucchini & Corn	Pilaf Rice Marry Me Chicken Steamed Broccoli	Pilaf Rice Moroccan Grilled Fish Tagine Moussaka Eggplant
	<b>Asian</b>	Steamed Jasmine Rice Masammam Chicken Curry Cabbage Thoran	Steamed Jasmine Rice Kam Heong Fish Stir Fry Kailan	Pineapple Fried Rice Thai Basil Chicken Stir Fry Long Bean w. Bean Curd	Turmeric Rice Crispy Fish 65 Stir Fry Eggplant w. Potatoes	Singapore Fried Noodles Pineapple Chicken Steamed Pak Choy w. Crispy Garlic
	<b>Vegetarian</b>	Roasted Potatoes w. Herbs Vegetable Stew w. Tofu Eggplant Stew	Steamed Jasmine Rice Mongolian Vegetarian Meat Stir Fry Kailan	Pineapple Fried Rice Thai Basil Bean Curd Long Bean w. Bean Curd	Turmeric Rice Crispy Vegetarian Meat 65 Stir Fry Eggplant w. Potatoes	Pilaf Rice Lentil Peas Stew Roasted Tomato Provencal
	<b>Dessert</b>	Slice Orange	Rose Jelly	Yellow Watermelon	Slice Marble Cake	Fruit Jelly

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

## MONTHLY MENU APRIL 2025 SECONDARY

### Menu Week 1,3 & 5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		31/3 / 14-Apr/ 28-Apr	1-Apr/ 15-Apr/ 29-Apr	2-Apr/ 16-Apr/ 30-Apr	3-Apr/ 17-Apr/ 1-May	4-Apr/ 18-Apr/ 2-May
<b>Morning Snack</b>	<b>Asian Delight</b>	Stir Fried Bee Hoon Siam (RM 4.00)	Stir Fried Mee Mamak (RM4.00)	Nasi Lemak w.Condimentssss	Roti Canai w. Dhall	Kampung Fried Rice
	<b>Protein Power</b>	Cheese S&wich (RM 6.00)	Chicken Samosa (RM 5.00/ 3pcs)	Sunny Side Up Egg (RM2.00)	Crispy Hashbrown (RM4.00)	Breakfast Sausage (RM2.00)
		Chicken Fajitas Wrap (RM6.00)	Chicken Quesadilla (RM6.00)	Egg & Cheese Wrap (RM6.00)	Open Club S&wich (RM5.00)	Chicken & Cheese Buritto (RM6.00)
	<b>Morning Bakery</b>	Vanilla Muffin (RM4.00)	Scone w. Jam (RM 5.00)	Chocolate Roll (RM.4.50)	Pancake w. Syrup (RM3.00)	Cinnamon Roll (RM4.50)
<b>Lunch</b>	<b>Western</b>	Aglío Olio Pasta Roasted Chicken Mushroom Creamy Sauce Honey Glazed Corn & Carrot	Butter Rice Baked Fish w. Marinara Sauce Steamed Broccoli	Roasted Potato w. Herb Chicken Escalope w. Sauce Buttered Mix Vegetable	Focaccia Flat Bread Creamy Fish Pot Pie Steamed Green Peas	Creamy Mash Potato Grilled Mix Herbs Fish Au Gratin Broccoli
	<b>Asian</b>	Steamed Jasmine Rice Crispy Fish w. Thai Red Curry Sauce Pad Pak Ruammit	Yee Mee Noodles Mongolian Chicken Strip Stir Fried Chinese Cabbages w. Mushroom	Fried Ramen Noodles Japanese Fish Kaarage w. Katsu sauce Japanese Coleslaw	Jeera Steamed Rice Chicken Peratal Vegetable Dalcha	Chinese Fried Rice Sweet & Sour Chicken Stir Fry Kailan & Cabbage
	<b>Vegetarian</b>	Aglío Olio Pasta Mock Chicken w. Creamy Mushroom Sauce Honey Glazed Corn & Carrot	Fried Yee Mee Noodles Crispy Fried Tofu w. Mango Sauce Stir Fried Chinese Cabbages	Parmesan Bread Vegetarian Lasagna Garlic Buttered Vegetable	Jeera Steamed Rice Crispy Tofu & Chick Peas Peratal Vegetable Dalcha	Chinese Fried Rice Crispy Char Siew Sweet & Sour Sauce Stir Fry Kailan & Cabbage
	<b>Dessert</b>	Slice Red Watermelon	Mango Jelly Pudding	Slice Yellow Watermelon	Marble Cake	Slice Honey Dew
<b>Lunch Special</b>	<b>Noodle Station</b>	Udon Noodle w. Pulled Chicken (RM 10)	Mee Hailam w. Condiments (RM 10)	Cantonnese Kuey Teow (RM 10)	Egg Drop Yee Mee Noodles Chicken Slice (RM 10)	Penang Curry Noodles (RM 10)
	<b>Panini Counter</b>	Chicken Pepperoni Pizza (RM 12)	Chicken Teriyaki Burger w. Fries (RM 12)	Maxican Chicken Quesadillas (RM 12)	BLT S&wich (RM 12)	Monte Cristo S&wich (RM 12)
	<b>Chef Special</b>	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)

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## MONTHLY MENU APRIL 2025 SECONDARY

**Menu Week 2 & 4**

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7-Apr/ 21-Apr	8-Apr/ 22-Apr	9-Apr/ 23-Apr	10-Apr/ 24-Apr	11-Apr/ 25-Apr

<b>Morning Snack</b>	<b>Asian Delight</b>	Fried Ramen Noodles (RM4.00)	Char Kway Teow (RM4.00)	Chicken Ginger Congee (RM4.00)	Fried Yee Mee (RM4.00)	Nasi Lemak Condiments (RM5.00)
	<b>Protein Power</b>	Carbonara Chicken Pizza (RM 6.00)	Croissant Egg S&wich (RM7.00)	Chicken Nugget (RM 3)	Vegetable Spring Roll (RM5.00/3pc)	French Toast w. Syrup (RM3.00)
		Chicken Pot Pie (RM 6.00)	Breakfast Ham Slider (RM6.00)	Barbeque Chicken Wrap (RM6.00)	Scramble Egg Benedict (6.00)	Deviled Egg Toast (5.00)
	<b>Morning Bakery</b>	Soft Cookies (RM4.50)	Custard Pastry (RM5.00)	Honey Butter Biscuit (RM5.00)	Cupcake (RM5.00)	Vanilla Muffin (RM4.00)

<b>Lunch</b>	<b>Western</b>	Roasted Potatoes w. Herbs Baked Fish w. Capers Butter Sauce Egg Plant Stew	Baked Potato Wedges Roasted BBQ Chicken Grilled Corn On Cob	Penne Pasta Au Gratin Fish Salt & Pepper Zucchini & Corn	Pilaf Rice Marry Me Chicken Steamed Broccoli	Pilaf Rice Moroccan Grilled Fish Tagine Moussaka Eggplant
	<b>Asian</b>	Steamed Jasmine Rice Masammam Chicken Curry Cabbage Thoran	Steamed Jasmine Rice Kam Heong Fish Stir Fry Kailan	Pineapple Fried Rice Thai Basil Chicken Stir Fry Long Bean w. Bean Curd	Turmeric Rice Crispy Fish 65 Stir Fry Eggplant w. Potatoes	Singapore Fried Noodles Pineapple Chicken Steamed Pak Choy w. Crispy Garlic
	<b>Vegetarian</b>	Roasted Potatoes w. Herbs Vegetable Stew w. Tofu Eggplant Stew	Steamed Jasmine Rice Mongolian Vegetarian Meat Stir Fry Kailan	Pineapple Fried Rice Thai Basil Bean Curd Long Bean w. Bean Curd	Turmeric Rice Crispy Vegetarian Meat 65 Stir Fry Eggplant w. Potatoes	Pilaf Rice Lentil Peas Stew Roasted Tomato Provencal
	<b>Dessert</b>	Slice Orange	Rose Jelly	Yellow Watermelon	Slice Marble Cake	Fruit Jelly

<b>Lunch Special</b>	<b>Noodle Station</b>	Bakso Noodles w. Condiments (RM10)	Udon Noodles Soup (RM10)	Shio Ramen Noodles (RM10)	Vietnamese Chicken Pho Noodles (RM10)	Wonton Noodle Soup (RM10)
	<b>Panini Counter</b>	Pulled Barbeque Chicken Wrap	Crispy Chicken Slider w. Fries	Open Faced Crab Sandwich	Fish Finger w. Creamy Sauce Wrap	Katsu Chicken Burger
	<b>Chef Special</b>	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)	Special Chef (RM 10-RM15)

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