

MONTHLY MENU MAY 2025

EARLY YEARS, ELEMENTARY & IEAP

Menu Week 1,3 & 5

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	5- May / 19- May	6- May / 20- May	7- May / 21- May	8- May / 22- May	9- May / 23- May	
Lunch Fayre	Western	Mashed Potatoes Braised Chicken Stew Sauteed French Bean & Corn	Spaghetti Pasta Carbonara Chicken Butter Mix Vegetable	Pilaf Rice Mediterranean Baked Fish Grilled Zucchini & Carrot	Steamed Buttered Dill Potatoes Crispy Fish Tender w Tartar Sauce Stemed Green Peas & Corn	Focaccia Bread Grilled Fish w Creamy Tuscan Sauce Roasted Broccoli & Carrot
	Asian	Fried Ramen Terayaki Baked Fish Japanese Cucumber Salad	Ghee Steamed Rice Grilled Fish Masala Stir Fry Cabbage	Braised Yee Mee Yan Su Ji (Taiwanese Popcorn Chicken w Basil) Steam Bak Choy	Steamed Fragrance Rice Thai Green Curry Chicken Stir Fry Morning Glory	Hainanese Rice Roasted Chicken Serve w Ginger Chili Stir-Fry Beansprout
	Vegetarian	Freid Ramen Teriyaki Glaze Plant-Base Chicken Cucumber Salad	Spaghetti Pasta Lentil Stew Concase Mix Vegetable	Braised Yee Mee Cripny Tofu with Ginger -Soy Glaze Steamed Bak Choy	Steamed Buttered Dill Potatoes Panko Tofu w Tartar Sauce Steamed Green Peas & Corn	Focaccia Bread Chickpea Caponata Roasted Broccoli & Carrot
	Dessert	Watermelon	Fruit Jelly	Mix Fruit	Chocolate Cake	Orange Slice

* HNFC 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 MAY 2025

EARLY YEARS, ELEMENTARY & IEAP

Menu Week 2 & 4

STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	12-May/ 26-May	13-May/ 27-May	14-May/ 28-May	15-May/ 29-May	16-May/ 30-May	
Lunch Fayre	Western	Roasted Potatoes & Kumara Grilled Fish w Chimichurri Sauce Au Gratin Coulliflower	Spaghetti Pasta Chicken Bolognese Mix Vegetable	Cilantro Lime Steamed Rice Peri-Peri Chicken Garlic Butter Corn on Cob	Garlic Oil Pasta Creamy Pesto Fish Steamed Broccoli & Carrot	Buttered Rice Chicken Schnitzel w Mushroom Sauce Coleslaw Salad
	Asian	Aromatic Rice Lai Yao Kai (Creamy Butter Chicken) Stir Fry Mix Vegetable	Steamed Rice Fish Curry Stir-Freid Cabbage Poriyal	Phad Thai Noodle Crispy Fish w Thai Basil Sauce Pad Pak Raumit	Fragrance Steamed Rice Moo Goo Gai Pan Chicken Chap Shye Vegetable	Mee Siam Steamed Fish w Lime & Garlic Sauce Thai Stir Fry Morning Glory
	Vegetarian	Aromatic Rice Buttermilk Egg Tofu Cutlet Stir Fry Mix Vegetable	Steamed Rice Chickpeas & Lentil Curry Stir-Fried Cabbage Poriyal	Cilantro Lime Steamed Rice Crispy Tofu w Peri-peri Sauce Garlic Butter Corn on Cob	Garlic Oil Pasta Creamy Pesto Plant-Base Chicken Steamed Broccoli & Carrot	Buttered Rice Tempeh Schnitzel w Mushroom Sauce Coleslaw Salad
	Dessert	Honeydew	Cendol Jelly	Mix Fruit	Strawberry Cake	Orange Slice

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MONTHLY MENU MAY 2025 SECONDARY

Menu Week 1,3 & 5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5- May / 19- May	6- May / 20- May	7- May / 21- May	8- May / 22- May	9- May / 23- May

Morning Snack	Asian Delight	Pineapple Fried Rice (RM4.00)	Naan Bread w. Keema (RM6.00)	Nasi Lemak w Condiment (RM5.00)	Chicken Congee w Condiment (RM4.00)	Fried Yee Mee Noodle (RM4.00)
	Protein Power	Chicken Croissant Sandwich (RM7.00)	Triangle Wrap (RM7.00)	Cheese Toast (RM7.00)	Monte Cristo Sandwich (RM7.00)	Assorted Onigiri (RM6.00)
		Spring Roll (RM3.00)	Hashbrown (RM4.00)	Assorted Pau (RM4.00)	Cheese Omelete (RM5.00)	Cereal w Milk (RM5.00)
	Morning Bakery	Vanilla Butterscoth Muffin (RM6.00)	Parmesan Sausage Bun (RM5.00)	Butter Croissant (RM7.00)	Portuguese Egg Tart (RM4.50)	Pizza Bun (RM5.00)

Lunch	Western	Mashed Potatoes Braised Chicken Stew Sauteed French Bean & Corn	Spaghetti Pasta Carbonara Chicken Butter Mix Vegetable	Pilaf Rice Mediterranean Baked Fish Grilled Zucchini & Carrot	Steamed Buttered Dill Potatoes Crispy Fish Tender w Tartar Sauce Stemed Green Peas & Corn	Focaccia Bread Grilled Fish w Creamy Tuscan Sauce Roasted Broccoli & Carrot
	Asian	Fried Ramen Terayaki Baked Fish Japanese Cucumber Salad	Ghee Steamed Rice Grilled Fish Masala Stir Fry Cabbage	Braised Yee Mee Yan Su Ji (Taiwanese Popcorn Chicken w Basil) Steam Bak Choy	Steamed Fragrance Rice Thai Green Curry Chicken Stir Fry Morning Glory	Hainanese Rice Roasted Chicken Serve w Ginger Chili Stir-Fry Beansprout
	Vegetarian	Freid Ramen Teriyaki Glaze Plant-Base Chicken Cucumber Salad	Spaghetti Pasta Lentil Stew Concase Mix Vegetable	Braised Yee Mee Cripny Tofu with Ginger -Soy Glaze Steamed Bak Choy	Steamed Buttered Dill Potatoes Panko Tofu w Tartar Sauce Steamed Green Peas & Corn	Focaccia Bread Chickpea Caponata Roasted Broccoli & Carrot
	Dessert	Watermelon	Fruit Jelly	Mix Fruit	Chocolate Cake	Orange Slice

Lunch Special	Noodle Station (RM 10.00)	Bihun Soup Utara (Beef Broth)	Asam Laksa	Tom Yam Noodle	Bonito Noodle Soup w Daikon	Curry Noodle w Tofu Pok
	Panini Counter (RM 12.00)	Crispy Chicken Sandwich	Cajun Chicken Panini	Croque Madame	Chicken Burger w Fries	Shawarma Wrap
	Chef Special (RM 10- RM15)	Chef Special	Chef Special	Chef Special	Chef Special	Chef Special

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Menu Week 2 & 4

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		12-May/ 26-May	13-May/ 27-May	14-May/ 28-May	15-May/ 29-May	16-May/ 30-May
Morning Snack	Asian Delight	Fried Mee Siam (RM4.00)	Roti Canai w Dhall Curry (RM5.00)	Chicken Soy Fried Noodle (RM4.00)	Clear Soup Noodle w Condiment (RM. 5.00)	Mee Goreng Mamak (RM4.00)
	Protein Power	Chicken Pita Kabob (RM7.00)	Tuna Croissant Sandwich (RM7.00)	French Toast w Honey (RM7.00)	Welsh Rarebit (RM7.00)	Assorted Maki Sushi (RM6.00)
		Samosa (RM3.00)	Hashbrown (RM4.00)	Traditional Karipap (RM3.00)	Tomato & Cheese Scramble Egg (RM4.00)	Cereal w Milk (RM5.00)
	Morning Bakery	Chocolate Muffin (RM6.00)	Honey Butter Biscuit (RM5.00)	Ham & Cheese Bun (RM5.00)	Pancake w Syrup (RM5.00)	Chocolate Roll (RM5.00)
Lunch	Western	Roasted Potatoes & Kumara Grilled Fish w Chimichurri Sauce Au Gratin Cauliflower	Spaghetti Pasta Chicken Bolognese Mix Vegetable	Cilantro Lime Steamed Rice Peri-Peri Chicken Garlic Butter Corn on Cob	Garlic Oil Pasta Creamy Pesto Fish Steamed Broccoli & Carrot	Buttered Rice Chicken Schnitzel w Mushroom Sauce Coleslaw Salad
	Asian	Aromatic Rice Lai Yao Kai (Creamy Butter Chicken) Stir Fry Mix Vegetable	Steamed Rice Fish Curry Stir-Fried Cabbage Poriyal	Phad Thai Noodle Crispy Fish w Thai Basil Sauce Pad Pak Raumit	Fragrance Steamed Rice Moo Goo Gai Pan Chicken Chap Shye Vegetable	Mee Siam Steamed Fish w Lime & Garlic Sauce Thai Stir Fry Morning Glory
	Vegetarian	Aromatic Rice Buttermilk Egg Tofu Cutlet Stir Fry Mix Vegetable	Steamed Rice Chickpeas & Lentil Curry Stir-Fried Cabbage Poriyal	Cilantro Lime Steamed Rice Crispy Tofu w Peri-peri Sauce Garlic Butter Corn on Cob	Garlic Oil Pasta Creamy Pesto Plant-Base Chicken Steamed Broccoli & Carrot	Buttered Rice Tempeh Schnitzel w Mushroom Sauce Coleslaw Salad
	Dessert	Honeydew	Cendol Jelly	Mix Fruit	Strawberry Cake	Orange Slice
Lunch Special	Noodle Station (RM 10.00)	Chicken Soto Noodle Soup	Hailam Noodle w Condiment	Miso Noodle w Shredded Chicken	Wanton Clear Soup w Veggie Gyoza	Chicken Pan Mee
	Panini Counter (RM 12.00)	Tuna Melt Sandwich w Fries	Baebecue Chicken Panini	Croque Monsieur	Hot Dog w Fries	Mexican Chicken Wrap
	Chef Special (RM 10- RM15)	Chef Special	Chef Special	Chef Special	Chef Special	Chef Special

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