

## MONTHLY MENU JUNE 2025

### EARLY YEARS, ELEMENTARY & IEAP

#### Menu Week 1

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
Lunch Fayre	Western		Steamed Potatoes Parsley Chicken Cacciatore Sauteed Spinach w Garlic	Tossed Spaghetti Chicken Ball w Tomato Concasse Steamed Broccoli & Carrot	Pilaf Rice Baked Fish w Creamy Dill Sauce Roasted Bell Peppers and Zucchini	Mac & Cheese Honey Mustard Roasted Chicken Garden Salad w Crouton
	Asian		Aromatic Rice Wok Fried Fish w. Bell Pepper Egg Drop Vegetable	Steamed Rice Fish Manchurian Cauliflower Alo Gobi	Penang Fried Kuey Teow Nestum Fried Chicken Garlic Stir-Fried Bok Choy	Japanese Fried Rice Fish Katsu Miso Green Beans
	Vegetarian		Steamed Potatoes Parsley Chickpeas Cacciatore Sauteed Spinach w Garlic	Steamed Rice Tofu Manchurian Cauliflower Alo Gobi	Penang Fried Kuey Teow Nestum Mock Chicken Garlic Stir-Fried Bok Choy	Mac & Cheese Crispy Tofu w Honey Roasted Glaze Garden Salad w Crouton
	Dessert		Fruit Salad	Fruit Jelly	Mix fruit	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 JUNE 2025

### EARLY YEARS, ELEMENTARY & IEAP

Menu Week 2

STATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Lunch Fayre	Western	Aglio Olio Pasta Fish Florentine Creamy Spinach	Chicken Lasagna Garlic Bread Roasted Broccoli & Cauliflower	Baked Potatoes w Sour Cream Mediterranean Baked Fish Roasted Zucchini & Eggplant	French Fries Fish Finger w Tartar Sauce Coleslaw w Green Peas	
	Asian	Mandy Rice Chicken Shawarma Corn Salsa	Stir Fried Loh See Fun Sweet Sour Fish Stir-Fried Vegetable w Oyster Sauce	Steamed Rice Chicken Bulgogi Kimchi (Cabbage)	Nasi Minyak Chicken Kurma Cabbage Poriyal	
	Vegetarian	Aglio Olio Pasta Crispy Tofu with Creamy Spinach	Stir Fried Loh See Fun Sweet Sour Plant-Based Chicken Stir-Fried Vegetable w Oyster Sauce	Baked Potatoes w Sour Cream Mediterranean Lentil & Chickpeas Roasted Zucchini & Eggplant	Nasi Minyak Crispy Tofu Kurma Cabbage Poriyal	
	Dessert	Orange Slice	Fruit Jelly	Mix Fruit	Chocolate Cake	

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## MONTHLY MENU JUNE 2025 SECONDARY

### Menu Week 1

	STATION	MONDAY 2-Jun	TUESDAY 3-Jun	WEDNESDAY 4-Jun	THURSDAY 5-Jun	FRIDAY 6-Jun
Morning Snack	Asian Delight		Chicken Clear Soup Noodle RM8.00	Capathi w Dhall RM3.00	Nasi Lemak w Condiment RM5.00	Kampung Fried Rice RM4.00
	Protein Power		Chicken Fajitas Burrito RM6.00	Monte Cristo RM6.00	Tuna Sandwich RM6.00	Tomato & Cheese Egg RM8.00
			Fried Mantou w Dipping RM6.00	Potato Samosa RM5.00	Assorted Maki Sushi RM6.00	Traditional Karipap RM1.00
	Morning Bakery		Chocolate Muffin RM6.00	Chocolate Roll RM4.50	Pizza Bun RM5.00	Waffle RM4.00
Lunch	Western		Steamed Potatoes Parsley Chicken Cacciatore Sauteed Spinach w Garlic	Tossed Spaghetti Chicken Ball w Tomato Concasse Steamed Broccoli & Carrot	Pilaf Rice Baked Fish w Creamy Dill Sauce Roasted Bell Peppers and Zucchini	Mac & Cheese Honey Mustard Roasted Chicken Garden Salad w Crouton
	Asian		Aromatic Rice Wok Fried Fish w. Bell Pepper Egg Drop Vegetable	Steamed Rice Fish Manchurian Cauliflower Alo Gobi	Penang Fried Kuey Teow Nestum Fried Chicken Garlic Stir-Fried Bok Choy	Japanese Fried Rice Fish Katsu Miso Green Beans
	Vegetarian		Steamed Potatoes Parsley Chickpeas Cacciatore Sauteed Spinach w Garlic	Steamed Rice Tofu Manchurian Cauliflower Alo Gobi	Penang Fried Kuey Teow Nestum Mock Chicken Garlic Stir-Fried Bok Choy	Mac & Cheese Crispy Tofu w Honey Roasted Glaze Garden Salad w Crouton
	Dessert		Fruit Salad	Fruit Jelly	Mix fruit	Orange Cake
Lunch Special	Noodle Station (RM 10.00)		Prawn Mee	Tom Yam noodle	Braised Yee Mee w. Egg	Penang Curry Laksa
	Panini Counter (RM 12.00)		Crispy Chicken Burger	Chicken Kebob w Pita Bread	Chicken Club Sandwich	Chicken Fajitas Wrap
	Chef Special (RM 10- RM15)		Special Chef	Special Chef	Special Chef	Special Chef

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## MONTHLY MENU JUNE 2025 SECONDARY

### Menu Week 2

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Morning Snack	Asian Delight	Fried Ramen RM4.00	Roti Canai w Dhall RM3.00	Singapore Fried Noodle RM4.00	Nasi Lemak w Condiment RM5.00	Tom Yam Fried Rice RM4
	Protein Power	Breakfast Sausage RM2.00	Chicken Teriyaki Sandwich RM6.00	BBQ Chicken Burrito RM6.00	Cheese Omelette RM3.00	Cheese Toast RM3.00
		Steamed Chicken Pau RM4.00	Siew Mai RM5.00	Vegetable Spring Roll RM5.00	Assorted Onigiri RM6.00	Hashbrown RM4.00
	Morning Bakery	Orange Muffin RM6.00	Portugese Egg Tart RM4.50	Sausage Bun RM5.00	Chocolate Pancake w Syrup RM4.00	Breakfast Oatmeal Cookies RM4.50
Lunch	Western	Aglio Olio Pasta Fish Florentine Creamy Spinach	Chicken Lasagna Garlic Bread Roasted Broccoli & Cauliflower	Baked Potatoes w Sour Cream Mediterranean Baked Fish Roasted Zucchini & Eggplant	French Fries Fish Finger w Tartar Sauce Coleslaw w Green Peas	
	Asian	Mandy Rice Chicken Shawarma Corn Salsa	Stir Fried Loh See Fun Sweet Sour Fish Stir-Fried Vegetable w Oyster Sauce	Steamed Rice Chicken Bulgogi Kimchi (Cabbage)	Nasi Minyak Chicken Kurma Cabbage Poriyal	
	Vegetarian	Aglio Olio Pasta Crispy Tofu with Creamy Spinach	Stir Fried Loh See Fun Sweet Sour Plant-Based Chicken Stir-Fried Vegetable w Oyster Sauce	Baked Potatoes w Sour Cream Mediterranean Lentil & Chickpeas Roasted Zucchini & Eggplant	Nasi Minyak Crispy Tofu Kurma Cabbage Poriyal	
	Dessert	Orange Slice	Fruit Jelly	Mix Fruit	Chocolate Cake	
Lunch Special	Noodle Station (RM 10.00)	Cantonese Noodle Soup	Dumpling Soup	Ramen Miso Soup	Chicken Pho Noodle	
	Panini Counter (RM 12.00)	Grilled Mac & Cheese Sanwich	Chicken Tender Wrap	Wanpaku Sandwich	Monte Cristo Sanwich	
	Chef Special (RM 10- RM15)	Special Chef	Special Chef	Special Chef	Special Chef	

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