



MONTHLY MENU AUGUST 2025

EARLY YEARS, ELEMENTARY & IEAP



HNF CATERING SDN BHD

Menu Week 1,3,5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Fayre	Western	Pasta Arrabiatta Baked Crusted Fish Baked Butter Broccoli & Couiflower	Creamy Butter Mashed Potatoes Chicken Parmigiana Tri-Colour Coleslaw	Garlic Herb Rice Grilled Fish w Corn Salsa Steamed Butter Mix Vegetable	Pasta Alfredo Fish Escalope Sauteed Green Beans w Garlic	Steamed Butter & Dill Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Hainanese Rice Honey BBQ Roasted Chicken Stir-fry Beansprout & Chives w Soy Sauce	Mamak Fried Noodle w. Tofu & Cucur Masala Baked Fish Stir-fry Cabbage w Egg	Vietnamese Fried Glass Noodle Grilled Lemongrass Chicken Stir-fried Kailan w Garlic	Jasmine Rice Coconut Chicken Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Hainanese Rice Steamed Soy Soft Tofu Stir-fry Beansprout & Chives w Soy Sauce	Creamy Butter Mashed Potatoes Oven-Baked Tofu Parmigiana Tri-Colour Coleslaw	Vietnamese Fried Glass Noodle Honey Soy Glazed Tofu Stir-fried Kailan w Garlic	Jasmine Rice Creamy Coconut Tempeh Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Honey Dew	Fruit Jelly	Mix Fruit	Blueberry Vanilla Cake	Red Watermelon

* 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!



HNF CATERING SDN BHD

MONTHLY MENU AUGUST 2025

EARLY YEARS, ELEMENTARY & IEAP



Menu Week 2,4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Fayre	Western	Pasta Arrabiatta Baked Crusted Fish Baked Butter Broccoli & Couiflower	Creamy Butter Mashed Potatoes Chicken Parmigiana Tri-Colour Coleslaw	Garlic Herb Rice Grilled Fish w Corn Salsa Steamed Butter Mix Vegetable	Pasta Alfredo Fish Escalope Sauteed Green Beans w Garlic	Steamed Butter & Dill Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Hainanese Rice Honey BBQ Roasted Chicken Stir-fry Beansprout & Chives w Soy Sauce	Mamak Fried Noodle w. Tofu & Cucur Masala Baked Fish Stir-fry Cabbage w Egg	Vietnamese Fried Glass Noodle Grilled Lemongrass Chicken Stir-fried Kailan w Garlic	Jasmine Rice Coconut Chicken Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Hainanese Rice Steamed Soy Soft Tofu Stir-fry Beansprout & Chives w Soy Sauce	Creamy Butter Mashed Potatoes Oven-Baked Tofu Parmigiana Tri-Colour Coleslaw	Vietnamese Fried Glass Noodle Honey Soy Glazed Tofu Stir-fried Kailan w Garlic	Jasmine Rice Creamy Coconut Tempeh Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Honey Dew	Fruit Jelly	Mix Fruit	Blueberry Vanilla Cake	Red Watermelon

* 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!



HNF CATERING SDN BHD

MONTHLY MENU AUGUST 2025 SECONDARY



Menu Week 1,3,5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Asian Delight	Mamak Fried Noodle	Naan Bread w Chicken Keema	Yong Chow Fried Rice	Nasi Lemak w Condiment	Fried Loh See Fun
	Protein Power	Assorted Onigiri	Fruit Cup	Handroll Sushi	Cereal w UHT Milk	Double Choc Chip Cookies
		Vegetarian Spring Roll	English Egg Muffin	Teriyaki Chicken Sandwich	Fajitas Burrito	Hashbrown
	Morning Bakery	Chicken Puff	Ham & Spinach Strata	Honey Butter Biscuit	Chicken Sausage Bun	Crumble Berries Muffin
Lunch	Western	Pasta Penne Chicken Meatball w Pomodora Sauce Sauteed Green Beans	Spaghetti Aglio Olio Parmesan Garlic Crumbed Baked Fish w Dill Aioli Sauce Ratatouille	Garlic Bread Chicken Lasagna Steamed Broccoli w Lemon Zest	Roasted Cajun Potato Mediterranean Baked Fish Vegetable Au Gratin	Garlic Butter Rice Gold Rush Chicken Tender Mixed Salad w Honey Mustard Dressing
	Asian	Yakimeshi Baked Fish w Miso Glaze Yasai Itame	Steamed White Rice Oyakoni (Braised Chicken & Egg) Vegetable Tempura	Wat Tan Hor (Kuew Tiaw w Egg Gravy) Golden Fried Fish w Ginger Soy Dipping Stir Fry Garlic Pak Choy	Kampung Fried Rice Ayam Goreng Kunyit (Turmeric Fried Chicken Bites) Stir-fry Morning Glory w Anchovies	Chow Mein Noodle Cantonese Steamed Fish w Ginger & Spring Onion Stir Fry Napa Cabbage
	Vegetarian	Yakimeshi Crispy Tofu w Miso Glaze Yasai Itame	Spaghetti Aglio Olio Panko Tofu w Concasse Ratatouille	Wat Tan Hor (Kway Teow w Egg Gravy) Deep Fried Plant-Based Chicken Stir Fry Garlic Pak Choy	Kampung Fried Rice Sweet & Crispy Tempeh Stir-fry Morning Glory w Anchovies	Chow Mein Noodle Stir Fry Napa Cabbage
	Dessert	Red Watermelon	Brownies	Orange Slice	Fruit Jelly	Mix Fruit
Lunch Special	Noodle Station (RM 10.00)	Korean Janchi Guksu Clear Noodle Soup	Chicken Pho Noodle Soup	Chicken Dumpling Noodle Soup	Penang Curry Noodle Soup	Soy Wantan Noodle w Char Siu Chicken
	Panini Counter (RM 12.00)	Croque Monsiur	Chicken Shawarma w Garlic Mayo	Nachos Chip w Chili Con Carne	Chicken Prosperity Burger w Fries	Chicken Pepperoni Pizza
	Chef Special (RM 10- RM15)	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

* HNFC Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNF Catering holds HALAL Certificate.



MONTHLY MENU AUGUST 2025

SECONDARY



HNF CATERING SDN BHD

Menu Week 2,4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Asian Delight	Char Kway Teow	Roti Canai w Dhall Curry	Singapore Fried Noodle	Clear Noodle Soup w Condiment	Fried Yee Mee
	Protein Power	Assorted Onigiri	Fruit Cup	Handroll Sushi	Cereal w UHT Milk	Malt Cookies w. Milk
		Traditional Karipap	Tuna Melt on English Muffin	Croissant Sandwich	Cheese Quessadillas	Breakfast Sausage
	Morning Bakery	Butter Croissant	Bread Butter Pudding	Pancake w Maple Syrup	Cheese Stick Bun	Double Choc Muffin
Lunch	Western	Pasta Arrabiatta Baked Crusted Fish Baked Butter Broccoli & Couiflower	Creamy Butter Mashed Potatoes Chicken Parmigiana Tri-Colour Coleslaw	Garlic Herb Rice Grilled Fish w Corn Salsa Steamed Butter Mix Vegetable	Pasta Alfredo Fish Escalope Sauteed Green Beans w Garlic	Steamed Butter & Dill Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Hainanese Rice Honey BBQ Roasted Chicken Stir-fry Beansprout & Chives w Soy Sauce	Mamak Fried Noodle w. Tofu & Cucur Masala Baked Fish Stir-fry Cabbage w Egg	Vietnamese Fried Glass Noodle Grilled Lemongrass Chicken Stir-fried Kailan w Garlic	Jasmine Rice Coconut Chicken Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Hainanese Rice Steamed Soy Soft Tofu Stir-fry Beansprout & Chives w Soy Sauce	Creamy Butter Mashed Potatoes Oven-Baked Tofu Parmigiana Tri-Colour Coleslaw	Vietnamese Fried Glass Noodle Honey Soy Glazed Tofu Stir-fried Kailan w Garlic	Jasmine Rice Creamy Coconut Tempeh Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed Whited Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Honey Dew	Fruit Jelly	Mix Fruit	Blueberry Vanilla Cake	Red Watermelon
Lunch Special	Noodle Station (RM 10.00)	Bakso Noodle w Rice Cube	Japanese Udon Noodle Soup w Roll Chicken	Egg Drop Kway Teow Soup	Asam Laksa Noodle Soup	Chicken Pan Mee Noodle
	Panini Counter (RM 12.00)	Panani Teriyaki Sandwich	Tortilla Chip w Chili Con Carne	Pulled BBQ Chicken Sandwich	Coney Dog Chicken Sausage w Fries	Bagel Sandwich w Wedges
	Chef Special (RM 10- RM15)	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

* HNF Kitchen Cafeteria does not use MSG or nuts in its recipes.

*HNF Catering holds HALAL Certificate.