


Menu Week 1,3,5

STATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1, 15 & 29 - September	2, 16 & 30 - September	3 & 17 September	4 & 18 September	5 & 19 September
Lunch Fayre	Western	BBQ French Fries Crispy Fish Fillet w. Tartar Sauce Tri Color Coleslaw	Spaghetti Pasta Chicken Ala King Satueed French Bean & Carrot	Caked Cajun Potato Panko Baked Fish w. Garlic Aioli Mix Garden Salad w. Orange Vinaigrette	Butter Rice Peri-Peri Chicken Grilled Herbes Mix Vegetables	Pilaf Rice Fish Picatta w. Capers Roasted Broccoli & Carrot
	Asian	Steamed White Rice Massaman Chicken Poriyal Cabbage w. Okra	Lemongrass Steam Rice Sweet & Sour Fish Cabbage & Black Fungus	Japanese Mushroom Rice Chicken Katsu Vegetable Japanese Curry	Phad Thai Noodle Steamed Lime & Garlic Fish Thai Winged Bean & Beansprout Salad	Kon Lo Mee Char Siew Chicken Bak Choy w. Crispy Garlic
	Vegetarian	Steamed White Rice Massaman Chickpeas Poriyal Cabbage w. Okra	Spaghetti Pasta Plant Based Chicken Ala King Satueed French Bean & Carrot	Japanese Mushroom Rice Tofu Katsu Vegetable Japanese Curry	Phad Thai Noodle Steamed Garlic & Scallion Tofu Thai Winged Bean & Beansprout Salad	Pilaf Rice Lentil & Chickpea Piccata Roasted Broccoli & Carrot
	Dessert	Orange Slice	Fruit Jelly	Orange Slice	Chocolate Layer Cake	Mix Fruit

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

*HNF Catering holds HALAL Certificate.



FOODS AROUND THE WORLD

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!

Menu Week 2,4

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8 & 22 September	9 & 23 September	10 & 24 September	11 & 25 September	12 & 26 September
Lunch Fayre	Western	Pilaf Rice Chicken Stroganoff Buttered Peas & Carrot	Roasted Potato w. Sour Cream Mediterranean Fish Garlic Lemon Green Beans	Spaghetti Pasta Chicken Bolognese Summer Salad Honey Dressing	Soft Roll Fish Casserole Butter Herb Grilled Vegetables	Steamed Butter & Dill Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Fried Ramen Noodles Teriyaki Fish Japanese Cucumber Salad	Aromatic Rice Kung Pao Chicken Chap Chye Vegetables	Jeera Rice Fish Tandoori Cauliflower Gobbi	Yeung Chow Fried Rice Crispy Honey Chicken Bites Stir Fried Kailan w. Mushroom	Steamed Whited Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Pilaf Rice Crispy Tofu Stroganoff Buttered Peas & Carrot	Aromatic Rice Silken Tofu w Sweet Chili Sauce Chap Chye Vegetables	Spaghetti Pasta Lentil Bolognese Summer Salad Honey Dressing	Soft Roll Tofu & Tempeh Casserole Butter Herb Grilled Vegetables	Steamed Whited Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Mix Fruits	Orange Cake	Honey Dew	Fruit Jelly	Red Watermelon

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Let's Learn

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MONTHLY MENU SEPTEMBER 2025

SECONDARY

Menu Week 1,3,5

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1, 15 & 29 - September	2, 16 & 30 - September	3 & 17 September	4 & 18 September	5 & 19 September
Morning Snack	Asian Delight	Mee Goreng Mamak (RM 4)	Roti Canai w. Dhall (RM 4)	Kampung Fried Rice (RM 4)	Nasi Lemak w Condiment (RM 4)	Mee Siam (RM 4)
	Morning Favourite	Assorted Onigiri (RM 6)	Fruit Cup (RM 6)	Handroll Sushi (RM6)	Cereal w UHT Milk (RM4)	Chicken Barbecue Pau (RM 4)
		Chicken Samosa (RM 1/PC)	Crispy Chicken Bao (RM 7)	French Toast w. Maple Syrup (RM 5)	Fajitas Burrito (RM 6)	Breakfast Sausage (RM 2)
	Morning Bakery	Tuna Puff (RM 8)	Chicken Teriyaki Pizza (RM 5)	Blueberry Pancake (RM 5)	Bonito Bun (RM 5)	Strawberry Lattice (RM 4.50)
Lunch	Western	BBQ French Fries Crispy Fish Fillet w. Tartar Sauce Tri Color Coleslaw	Spaghetti Pasta Chicken Ala King Satueed French Bean & Carrot	Caked Cajun Potato Panko Baked Fish w. Garlic Aioli Mix Garden Salad w. Orange Vinaigrette	Butter Rice Peri-Peri Chicken Grilled Herbes Mix Vegetables	Pilaf Rice Fish Picatta w. Capers Roasted Broccoli & Carrot
	Asian	Steamed White Rice Massaman Chicken Poriyal Cabbage w. Okra	Lemongrass Steam Rice Sweet & Sour Fish Cabbage & Black Fungus	Japanese Mushroom Rice Chicken Katsu Vegetable Japanese Curry	Phad Thai Noodle Steamed Lime & Garlic Fish Thai Winged Bean & Beansprout Salad	Kon Lo Mee Char Siew Chicken Bak Choy w. Crispy Garlic
	Vegetarian	Steamed White Rice Massaman Chickpeas Poriyal Cabbage w. Okra	Spaghetti Pasta Plant Based Chicken Ala King Satueed French Bean & Carrot	Japanese Mushroom Rice Tofu Katsu Vegetable Japanese Curry	Phad Thai Noodle Steamed Garlic & Scallion Tofu Thai Winged Bean & Beansprout Salad	Pilaf Rice Lentil & Chickpea Piccata Roasted Broccoli & Carrot
	Dessert	Orange Slice	Fruit Jelly	Orange Slice	Chocolate Layer Cake	Mix Fruit
Lunch Special	Noodle Station (RM 10.00)	Pan Mee Noodle	Chicken Gyoza w. Ramen Noodle Soup	Chicken Pho Noodle Soup	Udon w. Shoyu	Penang White Mee Curry
	Panini Counter (RM 12.00)	Shredded Chicken Pizza Bianca	Italian BMT w. Fries	Crispy Chicken Burger	Shawarma w. Fries & Garlic Mayo	Chicken Waffle Sandwiches
	Chef Special (RM 10- RM15)	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

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MONTHLY MENU SEPTEMBER 2025

SECONDARY

Menu Week 2,4

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		8 & 22 September	9 & 23 September	10 & 24 September	11 & 25 September	12 & 26 September
Morning Snack	Asian Delight	Singapore Fried Noodle (RM 4)	Chapati w. Chicken Keema (RM4)	Tom Yam Fried Rice (RM 4)	Nasi Lemak w. Condiments (RM4)	Fried Kway Teow (RM4)
	Morning Favourite	Assorted Onigiri (RM 6)	Fruit Cup (RM6)	Handroll Sushi (RM 6)	Cereal w UHT Milk (RM 4)	Chicken Barbecue Pau (RM 4)
		Vegetarian Spring Roll (RM1/PC)	English Muffin (RM 6)	Chicken Sandwiches (RM 8)	Breakfast Burrito (RM 6)	Hashbrown (RM 4)
	Morning Bakery	Cabonara Puff (RM 8)	Turkish Chicken Pide (RM 7)	Honey Butter Biscuit (RM 5)	Ham & Cheese Bun (RM 5)	Butter Croissant (RM6.50)
Lunch	Western	Pilaf Rice Chicken Stroganoff Buttered Peas & Carrot	Roasted Potato w. Sour Cream Mediterranean Fish Garlic Lemon Green Beans	Spaghetti Pasta Chicken Bolognese Summer Salad Honey Dressing	Soft Roll Fish Casserole Butter Herb Grilled Vegetables	Steamed Butter & Dill Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Fried Ramen Noodles Teriyaki Fish Japanese Cucumber Salad	Aromatic Rice Kung Pao Chicken Chap Chye Vegetables	Jeera Rice Fish Tandoori Cauliflower Gobbi	Yeung Chow Fried Rice Crispy Honey Chicken Bites Stir Fried Kailan w. Mushroom	Steamed Whited Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Pilaf Rice Crispy Tofu Stroganoff Buttered Peas & Carrot	Aromatic Rice Silken Tofu w Sweet Chili Sauce Chap Chye Vegetables	Spaghetti Pasta Lentil Bolognese Summer Salad Honey Dressing	Soft Roll Tofu & Tempeh Casserole Butter Herb Grilled Vegetables	Steamed Whited Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Mix Fruits	Orange Cake	Honey Dew	Fruit Jelly	Red Watermelon
Lunch Special	Noodle Station (RM 10.00)	Kway teow Noodle Soup	Sizzling Yee Mee w. Mushroom	Dry Wonton Noodle w. Char Siew Chicken	Asam Laksa Noodle Soup	Korean Jangchikguksu Soup
	Panini Counter (RM 12.00)	Chilli Corn Dog	Wanpaku Sandwiches	Croque Monsieur	Chicken Chimichanga	Focaccia Sandwiches
	Chef Special (RM 10- RM15)	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef

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