



MONTHLY MENU SEPTEMBER 2025 EARLY YEARS, ELEMENTARY & IEAP



Menu Week 1,3,5

	GTATION MONDAY TUESDAY WEDNESDAY THURSDAY					FRIDAY
	STATION	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

^{*} 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 SEPTEMBER 2025 EARLY YEARS, ELEMENTARY & IEAP



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

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

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

^{*}HNF Catering holds HALAL Certificate.





MONTHLY MENU SEPTEMBER 2025 SECONDARY



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
		o a 22 September	5 a 25 September	10 a 24 September	II a Lo September	II a 20 September
	Asian Delight	Singapore Fried Noodle	Chapati w. Chicken Keema	Tom Yam Fried Rice	Nasi Lemak w. Condiments	Fried Kway Teow
		(RM 4)	(RM4)	(RM 4)	(RM4)	(RM4)
		Assorted Onigiri	Fruit Cup	Handroll Sushi	Cereal w UHT Milk	Checken Barbecue Pau
Morning Snack	Morning	(RM 6)	(RM6)	(RM 6)	(RM 4)	(RM 4)
	Favourite	Vegetarian Spring Roll	English Muffin	Chicken Sandwiches	Breakfast Burrito	Hashbrown
		(RM1/PC)	(RM 6)	(RM 8)	(RM 6)	(RM 4)
	Marring Dakers	Cabonara Puff	Turkish Chicken Pide	Honey Butter Biscuit	Ham & Cheese Bun	Butter Croissant
	Morning Bakery	(RM 8)	(RM 7)	(RM 5)	(RM 5)	(RM6.50)
			-			-
		Dilet Dies	Roasted Potato w. Sour Cream	Spaghetti Pasta	Soft Roll	Steamed Butter & Dill Potatoes
	Western	Pilaf Rice Chicken Stroganoff	Mediterranean Fish	Chicken Bolognese	Fish Casserole	Honey Mustard Glazed Fish
	western	Buttered Peas & Carrot		J		,
		Buttered Peas & Carrot	Garlic Lemon Green Beans	Summer Salad Honey Dressing	Butter Herb Grilled Vegetables	Glazed Carrot & Corn
Lunch	Asian					Steamed Whited Rice
		Fried Ramen Noodles	Aromatic Rice	Jeera Rice	Yeung Chow Fried Rice	Korean Fried Chicken
		Teriyaki Fish	Kung Pao Chicken	Fish Tandoori	Crispy Honey Chicken Bites	Oi Muchim (Korean Cucumber
		Japanese Cucumber Salad	Chap Chye Vegetables	Cauliflower Gobbi	Stir Fried Kailan w. Mushroom	Salad)
	Vegetarian					Steamed Whited Rice
		Pilaf Rice	Aromatic Rice	Spaghetti Pasta	Soft Roll	Korean Plant-Based Chicken
		Crispy Tofu Stroganoff	Silken Tofu w Sweet Chili Sauce	Lentil Bolognese	Tofu & Tempeh Casserole Butter Herb Grilled Vegetables	Oi Muchim (Korean Cucumber
		Buttered Peas & Carrot	Chap Chye Vegetables	Summer Salad Honey Dressing		Salad)
	Dessert	Mix Fruits	Orange Cake	Honey Dew	Fruit Jelly	Red Watermelon
Lunch Special	Noodle Station			Dry Wanton Noodle w. Char Siew		
	(RM 10.00)	Kway teow Noodle Soup	Sizzzling Yee Mee w. Mushroom	Chicken	Asam Laksa Noodle Soup	Korean Jangchikguksu Soup
	(RM 10.00)			CHICKCH		
	Panini Counter	Chilli C	We seed to 6	[Chial an Chi	Face size 6
	(RM 12.00)	Chilli Corn Dog	Wanpaku Sandwiches	Croque Monsieur	Chicken Chimichanga	Focaccia Sandwiches
	Chef Special	Special Chef	Special Chef	Special Chef	Special Chef	Special Chef
	(RM 10- RM15)	opecial circi	Special circi	Special circi	Special Cite.	Special Circi

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

^{*}HNF Catering holds HALAL Certificate.