



HMF CATERING SDN BHD

MONTHLY MENU OCTOBER 2025

EARLY YEARS, ELEMENTARY & IEAP



Week 2: 22 - 27 Oct'25

Week 3: 27 - 31 Oct'25

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Fare	Western	Pasta Penne Chicken Meatball w/ Pomodoro Sauce Sautéed Green Beans	Spaghetti Aglio Olio Parmesan Garlic Crumbed Baked Fish w/ Oil Asoli Sauce Saladoulle	Garlic Bread Chicken Lasagna Steamed Broccoli w/ Lemon Zest	Roasted Cajun Potatoes Mediterranean Baked Fish Vegetable Au Gratin	Garlic Butter Rice Gold Rush Chicken Tender Mixed Salad w/ Honey Mustard Dressing
	Asian	Yakimochi Baked Fish w/ Miso Glaze Nasal Slime	Steamed White Rice Oyaka Chicken Vegetable Tempura	Wai Tan Hor (Korean Toss w/ Egg String) Golden Fried Fish w/ Ginger Soy Dipping Stir Fry Garlic Pak Choy	Kampung Fried Rice Ayam Goreng Kemplis (Turmeric Fried Chicken Skins) Stir-fry Morning Glory w/ Aubergines	Chow Mein Noodle Cantonese Steamed Fish w/ Ginger & Spring Onion Stir Fry Napa Cabbage
	Vegetarian	Yakimochi Crispy Tofu w/ Miso Glaze Nasal Slime	Spaghetti Aglio Olio Panko Tofu w/ Cornstarch Saladoulle	Wai Tan Hor (Korean Toss w/ Egg String) Deep Fried Plant-Based Chicken Stir Fry Garlic Pak Choy	Kampung Fried Rice Sweet & Crispy Tempah Stir-fry Morning Glory w/ Aubergines	Chow Mein Noodle Stir Fry Napa Cabbage
	Dessert	Red Watermelon	Brownies	Orange Slice	Fruit Jelly	Mix Fruit

* HMF Kitchen Catering does not use MSG or nuts in its recipes.

HMF Catering has an HSAI 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!



HNF CATERING SDN BHD

MONTHLY MENU OCTOBER 2025

EARLY YEARS, ELEMENTARY & IEAP



Week 3 : 8 - 10 Oct 25

Week 4: 20 - 24 Oct 25

STATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Fayre	Western	Pasta Amalfatta Baked Crusted Fish Baked Butter Broccoli & Cauliflower	Creamy Butter Mashed Potatoes Chicken Parmigiana Tri-Colour Colelaw	Garlic Herb Rice Grilled Fish w Corn Salsa Steamed Butter Mix Vegetable	Pasta Alfredo Fish Escalope Sauted Green Beans w Garlic	Steamed Butter & Oil Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Hainanese Rice Honey BBQ Roasted Chicken Stir-fry Bean sprout & Chives w Soy Sauce	Mee Goreng Mamak 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 White Rice Korean Fried Chicken Oi Muchim (Korean Cucumber Salad)
	Vegetarian	Hainanese Rice Steamed Soy Soft Tofu Stir-fry Bean sprout & Chives w Soy Sauce	Creamy Butter Mashed Potatoes Oven-Baked Tofu Parmigiana Tri-Colour Colelaw	Vietnamese Fried Glass Noodle Honey Soy Glazed Tofu Stir-fried Kailan w Garlic	Jasmine Rice Creamy Coconut Tempah Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed White Rice Korean Plant-Based Chicken Oi Muchim (Korean Cucumber Salad)
	Dessert	Honey Dew	Fruit Jelly	Mix Fruit	Blueberry Vanilla Cake	Red Watermelon

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*HNF Catering holds HALAL Certificate.

Let's Learn

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HNF CATERING SDN BHD

MONTHLY MENU OCTOBER 2025

SECONDARY



Week 2 : 8 - 10 Oct 25

Week 4: 20 - 24 Oct 25

	STATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Asian Delight	Char Kway Teow (RM4.00)	Roti Canai w Shrik Curry (RM5.00)	Singapore Fried Noodle (RM4.00)	Noodle Soup w Condiment (RM4.00)	Fried Yee Mee (RM4.00)
	Protein Power	Assorted Onigiri (RM6.00)	Fruit Cup (RM6.00)	Handroll Sushi (RM6.00)	Cereal w UHT Milk (RM5.00)	Malt Cookies w. Milk (RM 8.00)
		Traditional Karipap (RM1/pc)	Tuna Melt on English Muffin (RM7.00)	Croissant Sandwich (RM 8.00)	Cheese Quesadillas (RM7.00)	Breakfast Sausage (RM2.00)
	Morning Bakery	Butter Croissant (RM 7.00)	Bread Butter Pudding (RM6.00)	Pancake w Maple Syrup (RM5.00)	Cheese Stick Bun (RM5.00)	Double Choc Muffin (RM6.00)
Lunch	Western	Pasta Arrabiata Baked Crusted Fish Baked Butter Broccoli & Cauliflower	Creamy Butter Mashed Potatoes Chicken Parmigiana Tri-Colour Colelaw	Garlic Herb Rice Grilled Fish w Corn Salads Steamed Butter Mix Vegetable	Pasta Alfredo Fish Escalope Sautéed Green Beans w Garlic	Steamed Butter & Oil Potatoes Honey Mustard Glazed Fish Glazed Carrot & Corn
	Asian	Hainanese Rice Honey BBQ Roasted Chicken Stir-fry Beansprout & Chives w Soy Sauce	Mee Goreng Mamak w Tofu & Cucumber 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 White 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 Colelaw	Vietnamese Fried Glass Noodle Honey Soy Glazed Tofu Stir-fried Kailan w Garlic	Jasmine Rice Creamy Coconut Tempah Curry (Traditional Masak Lemak) Stir-Fry Long Bean w Carrot	Steamed White 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 Roti Chicken	Egg Drop Kway Teow Soup	Asam Laksa Noodle Soup	Chicken Pan Mee Noodle
	Panini Counter (RM 12.00)	Panini 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

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