



Crescendo HELP International School Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
		8 January, 2018	9 January, 2018	10 January, 2018	11 January, 2018	12 January, 2018
MORNING SNACK	Main	Roti paratha w curry	Mee hoon	Tuna/egg mayo/butter kaya sandwich	Dry Lao Shu Fun	Cereal
	Drink	chrysanthemum tea	Herbal tea	Soya milk	Orange juice	Milk/Milo
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Chicken w ginger spring onion (Primary) Dry curry paste chicken (secondary)	Sweet sour fish/chicken	Chicken herbal soup	Chinese style braise fish	Chicken katsu curry (mild)
	Side	Stir fried broccoli	Cucumber, pineapple, onion, tomato	Shitake & oyster mushroom	Bake yellow bean with egg	- Breaded chic fillet fried served with japanese curry
	Side	Fried egg	Omelette	You Tiaw & green veg		Wok fried vegetable & rice
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Bake teriyaki fish fillet	Bagel w chicken slice	Bake breadcrumbs fish (tomato base)	Bake chicken chop (mushroom sauce)	
	Side	Aglío olio	Cheese, tomato, cucumber, onion salad	Potato cubes	Steam sweet corn	
	Side	Bake french bean, sweet potato, carrot	Tortilla chips	Fruits salad	Mash potato	

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE & NOT ALLOWED TO SHARE YOUR MEAL WITH OTHERS.
2. ALL PRE-ORDER LUNCH SHALL ENJIY THE PRIVILEGE OF FREE SECOND HELPING.
3. MISSED OR UNUSED MEALS WILL NOT BE REIMBURSED AND NOT ABLE TO CARRIED FORWARD INTO NEXT PERIOD.
4. IF YOU HAVE SPECIAL DIETARY MEALS OR CONCERNS, YOU MUST CONSULT WITH CATERER BEFORE SIGNING UP FOR THE MEAL PLAN.
5. WE ABLE TO ARRANGE MEAL ACCORDING SPECIAL MEDICAL NEEDS BUT PARENTS NEED TO INFORM US IN ADVANCE.
6. WE RESERVE THE RIGHT TO MAKE ADJUSTMENTS AS NEEDED TO MEAL MENU.
7. WE RESERVE THE RIGHT TO REFUSE SERVICE IF STUDENT FAILS TO PRESENT VALID STUDENT CARD WITH MEAL PLAN STICKER.



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		Monday	Tuesday	Wednesday	Thursday	Friday
		15 January, 2018	16 January, 2018	17 January, 2018	18 January, 2018	19 January, 2018
MORNING SNACK	Main	Shredded chicken porridge w you tiaw	Kuey tiew w creamy egg sauce	Vege fried rice	Singapore fried mee hoon	Cereal
	Drink		Herbal tea	Soya milk	Barley	Milk/Milo
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Marmite chicken	Braised chicken in brown sauce	Hong Kong style curry fish ball	Stew potato chicken	Nasi lemak
	Side	Omelette	Japanese tofu	Mix Vege	Stir fried broccoli	Ayam masak merah
	Side	Stir fried long bean	Stir fried bayam	Fried egg	Fish ball tofu soup	Boiled egg & acar
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Smoke chicken & mushroom aglio olio	Bake fish w lemon cream sauce	Chicken spaghetti bolognese	Oven bake breadcrumbs fish burger	
	Side	Mushroom	mashed potato	Salad	Fries	
	Side	Pepper	Steam broccoli, cauliflower		Salad	

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		22 January, 2018	23 January, 2018	24 January, 2018	25 January, 2018	26 January, 2018
MORNING SNACK	Main	Roti paratha w curry	Yee Mee	Dry lou shu fun	Chicken and cauliflower porridge	Cereal
	Drink	Honey lemon	Soya milk	Orange juice	chrysanthemum tea	Milk/Milo
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Honey roast chicken rice	Stew chicken with mushroom	Fish ginger & spring onion	Steam chicken drumsticks w chinese herb	Japanese garlic fried rice w edamame
	Side	Condiment assortment	Stir fried french bean	Mix Vege	Fried aubergine	Yakitori (chicken & spring onion skewers)
	Side	Capsicum omelette	Yellow bean fried egg			Miso soup
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	KFC twister wrap (homemade fish stick)	Chicken chop w black pepper sauce	Jumbo breakfast	Bake garlic parmesan fish fillet	
	Side	Cucumber, carrot, tomato, onion, lettuce	Mashed potato	Chicken ham, hash brown, bake bean	Macaroni in cream sauce	
	Side	Cheese	Salad	Scramble egg, toast bagel		

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		Monday	Tuesday	Wednesday		
		29 January, 2018	30 January, 2018	31 January, 2018		
MORNING SNACK	Main	Home made bun	Mee hoon	SCHOOL HOLIDAY		
	Drink	Soya milk	Barley			
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Hainanese chicken rice	Chicken udon noodle stir fry			
	Side	Condiment assortment & braised egg	Broccoli, capsicum, Japanese soy skin			
	Side	Green veg	Takoyaki & vegan sushi			
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Chicken & ham spaghetti with cream sauce	Grill chicken burger			
	Side	Steam broccoli	Coleslaw			
	Side		Tortilla chips			

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