



Crescendo HELP International School Menu



					Thursday	Friday
					1 February, 2018	2 February, 2018
MORNING SNACK	Main				Chee Cheong Fun	Chicken teriyaki origini
	Drink				Chrysanthemums tea	Soya bean
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main				Sweet & sour fish	Hawaii pizza day
	Side				Braised tofu with mixed veg	Fruits salad
	Side				Green vege	
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main				Victoria chicken (steam chic with creamy victoria sauce)	
	Side				US potato cubes	
	Side				Corn on cob	

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE & NOT ALLOWED TO SHARE YOUR MEAL WITH OTHERS.
2. ALL PRE-ORDER LUNCH SHALL ENJOY 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
		5 February, 2018	6 February, 2018	7 February, 2018	8 February, 2018	9 February, 2018
MORNING SNACK	Main	Bread with jam	Braised Yee Mian	Chicken pumpkin porridge	Kuey tiaw soup	Waffles w maple syrup
	Drink	Milo	Luo han guo	Chrysanthemums tea	Orange juice	Soya milk
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Creamy butter chicken	White pepper chicken drumstick soup	Soya sauce mushroom chicken	Chicken fried onion (stew)	Ayam masak merah
	Side	stir fried cauliflower	Salted radish egg	Braised egg & tofu	Mix veg curry (mild)	Tempeh, french bean
	Side	Stew potato w shredded chicken	Stir fried broccoli	Fried cucumbers w vermicelli	Cauliflower fried egg	Boiled egg
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Pan fried fish fillet w hollandaise sauce	Lemon parmesan fish w garlic butter	Chicken cheese sausage w long soft bun	Bake chicken breadcrumbs	
	Side	Mashed potato	Corn rice	Taco chips	Spaghetti w tomato base sauce	
	Side	Steam veg	Bake vege	Cold salad	Salad	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		12 February, 2018	13 February, 2018	14 February, 2018	15 February, 2018	16 February, 2018
MORNING SNACK	Main	Roti paratha	Mee hoon	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
	Drink	Ice lemon tea	Soya milk			
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Wheat butter fish	Braised chicken w black fungus			
	Side	Long bean fried egg	Spring roll			
	Side	Luo han zhai (braised mix veg)	Stir fried green veg			
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Grill chicken breast w mushroom sauce	Tuna pizza			
	Side	Coleslaw	Fruits salad			
	Side	Mashed potatoes				

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		19 February, 2018	20 February, 2018	21 February, 2018	22 February, 2018	23 February, 2018
MORNING SNACK	Main	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Sandwiches day	Dry lou shu fun	Cereal with milk
	Drink			Soya milk	Chrysanthemums tea	Milo
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main			Marmite chicken	Chicken herbal soup	Japanese chic curry
	Side			Steam egg	Fresh mushroom, you tiaw	Cold salads
	Side			Fried cabbage w vermicelli	Steam iceberg w sauce	Sushi roll
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main			Parmesan crusted tilapia w tomato basil cream sauce	Smoked duck & veg	
	Side	Mashed potato	- Aglio olio			
	Side	Steam broccoli	Fruits			

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		Monday	Tuesday	Wednesday		
		26 February, 2018	27 February, 2018	28 February, 2018		
MORNING SNACK	Main	Egg fried noodles	Chicken origini	Steam bun		
	Drink	Barley	Soya milk	Orange juice		
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Golden paste fish	Chicken curry mee	Barbecue chicken rice		
	Side	Lady finger fried egg	Chicken, long bean, fish cake	Vegetables and fish ball soup		
	Side	Stir fried cabbage w black fungus	Beancurd, beansprout			
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Chicken burger	Spaghetti w white sauce	Chicken ceasar cool wrap		
	Side	Cheese, coleslaw	Chicken, ham, carrot	French fries		
	Side	Taco chips	onion, mushroom			

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