



Crescendo HELP International School Menu



					Thursday	Friday
					1 March, 2018	2 March, 2018
MORNING SNACK	Main				Chicken & mushroom porridge	Cereal
	Drink				Soya milk	Milk/milo
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main				Chicken in black bean sauce	Kampong fried rice
	Side				Yellow bean fried egg	Fried chicken
	Side				Stir fried broccoli & cauliflower	Winter melon soup
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main				Lemon parmesan fish w garlic butter	
	Side				Tomato rice	
	Side				Bake veg	

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 March, 2018	6 March, 2018	7 March, 2018	8 March, 2018	9 March, 2018
MORNING SNACK	Main	Japanese chicken origiri	Waffles with maple syrup	Mee hoon	Kuey tiaw w creamy egg sauce	Shredded chicken & veg fried rice
	Drink	Soya milk	Milo	Barley drink	Chrysanthemum tea	herbal tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Chinese pineapple chicken	Chicken w ginger scallion (Primary) Tomyam soup w chicken (mild)	Bean paste fish	Taiwanese three cup chicken	Fish & chip
	Side	Stuffing tofu in black bean sauce	Fried tomato egg	Tofu steam egg	Vege omelette	Fruits salad
	Side	Stew black fungus w cauliflower	Stir fried broccoli w mushroom	Dry shrimp stew cabbage	Cameron sawi	
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Pan fried fish sandwiches	Grill chicken breast	Bake chicken breast with mushroom sauce	Orange rosemary glazed fish fillet	
	Side	Mixed fruits salad	Served w creamy garlic penne pasta	Sweet corn rice	Mashed potatoes	
	Side			Steam veg	Corn on cob	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		12 March, 2018	13 March, 2018	14 March, 2018	15 March, 2018	16 March, 2018
MORNING SNACK	Main	Chee cheong fun	Mee hoon	Yee Mee soup	Egg mayo/tuna sandwiches	Cereal
	Drink	Soya milk	Barley drink	Luo han guo w longan	Chrysanthemum tea	Milk/milo
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Chinese lemon chicken	Kung Po chicken	Hong Kong braised soya chicken	Malaysia style chicken curry w potato	Ayam masak kicap
	Side	Braised tofu w mix veg	Fried egg w green bean	Braised soya egg & tofu	Fried cabbage	Nasi lemak
	Side	Stir fried cauliflower	Garlic fried broccoli	Bak choi	Stir fried french bean w tempeh	Fried cucumber w rice noodle
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Country oven fried fish	Grill chicken hummus wrap	Hawaii pizza	Pan fried fish fillet	
	Side	Potato wedges	Taco chips	mixed fruits	Spaghetti w tomato sauce	
	Side	Greenpeas & chickpeas				

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		Monday	Tuesday	Wednesday	Thursday	Friday
		19 March, 2018	20 March, 2018	21 March, 2018	22 March, 2018	23 March, 2018
MORNING SNACK	Main	Roti paratha	Braised lao shu fun	Steam bun selection	Chicken teriyaki origiri	SCHOOL HOLIDAY
	Drink	ice lemon tea	Chrysanthemum tea	Herbal tea	Herbal tea	
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Marmite chicken	Roast chicken rice	Braised fish in brown sauce	Ji Kut Tea	
	Side	Braised japanese tofu	Condiments assorted	Tofu with mix veg	Fresh mushrooms	
	Side	Stew chinese leaves w black fungus	Sweet corn&carrot omelette	Stir fried broccoli & cauliflower	You tiaw & green vege	
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Creamy sun-dried tomato parmesan chicken	Tandoori chicken tikka wrap	Steam chicken breast in gravy sauce	Tuna pizza	
	Side	Angle hair pasta	Salsa salad	Mashed potatoes	Fruits salad	
	Side		Taco chips	Salad		

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