



Crescendo HELP International School Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
		10-09-2018	11-09-2018	12-09-2018	13-09-2018	14-09-2018
MORNING SNACK	Main	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Fried mee hoon (Y1/Y2), Mee siam	Chicken veg porridge	Cereal w milk/milo
	Drink			Barley drink	Soya milk	
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main			Sweet sour fish	Simmersed chic w 3 kinds mushroom	Japanese chicken katsu curry w rice
	Side			Steam egg with tofu	Sweet corn omelette	Japanese salad
	Side			Stir fried veg	Stir fried vege	Cut fruits
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main			Oven grill chic with mushroom sauce	Chicken carbonara	
	Side			Mashed potato	Baked zucchini veg	
	Side			Steam veg	Fruits salad	

TERMS & CONDITION

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		17-09-2018	18-09-2018	19-09-2018	20-09-2018	21-09-2018
MORNING SNACK	Main	SCHOOL HOLIDAY	Yee mee soup	Kuey tiaw w creamy egg sauce	Sandwiches with jam	Waffle (Y1/2), Chic teriyaki onigiri
	Drink		Barley drink	Herbal tea	Milo	Chrysanthemum tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main		Ginger spring onion chic	Ipoh style beansprout chicken	Chicken herbal tea soup	Japanese oven bake chicken teriyaki
	Side		Thai tofu	Fish cake omelette	Youtiao, mushroom, beancurd skin	Miso soup
	Side		Stir fried veg		Stir fried vege	Cold salad w sesame dressing
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main		Chicken tomato risotto	Homeade fish fillet burger	Chicken Hawaii Pizza	
	Side		Steam vege	with Nachos cheese sauce	Fruits salad	
	Side			Cherry tomatoes		

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		24-09-2018	25-09-2018	26-09-2018	27-09-2018	28-09-2018
MORNING SNACK	Main	Kuey Tiaw soup	Mee goreng	Steam kaya bun	Shredded chic fried rice (Y1/2), Chee cheong fun	Roti paratha
	Drink	Herbal tea	Chrysanthemum tea	Soya milk	Herbal tea	Iced lemon tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Marmite chicken	Steam chic w wolfberry & Dang Gui	Butter chic curry (mild)	HK style braised soya chic	Korean paste oven bake chic wing
	Side	Long bean omelette	Salt & pepper tofu	Mushrooms omelette	Braised soya egg & tofu	Korean soya bean paste stew (soup)
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Stir fried veg	(Potato, onion, tofu, radish & mushroom)
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Lemon parmesan fish w garlic butter	Fish tacos (wrap) w garlic mayo	Grill chic w mushroom sauce	Chic sausage & mushroom spaghetti	
	Side	Corn rice	Onion, cucumber, tomato, sweet corn	Mashed potatoes	W tomato sauce base	
	Side	Bake veg	Bake potatoes cubes	Green salad	Bake veg	

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		01-10-2018	02-10-2018	03-10-2018	04-10-2018	05-10-2018
MORNING SNACK	Main	Shredded chic fried mee hoon	Egg mayo/Tuna sandwiches	Chic w corn & carrot porridge	Kuey tiaw w creamy egg sauce	Cereal with milk/milo
	Drink	Chrysanthemum tea	Herbal tea	Soya milk	Barley drink	
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Three flavor fish	Steam chic w black bean sauce	Roast chic rice set	Steam chicken w shiitake	Nasi lemak
	Side	Steam egg	Triangle samosa	With condiments	Japanese tofu w enoki	Ayam masak merah
	Side	Stir fried veg	Stir fried veg	Veg omelette	Stew potatoes	Egg, ikan bilis, cucumber
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Bake yogurt chic	Country oven fried fish	Homemade pizza	Smoked duck Aglio Olio	
	Side	Saffron rice & boiled egg	Mashed potatoes	(Tuna, cheese, pineapple)	(Capsicum & mushroom)	
	Side	Lemon slice, cucumber	Chicpeas mix salad	Fruits salad w yogurt dressing	Bake Veg	

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		08-10-2018	09-10-2018	10-10-2018	11-10-2018	12-10-2018
MORNING SNACK	Main	Cheese toast	Yee Mee soup	Fried Lao Shu Fun	Shredded chic & mix peas fried rice	Shredded chic hor fun
	Drink	Soya milk	Chrysanthemum tea	Herbal tea	Barley drink	Herbal tea
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Golden paste fish fillet	Yang chow fried rice	Hainanese chic rice	Chicken curry mee	Big breakfast
	Side	Ladyfingers fried egg	Chicken cheese roll	W condiments	Chic, boiled egg, beancurd skin	Oven bake chic tender, scrambled egg
	Side	Stir fried cabaage	Tofu veg soup	Omelette	Beansprout, long bean	Yellow bean, toast, coleslaws
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	French onion chic	Bake lemon butter Tilapia	Homemade chicken cheese burger	Grill fillet fish	
	Side	Corn rice	Mashed potatoes	Fruits salad w sesame dressing	With spaghetti tomato basil sauce	
	Side	Bake mix veg	Green salad		Steam vege	

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		15-10-2018	16-10-2018	17-10-2018	18-10-2018	19-10-2018
MORNING SNACK	Main	SCHOOL HOLIDAY	Dry fried noodles	Chicken porridge (You Tiao)	Steam red bean bun	Cereal with milk/milo
	Drink		Barley drink	Chrysanthemum tea	Soya milk	
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main		Deep fried chic with fermented taro-curd paste	Fish w bean paste (Y1&2) bangkok style (Y3above)	BBQ roast chicken leg rice set	Japanese chicken katsu w teriyaki sauce
	Side		Mix veg curry (mild)	Glass noodles scrambled egg	With condiments	Oven bake egg (omelette)
	Side			Stir fried veg	Veg tofu soup	Salad
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main		Parmesan crusted tilapia	Garlic roasted chicken	Chicken & mushroom spaghetti w cream sauce	
	Side		Corn rice	Mashed potatoes	Bake veg	
	Side		Green salad with yogurt dressing	Steam veg		

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		22-10-2018	23-10-2018	24-10-2018	25-10-2018	26-10-2018
MORNING SNACK	Main	Fried mee hoon	Yee Mee with creamy egg sauce	Japanese onigiri	Waffles (Y1/2), Chee cheong fun	Roti paratha
	Drink	Barley drink	Chrysanthemum tea	Herbal tea	Soya milk	Chrysanthemum tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Steam fish with sour plum sauce	Chicken with ginger spring onion	Steam chic w mushroom & black fungus	White pepper chicken soup	Nyonya fried chicken
	Side	Stew potatoes with mince chicken	Braised tofu with brown sauce	Spring roll	Stir fried veg	Prown cracker, egg fried rice
	Side	Stir fried veg	Stir fried veg	Stir fried veg		Tofu seaweed egg soup
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Garlic butter tomato bake chicken w mozzarella	Pan fried fish tilapia w black pepper sauce	Chicken mushroom pot pies	Home made meatball bolognese pasta	
	Side	Grilled pineapple rice	Mashed potatoes	Served w brown bread toast	Bake veg	
	Side		Steam veg	Fruit salad		

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		29-10-2018	30-10-2018	31-10-2018	01-11-2018	02-11-2018
MORNING SNACK	Main	Butter kaya toast	Steam pumpkin bun (Y1/2) Tomyam paste fried mee hoon	Maggie goreng	Cereal w milk/milo	SCHOOL HOLIDAY
	Drink	Soya milk	Chrysanthemum tea	Barley drink		
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Sour plum chicken	Steam chic w bean paste	Ipoh style beansprout chic rice set	Ji kut tea (mushroom, you tiau, beancurd skin)	
	Side	Steam egg	Yellow bean egg	With condiments	Stir fried veg	
	Side	Stir fried veg	Crispy tofu w sauce	Veg omelette		
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Steam chic breast w vitoria cream sauce	Bake turmeric chic	Homemade hawaii pizza	Lemon parmesan chicken	
	Side	Potato wedges	Bake garlic rice pilaf	Fruits salad	Very veg fried rice	
	Side	Bake veg	Fresh cucumber & tomato			

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		05-11-2018	06-11-2018	07-11-2018	08-11-2018	09-11-2018
MORNING SNACK	Main	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Fried mee hoon	Toast w jam
	Drink				Chrysanthemum tea	Soya milk
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main				Chic in black bean sauce	HK style braised soya chic rice set
	Side				Steam egg w tofu & shrimp	Braised soy egg, veg
	Side				Stir fried veg	Fresh cucumber slice
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main				Bake crispy lemon chicken	
	Side				served w creamy garlic pasta	
	Side				Steam veg	

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		12-11-2018	13-11-2018	14-11-2018	15-11-2018	16-11-2018
MORNING SNACK	Main	Shredded chic porridge + you tiaw	Steam kuey tiaw w creamy egg sauce	Yee mee soup	Cheese toast	Belgium waffles(Y1/2), chee cheong fun
	Drink	herbal tea	Chrysanthemum tea	Barley drink	Soya milk	Herbal tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Crispy nestum fish	Stew chic with potato	Cantonese steam fish	Steam chic w chinese herb	Healthy nasi lemak
	Side	Fried tomato egg	Mapo tofu	Potato samosa	Omelette	Bake turmeric chic
	Side	Stir fried veg	Melon fried glass noodles	Stir fried veg	Stir fried veg	dinosaur egg, acar, ikan bilis
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Oven fried chic	Homemade chic pot pie	Skillet pineapple BBQ chicken	Bang Bang shrimp pasta	
	Side	Steam corn	(Potato, Onion, corn, peas)	Corn rice	Bake veg	
	Side	Mashed potatoes	Toast brown bread	Steam veg		

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		19-11-2018	20-11-2018	21-11-2018	22-11-2018	23-11-2018
MORNING SNACK	Main	Roti paratha w chickpeas curry	SCHOOL HOLIDAY	Fried mee hoon	Dry lou shu fun	Cereal milk/milo
	Drink	Barley drink		Herbal tea	Chrysanthemum tea	
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Sweet sour fish		Bake nyonya style chicken	Roasted chicken rice set	Japanese chicken katsu
	Side	Steam egg		Braised tofu in brown sauce	With condiments	Potato, onion, carrot
	Side	Stir fried veg		Stir fried veg	Omelette	Edamame salad w sesame dressing
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	One pan healthy chic sausage & veg bake		Steam chic breast w honey mustard sauce	Homemade pizza	
	Side	(Potato, broccoli, pepper, green bean)		Bake potato cubes	(Tuna, pineapple, cheese onion)	
	Side	Boiled rice		Steam veg		

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		26-11-2018	27-11-2018	28-11-2018	29-11-2018	30-11-2018
MORNING SNACK	Main	Chicken mushroom porridge	Hokkien mee	Egg mayo sweet corn sandwiches	Cabbage fried mee hoon	Steam pumpkin bun
	Drink	Herbal tea	Barley drink	Herbal tea	Chrysanthemum tea	Soya milk
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Butter cream chicken	Stir fried fish w bean paste	Hainanese chic rice set	Thai green chic curry (mild)	Mushroom & long bean rice
	Side	Fried egg w yellow bean	Salt pepper tofu	With condiments assorted	Omelette	Braised soya chic drumstick
	Side	Stir fried veg	Stir fried veg	Veg soup		Braised soya egg
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Spicy lemon garlic bake tilapia	Shredded chic parmesan sandwiches	Honey lemon pan fried chicken	Bake coconut crusted chicken	
	Side	Parmesan garlic spaghetti	Bake wedges	Mashed potato	Mexican rice	
	Side	Steam veg	Fruits salad	Chickpeas mix salad	Steam veg	

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		03-12-2018	04-12-2018	05-12-2018	06-12-2018	07-12-2018
MORNING SNACK	Main	Braised yee mee	Lou shu fun soup	Singapore fried mee hoon	Roti paratha	Mee goreng w chic
	Drink	Herbal tea	Barley drink	Chrysanthemum tea	Honey lemon	Soya milk
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Ayam masak merah	Braised chic w mushroom & black fungus	Fish fillet w ginger spring onion	BBQ roasted chic rice set w condiments	America breakfast
	Side	Nasi lemak, ikan bilis	Stir fried veg	Sweet sour tofu	Garlic fried cucumber	Toast, bake bean, mushroom scrambled egg
	Side	Boiled egg, cucumber	Tomato scrambled egg	Stir fried veg	Scrambled egg fried glass noodles	Hash brown, chic sausage, mix fruits
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Grill chicken breast w mushroom sauce	Country style oven fried fish	Healthy bake salsa chic	Crispy bake cheddar chicken	
	Side	mashed potatoes	Potato wedges	Corn rice	Served w spaghetti in tomato base	
	Side	bake veg	Steam veg	Bake veg	Steam veg	

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	Drink	Barley drink	Herbal tea	Chrysanthemum tea	Soya milk	Iced lemon tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Herbal chic soup(Y1/2) Tom Yam Chic soup	Chinese style pineapple chicken	Hainanese chic rice set	House special chicken curry mee (mild)	Homemade Pizza
	Side	Veg omelette	Braised tofu in brown sauce	With condiments assorted		Fruits salad
	Side		Stir fried veg	Scrambled egg w glass noodle		
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Pan fried tilapia w black pepper sauce	Flaky ranch chicken	Homemade meatball (celery, onion)	Parmesan crusted tilapia	
	Side	Mashed potatoes	Rice pilaf	Served w mashes potato	Served w spaghetti w cream sauce	
	Side	Bake cauliflower & sweet potato	Steam veg	in gravy sauce & steam veg		

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1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & NOT ALLOWED TO SHARE YOUR MEAL WITH OTHERS.
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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.