



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|------------------------------|--------------------------|---------------------------------|-----------------------|-----------------------------------|
| | | 07-01-2019 | 08-01-2019 | 09-01-2019 | 10-01-2019 | 11-01-2019 |
| MORNING SNACK | Main | Cereal w milk/milo | Kampong fried mee hoon | Kuey tiaw w creamy egg sauce | Kampong fried mee | Roti paratha |
| | Drink | | Barley | Herbal tea | Chrysanthemum tea | Iced lemon tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Taiwanese three cups chicken | Golden paste fillet fish | Oven bake turmeric chicken | Sweet sour chicken | Korean paste bake chicken wing |
| | Side | Veggie omelette | Steam egg | Stew potatoes | Long bean omelette | Korean soya bean paste stew |
| | Side | Beancurd w cabbage | Stir fried vegetables | Stir fried vegetables | Stir fried vegetables | (potato,onion,radish,green chili) |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Parmesan crusted tilapia | Chicken paella | Homemade chicken meatballs | Homemade tuna pie | Egg fried rice |
| | Side | Scalloped potato | Bake veggie & potatoes | Served with spaghetti bolognese | Brown bread | Homemade jelly |
| | Side | Steam vegetables | | Chickpeas mix salad | Fruits salad | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|----------------------------------|--------------------------------|--|----------------------------------|-------------------------------|
| | | 14-01-2019 | 15-01-2019 | 16-01-2019 | 17-01-2019 | 18-01-2019 |
| MORNING SNACK | Main | Butter kaya toast & cheese toast | Chicken and mushroom porridge | Steam red bean paste bun (Y1/Y2), Mamak mee | Waffles (Y1/Y2), Mee Siam | Yee mee soup |
| | Drink | Herbal tea | Soya milk | Barley | Luo han guo | Herbal tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Marmite chicken | Steam fish w preserved radish | Hainanese chicken rice set | Butter chicken curry (non spicy) | Nasi lemak w ayam masak merah |
| | Side | Dinosaur egg in sweet sour sauce | Veggie omelette | with condiments assorted | Mushrooms omelette | Nyonya acar, boiled egg |
| | Side | Stir fried veg | Stir fried veg | Thai style tofu | Stir fried vege | Ikan bilis, keropok |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Chicken tomato risotto | Grill chicken w mushroom sauce | Hawaii BBG chicken wrap | Creamy fish penne pasta | |
| | Side | Hard boiled egg | Mashed potatoes | (pineapple, red onion, lettuce, mozzarella cheese) | Bake potatoes wedges | |
| | Side | Steam vege | Steam veggie | Yellow corn chips | | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|----------------|-------------------------------|--------------------------|---------------------------|------------------------------|
| | | 21-01-2019 | 22-01-2019 | 23-01-2019 | 24-01-2019 | 25-01-2019 |
| MORNING SNACK | Main | SCHOOL HOLIDAY | Cabbage fried mee hoon | Bread with jam | Cereal w milk/milo | Kuey tiaw soup |
| | Drink | | Chrysanthemum tea | Soya milk | | Herbal tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | | HK style braised soya chicken | Chicken herbal soup | Creamy butter fish fillet | Japanese chicken katsu curry |
| | Side | | braised soya egg & tofu | chicken ham fried potato | sweet sour japanese tofu | Soft boiled egg |
| | Side | | smoked cucumber with garlic | Stir fried veg | Stir fried veg | garlic rice & miso soup |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | | Homemade Hawaii chicken pizza | Smoked duck aglio olio | Chicken mushroom pot pies | |
| | Side | | Chickpeas mix salad | baked veggie & potato | bake potatoes cubes | |
| | Side | | | | salads | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|---------------------------------------|-------------------------------------|--|-----------------------------|----------------|
| | | 28-01-2019 | 29-01-2019 | 30-01-2019 | 31-01-2019 | 01-02-2019 |
| MORNING SNACK | Main | Waffles(Y1/Y2), Tomyam fried mee hoon | Chicken porridge w you tiaw | Egg mayo/tuna sandwiches | Mee goreng | Nasi lemak |
| | Drink | Herbal tea | Soya milk | Milo | Barley lemon | Barley |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Sweet sour fish | Honey roast chicken rice set | Steam chicken with mushroom & black fungus | Chicken in black bean sauce | Homemade pizza |
| | Side | veggie omelette | with condiments assorted | Dinosaur egg in sweet sour sauce | Braised tofu in brown sauce | Fruits salad |
| | Side | Stir fried veg | ABC soup | Stir fried veg | Stir fried veg | |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Bake yogurt chic | Fish tacos (wraps) w garlic mayo | Shrimp and macaroni gratin | Homemade chicken burger | |
| | Side | corn rice | (onion,cucumber,tomato, sweet corn) | Steam veg with chickpeas | yellow corn chips | |
| | Side | steam veggie | bake potato wedges | | | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|--------------------------|---|---|------------------------------|--|
| | | 11-02-2019 | 12-02-2019 | 13-02-2019 | 14-02-2019 | 15-02-2019 |
| MORNING SNACK | Main | Singapore fried mee hoon | Cereal with milk | Roti paratha | Lou shu fun | Chicken veggie fried rice |
| | Drink | Herbal tea | | Barley | Soya milk | Chrysanthemum tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | General Tso's chicken | Stew chicken leg w potatoes | Simmered chicken w mushrooms | Thai green chic curry (mild) | English big breakfast |
| | Side | Fried egg | Vegetables spring roll | Mapo tofu (mild) | Mushroom omelette | Chicken sausage, hash brown |
| | Side | Stir fried veg | | Stir fried veg | Stir fried veg | bake bean, tomato, scrambled egg & toasted |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Country oven fried fish | Garlic basil chic w tomato butter sauce | Parmesan crusted tilapia w tomato | Bake garlic parmesan chicken | |
| | Side | Mashed potatoes | Served with spaghetti | cream sauce served w classic rice pilaf | Served w mashed potatoes | |
| | Side | Chickpeas mix salad | Bake sweet potatoes & veggie | Green salad | Steam veggie | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|----------------------|-------------------------------------|--|----------------------------------|---------------------------------|
| | | 18-02-2019 | 19-02-2019 | 20-02-2019 | 21-02-2019 | 22-02-2019 |
| MORNING SNACK | Main | Kuey tiaw soup | Fried mee hoon | Bread with jam | Dry anchovies fried rice | Braised yee mee |
| | Drink | Chrysanthemum tea | Herbal tea | soya | Barley | Herbal tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Cereal fish | Ipoh style beansprout chic rice set | Chicken broccoli & mushroom stir fried | House special curry mee | Crispy bake honey bbq chic wing |
| | Side | Sweet sour egg tofu | Three cup tofu | Ham omelette | chicken, fishball, beancurd skin | served w pineapple fried rice |
| | Side | Stir fried veg | | | long bean, beansprout | Salad |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | French onion chicken | Homemade chicken pot pie | Fish taco (wrap) w garlic mayo | Spaghetti carbonara | |
| | Side | Corn rice | roasted potatoes sliced salad | (onion, cucumber, tomato, lettuce) | with chicken & mushroom | |
| | Side | Bake mix veggie | | served with fries | bake sweet potatoes & pumpkin | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|---------------------------------|--------------------------------------|----------------------------------|--|------------------------------------|
| | | 25-02-2019 | 26-02-2019 | 27-02-2019 | 28-02-2019 | 01-03-2019 |
| MORNING SNACK | Main | Mee goreng | Kuey tiaw w creamy egg sauce | Chicken porridge w you tiaw | Egg mayo sandwiches | Roti paratha w sauce |
| | Drink | barley | Chrysanthemum tea | Soya milk | milu | Chrysanthemum tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Braised herbal chic w chestnuts | Kong po chic (mild) | Roast honey garlic chic rice set | Traditional chic curry w potatoes (mild) | Butterfly pea flower nasi lemak |
| | Side | japanese tofu w nestum | preserved radish omelette | braised soya egg | fried eggs | Turmeric chicken wing |
| | Side | Stir fried veg | Stir fried veg | steam veggie | Stir fried veg | hardboiled egg,nyonya acar |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Parmesan crusted tilapia | Baked parmesan dijon crusted chicken | Homemade chicken burger | One pan cheesy chic sausage & pasta | sweet sambal chili w dry anchovies |
| | Side | Mashed potatoes | Tomato rice | (Lettuce, tomato, cucumber) | Fruits salad | |
| | Side | Green salad | Steam veggie | served w fries | | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|--|--|------------------------------|---|----------------------------|
| | | 04-03-2019 | 05-03-2019 | 06-03-2019 | 07-03-2019 | 08-03-2019 |
| MORNING SNACK | Main | Fried mee hoon | Waffles w honey (Y1-Y6), Chee Cheong fun | Cheese toast | Kuey tiaw soup | Cereal w milk/milo |
| | Drink | Herbal tea | Soya milk | Milo | Chrysanthemum tea | |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Sesame oil chic stir fried (Y1-Y6), Golden paste chic (mild) | Chicken herbal soup | Hainanese chic rice set | Sweet sour fish | Japannese chic katsu curry |
| | Side | Dinosaur egg w sauce | Braised soya tofu | Braised soya egg | Braised tofu in brown sauce | Bake egg |
| | Side | Stir fried veg | Stir fried veg | Stir fried veg | Stir fried veg | Miso soup |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Grill chic breast with spice | India butter chicken curry (mild) | Homemade chicken meatball | Homemade chicken sausage & capsicum pizza | |
| | Side | served w cheesy scalloped potatoes | served w yellow corn | Served w spaghetti bolognese | Fruits salad | |
| | Side | fruits salad | aromatic indian spiced rice | & garlic bread | | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|--------------------------------|-----------------------------------|---|--------------------------|---------------------------------------|
| | | 11-03-2019 | 12-03-2019 | 13-03-2019 | 14-03-2019 | 15-03-2019 |
| MORNING SNACK | Main | Egg mayo & cucumber sandwiches | Kuey tiaw w creamy egg sauce | Chicken fried rice | Tomyam mee hoon | Dry fried noodles |
| | Drink | Soya milk | Herbal tea | Iced lemon tea | Barley | Herbal tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Taiwanese three cup chicken | Egg floss butter chic | Fish w ginger & spring onion (Y1-Y6), Claypot fish curry (mild) | Claypot chicken rice | Nasi lemak w ayam rendang |
| | Side | Tofu stuffing w sauce | Stew potatoes | Fried egg | Winter melon soup | Hard boiled egg, keropok, nyonya acar |
| | Side | Stir fried veg | Stir fried veg | | Tofu w minced chic sauce | Stir fried french bean w tempe |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Victoria chicken | Sweet chili- lime grilled tilapia | Crispy parmesan crusted chicken | Bake fish fillet burger | |
| | Side | served w bake potato cubes | Butter rice | served w parmesan garlic pasta | (Onion, cheese, lettuce) | |
| | Side | | Pineapple salsa | Steam veg | Bake potato slices | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|-------------------------------|-------------------------------------|------------------------------|---------------------------------|----------------|
| | | 18-03-2019 | 19-03-2019 | 20-03-2019 | 21-03-2019 | 22-03-2019 |
| MORNING SNACK | Main | Egg fried flat kuey tiaw | Butter kaya toast | Cabbage singapore mee hoon | Yee mee w creamy egg sauce | SCHOOL HOLIDAY |
| | Drink | Barley lemon | Soya milk | Herbal tea | Chrysanthemum tea | |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Fried fish w bean paste | Ipoh style beansprout chic rice set | Steam fish w soya sauce | Nyonya chicken curry w potatoes | |
| | Side | Steam egg w rainbow veg sauce | Fishball soup | Chicken cheese roll | Turmeric rice | |
| | Side | Stir fried veg | Onion omelette | Stir fried veg | Stir fried veg | |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Crunchy french onion chicken | Crispy lemon chic | Tortilla grilled chic wrap | Grilled chic w mushroom sauce | |
| | Side | served w tomato rice | Served w creamy garlic pasta | Oven roasted parmesan potato | Served with corn rice | |
| | Side | Bake veggie | Fruit salad | | Bake veggie | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|----------------|--|--------------------------------------|--------------------------------|--|
| | | 25-03-2019 | 26-03-2019 | 27-03-2019 | 28-03-2019 | 29-03-2019 |
| MORNING SNACK | Main | SCHOOL HOLIDAY | Chicken mushroom porridge | Kampong fried mee hoon | Roti paratha | Waffles w honey (Y1-Y6) Tomyam fried rice |
| | Drink | | Soya milk | Barley | Iced lemon tea | |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | | Deep fried fish fillet | Bake teriyaki chicken | HK style braised soya rice set | |
| | Side | | w mayo dipping (Y1-Y6), Thai dipping | Omelette | Braised soya egg & tofu | |
| | Side | | Tomatoes bake bean w veggie & stir fried veg | Stir fried sweet sour vege | Stir fried veg | |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | | Chicken w wild mushroom cream sauce | Parmesan broiled tilapia | Oven bake breadcrumbs chic | Bake yogurt chic leg w saffron rice |
| | Side | | served w mashed potatoes | served w olive & pumpkins fried rice | served w spaghetti red sauce | Hard boiled egg |
| | Side | | Fruit salad | Steam veg | Steam veggie | Salad (cucumber & tomato) |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|------------------------------|--|---------------------------------------|-------------------------------------|------------------|
| | | 01-04-2019 | 02-04-2019 | 03-04-2019 | 04-04-2019 | 05-04-2019 |
| MORNING SNACK | Main | Kuey tiaw w creamy egg sauce | Bread w jam | Kampong fried noodles | Cereal w milk | Japanese onigiri |
| | Drink | Barley | Soya milk | Chrysanthemum tea | | Barley |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Stew chic w yam & pumpkin | Sesame fried chicken | Pan fried fish w fermented bean sauce | Steam chic w mushroom and red dates | Fish & chip |
| | Side | Omelette | Braised tofu in brown sauce w mix veg | ABC soup | Zucchini omelette | w garlic mayo |
| | Side | Stir fried veg | | Fried egg | Stir fried veg | Lettuce salad |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Bake tomyam paste chicken | Grill fish with black pepper sauce (mild) | Spaghetti w cream sauce | Chicken tomato risotto | |
| | Side | Corn rice | Cheesy scallops potatoes | with chicken & mushroom | Bake veggie | |
| | Side | Steam veg | Green salad | Bake wedges | | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.



Crescendo HELP International School Menu



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------|----------------------------|--------------------------|--|------------------------------------|----------------|
| | | 08-04-2019 | 09-04-2019 | 10-04-2019 | 11-04-2019 | 12-04-2019 |
| MORNING SNACK | Main | Egg mayo & tuna sandwiches | Singapore fried mee hoon | Bell pepper fried rice | Maggie goreng | Nasi lemak |
| | Drink | Soya milk | Chrysanthemum tea | Herbal tea | Barley | Iced lemon tea |
| LUNCH (Asian) *INCLUDES HEALTHY FRUITS | Main | Marmite chicken | Steam chic w wolf berry | House special curry mee | Roasted honey garlic chic rice set | Homemade pizza |
| | Side | Steam egg | Japanese tofu w enoki | (Chicken, egg, beancurd skin, | Fragrance rice & cucumber | Fruits salad |
| | Side | Stir fried veg | Stir fried veg | dry tofu, fishball, long bean, beansprout) | Egg fried cabbage | |
| LUNCH (Western) *INCLUDES HEALTHY FRUITS | Main | Country oven fried fish | Chicken mushroom pot pie | Spaghetti bolognese w chicken | Lemon pepper fish | |
| | Side | mashed potatoes | with brown bread | Bake potatoes cube | Served w lemon butter rice | |
| | Side | bake veg | Salad | | Steam veg | |

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE, NOT REFUNDABLE & 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.