



Crescendo HELP International School Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
		29-04-2019	30-04-2019	01-05-2019	02-05-2019	03-05-2019
MORNING SNACK	Main	Chicken porridge w you tiaw	Singapore fried mee hoon	SCHOOL HOLIDAY	Belgium waffles w honey(Y1&2) Nasi lemak	Cereal w milk (Y1&2) Maggie goreng
	Drink	Soya milk	Herbal tea		Chrysanthemum tea	Barley
LUNCH (Asian) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Salt & pepper fish fillet	Hainanese chicken rice set		Steam fish with preserved radish	Japanese katsu chicken (Non-spicy)
	Side	Tomato scrambled egg	With condiments assorted		Mapo tofu (mild)	Soft boiled egg
	Side	Stir fried vegetables	Fish ball vegetables soup		Green vegetables	Miso soup, garlic rice
LUNCH (Western) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Roasted chicken w mushroom sauce	Country style oven fish fillet		BBQ chicken wrap	
	Side	Mashed potatoes	Served w spaghetti red sauce		(Pineapple, onion, lettuce)	
	Side	Steam vegetables	Steam veggie		Served w yellow corn	

TERMS & CONDITION

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		06-05-2019	07-05-2019	08-05-2019	09-05-2019	10-05-2019
MORNING SNACK	Main	SCHOOL HOLIDAY	Cheese toast	Yee mee soup	Roti paratha w curry	Kuey tiaw soup
	Drink		Milo	Mangosteen herbal tea	Iced lemon tea	Chrysanthemum tea
LUNCH (Asian) <small>*INCLUDES HEALTHY FRUITS</small>	Main		Sweet sour fish fillet	HK style braised chicken rice set	Braised herbal chicken w chestnuts	Big breakfast
	Side		Stew potatoes	Braised egg & tofu	Crispy japanese tofu w nestum	Chic cheese sausage, tater tots
	Side		Stir fried vegetables	Braised rice with long bean & mushroom	Stir fried vegetables	Bake bean, scrambled egg, dinner bun
LUNCH (Western) <small>*INCLUDES HEALTHY FRUITS</small>	Main		Crispy bake lemon parmesan chicken	Creamy chicken & mushroom pasta	Parmesan crusted tilapia	
	Side		Served with veggie fried rice	with garlic bread	Mashed potato	
	Side				Green salad	

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		13-05-2019	14-05-2019	15-05-2019	16-05-2019	17-05-2019
MORNING SNACK	Main	Braised yee mee	Bread w jam	Lou Shu Fun (rice noodles)	Steam red bean paste bun (Y1&2) Chee Cheong fun	Kampong fried mee hoon
	Drink	Barley	Soya milk	Chrysanthemum tea	Herbal tea	Mangosteen herbal tea
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Chicken Kong Po (mild)	Southern fried chicken	Chicken herbal soup	3 cups chicken	Ayam masak kicap(Y1&2) Ayam masak merah
	Side	Steam egg	Fresh cucumber slice	Braised tofu	Potato omelette	Boiled egg, keropok, acar
	Side	Stir fried vegetables	Mix vegetables curry	Stir fried vegetables	Stir fried vegetables	Stir fried tofu,tempe & french bean
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	Fish finger	Homemade chicken pot pie	Chicken meatball	Grill chicken coleslaw burger	
	Side	Served w mashed potatoes	Served with brown bread	Served w spaghetti in red sauce	Bake potato cubes	
	Side	Steam veggie	Chickpeas salad	Tortilla chips		

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		Monday	Tuesday	Wednesday	Thursday	Friday
		20-05-2019	21-05-2019	22-05-2019	23-05-2019	24-05-2019
MORNING SNACK	Main	SCHOOL HOLIDAY	Kuey tiaw w creamy egg sauce	Shredded chicken porridge	Dry anchovies fried rice	Egg mayo/tuna sandwiches
	Drink		Herbal tea	Soya milk	Chrysanthemum tea	Milo
LUNCH (Asian) <small>*INCLUDES HEALTHY FRUITS</small>	Main		Stew yuba chicken w fermented black bean	Steam fish fillet w bean paste	Butter chicken curry	Oven bake honey garlic chi wing
	Side		Long bean omelette	Braised tofu in brown sauce	Mushroom omelette	ABC soup
	Side		Stir fried vegetables	Stir fried vegetables	Stir fried vegetables	Fresh slice cucumber & tomato
LUNCH (Western) <small>*INCLUDES HEALTHY FRUITS</small>	Main		Fish taco wrap w garlic mayo	Chicken tomato risotto	One pan cheesy chicken pasta (penne)	
	Side		Onion, cucumber, lettuce	Hard boiled egg	Pineapple & cucumber salad	
	Side		Served with yellow corn	Mixed fruits salad		

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		27-05-2019	28-05-2019	29-05-2019	30-05-2019	31-05-2019
MORNING SNACK	Main	Butter kaya bread	Belgium waffles w honey(Y1&2) Tom yam fried mee hoon	Stir fried yee mee	Roti paratha w curry	Veggie fried rice
	Drink	Soya milk	Herbal tea	Mangosteen herbal tea	Barley	Chrysanthemum tea
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Three flavor fish	Steam chicken w chinese herb	Ipoh style beansprout chic rice set	Baba Nyonya chic stew (pongteh)	Oven bake BBQ chicken
	Side	Steam egg	Crispy spring roll	Served w soup and braised egg	Omelette w preserved radish	Served w french fries
	Side	Stir fried vegetables	Stir fried vegetables		Stir fried vegetables	Mix salad
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	Chicken w mashed potatoes & gravy	Chicken meat ball sandwiches	Parmesan bake chic breat	Spaghetti w chicken and mushroom	
	Side	Steam veg	Fruits salad	Corn rice	Cream sauce	
	Side			Coleslaw	Roast veg	

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		10-06-2019	11-06-2019	12-06-2019	13-06-2019	14-06-2019
MORNING SNACK	Main	Chicken porridge w you tiaw	Kuey tiaw soup	Egg mayo/tuna sandwiches	Cereal w milk(Y1/2) Chee Cheong Fun	Belgium waffles w honey(Y1/2) Meesiam
	Drink	Soya milk	Chrysanthemum tea	Milo	Barley	Barley
LUNCH (Asian) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Asam fish w ladyfingers	Chicken teriyaki	Hainanese chicken rice set	Stir fried fish fillet w bean paste	Japanese katsu chicken curry set
	Side	& tomato	Served w seaweed fried rice	Stir fried vegetables	Egg tofu w nestum	Fried egg
	Side	Mushroom omelette	Edamame	Soup	Stir fried vegetables	Miso soup
LUNCH (Western) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Bake yogurt chicken	Country oven fried fish	Smoked duck aglio-olio	Hawaii BBQ chicken wrap	
	Side	Corn rice	Served w mashed potatoes	Roast veggie	(Pineapple, lettuce, onion)	
	Side	Steam veggies	Chickpeas mix salad		Served w tortilla chips	

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		17-06-2019	18-06-2019	19-06-2019	20-06-2019	21-06-2019
MORNING SNACK	Main	Cheese toast	Kuey tiaw w creamy egg sauce	Roti paratha	Mamak mee	Yee mee soup
	Drink	Soya milk	Herbal tea	Iced lemon tea	Barley	Chrysanthemum tea
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Creamy butte chicken	Cantonese steam chic w shiitake	Braised chicken rice	Stir fried chic w ginger sprinf onion	Nasi kerabu
	Side	Steam egg w tofu	Chicken cheese spring roll	Braised tofu&egg	Turkey ham fried potato	Fried turmeric chicken
	Side	Stir fried vegetables		Fresh slice cucumber	Stir fried vegetables	Hard boiled egg
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	One pan garlic parmesan turkey ham	Butter chicken	Grill fillet fish served	Chicken meatball sliders	
	Side	Served w spaghetti	Served w pita bread	w spaghetti tomato basil sauce	Served w yellow corn chips	
	Side	Bake sweet potatoes & pumpkin cube	Salad	Roasted veg	Fruits salad	

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		24-06-2019	25-06-2019	26-06-2019	27-06-2019	28-06-2019
MORNING SNACK	Main	Steam red bean paste bun(Y1/2) Tomyam fried mee hoon	Bread with jam	Dry Lao Shu Fun (rice noodles)	Kampong fried rice	Cabbage fried mee hoon
	Drink	Mangosteen herbal tea	Milo	Herbal tea	Barley	Soya milk
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Sweet sour chicken	Traditional chic curry w potato	Ipoh style beansprout chic rice set	Chicken herbal soup	Nasi lemak w chic rendang
	Side	Steam egg	Fried egg w onion	With condiments assorted	Braised tofu	Hard boiled egg, keropok
	Side	Stir fried vegetables		Egg tofu w enoki mushroom	Stir fried vegetables	Ikan bilis, cucumber salad
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	Parmesan crusted tilapia	Roasted chic w mushroom sauce	One pan tuscan chic	Sausage & capsicum pizza	
	Side	With tomato rice	Served w corn rice	macaroni & cheese	Mix fruits salad	
	Side	Steam vegetables	Salad	Green salad		

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		01-07-2019	02-07-2019	03-07-2019	04-07-2019	05-07-2019
MORNING SNACK	Main	Fried kuey tiaw	Braised yee mee	Porridge w chicken & you tiaw	Belgium waffles(Y1/2), Mamak mee	Mee siam
	Drink	Herbal tea	Chrysanthemum tea	Soya milk	Barley	Mangosteen herbal tea
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Steam fish w bean paste(Y1/2)	Aromatic chic flavored rice	Marmite chicken	Steam chicken w scallion & ginger	Oven bake chic teriyaki set
	Side	Steam fish w Bangkok style	Steam Dang Gui Chicken	Steam egg	Curry potato roll	Miso soup, Garlic fried rice
	Side	Glass noodles scrambled egg	Stir fried vegetables	Stir fried vegetables	Stir fried vegetables	Salad w sesame dressing
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	Chicken tomato risotto	Pasta carbonara w chicken	Crispy fish burger w garlic mayo	Chicken spaghetti bolognese	
	Side	Bake western omelette	Ham, mushroom	Served w yellow corn	with garlic bread	
	Side		Mix fruits salad			

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		08-07-2019	09-07-2019	10-07-2019	11-07-2019	12-07-2019
MORNING SNACK	Main	Cheese sandwiches	Kuey tiaw soup	Roti paratha	Rice noodles soup	Cereal w milk(Y1/2) Tomyam fried mee hoon
	Drink	Soya milk	Chrysanthemum tea	Iced lemon tea	Herbal tea	
LUNCH (Asian) *INCLUDES HEALTHY FRUITS	Main	Butterfly pea flower nasi lemak	India butter chicken (mild)	Long bean & mushroom rice	Cereal fish	Chicken & mushroom glutinous rice
	Side	Bake tuemic chicken	Served w yellow corn	Braised chicken	Braised tofu in brown sauce	Served w fried mix vegetables
	Side	Fried egg	Aromatic indian spiced rice	Braised egg	Stir fried vegetables	
LUNCH (Western) *INCLUDES HEALTHY FRUITS	Main	Cabbage & sausage potatoes soup w macaroni	Roast chicken chop w mushroom sauce	Parmesan crusted tilapia	Chicken mushroom pot pies	
	Side	Served w garlic bread	Corn rice	Mashed potato	Served w french fries	
	Side		Steam vegetables	Pineapple salad	Fruit salad	

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