



## Crescendo HELP International School Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
		26-08-2019	27-08-2019	28-08-2019	29-08-2019	30-08-2019
<b>MORNING SNACK</b>	Main	SCHOOL HOLIDAY	Belgium waffles (Y1&2), Mee siam	Porridge w you tiaw	Egg mayo & cheese sandwiches	Fried kuey teow
	Drink		Herbal tea	Homemade soya	Milo	Lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main		Braised chicken w garlic	Sweet sour fish fillet	Steamed chic w herb	Japanese katsu chicken (Non-spicy)
	Side		Ham fried potatoes	Steamed egg w shrimp	Crispy tofu w cereal	Soft boiled egg
	Side		Stir fried vegetables	Stir fried veg	Stir fried veg	Miso soup, garlic rice
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main		Bake fish in lemon cream sauce	Chicken mushroom fettucchine alfredo	Country oven fried fish w BBQ sauce	
	Side		Served w mashed potatoes	served w yellow corn	Served w corn rice	
	Side		Steam veggie		Steamed veg	

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		02-09-2019	03-09-2019	04-09-2019	05-09-2019	06-09-2019
<b>MORNING SNACK</b>	Main	SCHOOL HOLIDAY	Homemade butter kaya bread	Roti paratha w curry	Yee Mee soup	Maggie goreng
	Drink		Soya milk	Barley	Herbal tea	Chrysanthemums
<b>LUNCH (Asian)</b> <small>*INCLUDES HEALTHY FRUITS</small>	Main		Marmite chicken	Braised rice w long bean & mushroom	Steamed fish w preserved radish	Butterfly pea flower nasi lemak
	Side		Steam egg w enoki	Braised soya chicken	Mapo tofu	Lemon grass fried chicken
	Side		Stir fried vegetables	Braised bean curd skin	Stir fried veg	bBoiled egg, keropok, acar
<b>LUNCH (Western)</b> <small>*INCLUDES HEALTHY FRUITS</small>	Main		Bake fish tilapia w black pepper sauce	Spaghetti w chic bolognese	Oven roasted parmesan crusted	
	Side		Served w mashed potatoes	served w garlic baguette	chicken & cheese burger	
	Side		Steam veggie		Sliced cucumber & coleslaw	

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		09-09-2019	10-09-2019	11-09-2019	12-09-2019	13-09-2019
<b>MORNING SNACK</b>	Main	SCHOOL HOLIDAY	Bread with jam	Lou shu futn soup with fish cake	Bubur lambuk with chicken	Cereal w milk/chee cheong fun
	Drink		Milo	Barley	Sugarcane & water chestnuts drink	Soya milk
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main		Cantonese steam fish fillet	Kung po chicken w cashew nut	Braised cabbage rice	Korean paste bake chic wing
	Side		Sweet sour tofu	Stew potatoes	Served with chinese fried chicken	Korean soybean paste soup
	Side		Stir fried vegetables	Steam egg		Egg fried rice
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main		Chicken meatball in mushroom gravy	Fish taco wrap w garlic mayo	Chicken pasta w white sauce	
	Side		Served with mashed potatoes	Served w bake potato wedges	Steam vegetables	
	Side		Steam veggie			

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		16-09-2019	17-09-2019	18-09-2019	19-09-2019	20-09-2019
<b>MORNING SNACK</b>	Main	SCHOOL HOLIDAY	Stir fried yee mee	Kuey tiaww creamy egg sauce	Chicken porridge w you tiao	Nasi lemak
	Drink		Herbal tea	Chrysanthemums	Soya milk	Iced lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main		Hainanese chicken rice set	Asam fish w lady finger	Bibimbap (Korean mix rice)	Fish & chips
	Side		Fish ball soup	Crispy spring roll	With chicken	Mix fruits
	Side		Braised soy egg			
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main		Spaghetti aglio olio w smoked duck sauce	Hawaii pita bread pizza	Homemade chicken pot pie	
	Side		Toast baguette	Served w chickpeas fruits salad	Served w brown bread	
	Side				Raisin salad	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		23-09-2019	24-09-2019	25-09-2019	26-09-2019	27-09-2019
<b>MORNING SNACK</b>	Main	Raisin bun (Y1/2) Tomyam mee hoon	Hokkien mee	Club sandwiches	Veggie fried rice	Roti paratha w curry
	Drink	Herbal tea	Herbal tea	Milo	Chrysanthemums	Barley lemon
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Taiwanese 3 cups chicken	Butter chicken curry	HK style braised soy chicken rice	Fish fillet w fermented bean paste	Ayam masak merah
	Side	Omelette w radish	Roasted vegetables	Braised soy egg	Cabbage fried glass noodles	Coconut rice
	Side	Stir fried vegetables	Garlic butter rice w raisin	Braised tofu		boiled egg, acar, keropok, cincao pudding
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	One pan chicken sausage sweet potatoes	Grilled butter lemon fish served w raisin rice	One pan cheesy chicken penne	Hawaii BBQ chicken sliders	
	Side	& apples	Roasted vegetables	Steam vegetables	Fruits salad	
	Side	Served mashed potatoes				

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		30-09-2019	01-10-2019	02-10-2019	03-10-2019	04-10-2019
<b>MORNING SNACK</b>	Main	Waffles w syrup (Y1/2) Meesiam	Braised yee mee	Kuey tiaw soup	Cheese sandwiches (Y1/2), fried mamak mee	Cereal w milk(Y1/2) Tom yam fried rice
	Drink	Herbal tea	Sugarcane & water chestnuts drink	Soybeans	Chrysanthemums	Barley
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Crispy fish fillet w cereal	Shredded chicken fried rice	3 flavors fish	Chicken herbal soup	Big breakfast
	Side	Tomato scrambled egg	Mixed veg curry	Tofu steamed egg	Braised bean -curd skin	Chicken cheese sausage
	Side	Stir fried vegetables		stir fried vegetables		Bake bean, scrambled egg, bake potato wedges
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Chicken tomato risotto	Crunchy oven fish w mushroom onion gravy	Chicken meatball sub	Ham & broccoli pasta in white sauce	
	Side	Boiled egg	Served w mashed potatoes	Served w bake potatoes	served w garlic bread	
	Side	Chickpeas salad				

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		07-10-2019	08-10-2019	09-10-2019	10-10-2019	11-10-2019
<b>MORNING SNACK</b>	Main	Egg mayo/ tuna sandwiches	Bubur lambuk	Fried kuey teow	Fried mee	Singapore fried mee hoon
	Drink	Soya milk	Chrysanthemums	Herbal tea	Barley	Herbal tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Nasi briyani w ayam masak kicap	Fish w ginger scallion (Y1/2), Golden paste fish fillet	Ipoh style bean sprouts chicken rice	Steamed fish w preserves radish	Japanese chicken katsu curry
	Side	Papadum & acar	Omelette w long bean	Fish ball soup	Crispy tofu	Miso soup
	Side		Stir fried vegetables	Boiled herbal egg	Stir fried vegetables	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Double crunch honey garlic chic	Chicken shepherds pie	Chicken tender wrap w fresh lettuce	Spaghetti bolognese w chicken	
	Side	Boiled egg	Served w butter toasts	lettuce, cheese	Roasted vegetables	
	Side	Chickpeas salad		Yellow corn		

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		14-10-2019	15-10-2019	16-10-2019	17-10-2019	18-10-2019
<b>MORNING SNACK</b>	Main	Shredded chicken w you tiao	Homemade butter kaya bread	Stir fried lou shu fun	Roti paratha w curry	Stir fry yee mee
	Drink	Soya milk	Milo	Barley	Chrysanthemums	Herbal tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Stew chicken w potatoes	Japanese miso ramen	Stew chicken in black bean paste	Braised cabbage rice	Nasi lemak ayam goreng w egg
	Side	Ham omelette	with fish slice, vegetables	Scrambled egg w bake bean	Barbecue chicken	Cucumber slice
	Side	Stir fried vegetables	egg & corn	Stir fried vegetables	Slices cucumber	Soya milk pudding
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Parmesan crusted tilapia w	Spiced chicken breast	Bake ham & cheese sliders	Aglio-olio w shrimp & mushroom	
	Side	tomato basil cream sauce	Served w mashed potatoes	Vegetables soup	Served w garlic bread	
	Side	Corn rice	Steam vegetables			

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		Monday	Tuesday	Wednesday	Thursday	Friday
		21-10-2019	22-10-2019	23-10-2019	24-10-2019	25-10-2019
<b>MORNING SNACK</b>	Main	Bread w jam	Fried kuey teow w creamy egg sauce	Kampong fried mee hoon	Dry anchovies fried rice	SCHOOL HOLIDAY
	Drink	Soya milk	Herbal tea	Barley	Chrysanthemums	
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Steam chic w mushroom & black fungus	Deep fried fish fillet (Y1/2)	HK style braised chicken	Butter chicken curry	
	Side	Braised tofu in brown sauce	Thai sweet chili sauce fish	Braised tofu	Served w aromatic indian spiced rice	
	Side	Stir fried vegetables	Steam egg w imitation crab	Braised egg	Mushroom omelette	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Pan fried tilapia served	Miso cream stew chicken	Fish burger w fries	One pan cheesy chicken sausage	
	Side	with garlic butter rice	Bake potatoes cubes	Vegetables soup	& penne	
	Side	Vegetables	Steam vegetables		Steam vegetables	

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		04-11-2019	05-11-2019	06-11-2019	07-11-2019	08-11-2019
<b>MORNING SNACK</b>	Main	Yee mee soup	Egg mayo/tuna sandwiches	Shredded chicken porridge w you tiao	Singapore fried noodles	Fried kuey teow
	Drink	Herbal tea	Soya milk	Chrysanthemums	Barley	Lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Crispy sour plum chicken	Vietnam lemongrass chicken	Fried fish w fermented bean paste	Braised herbal chicken w chestnuts	Deep fried chic wing w fermented taro-curd
	Side	Stew potato	Boiled egg	Fried egg w silk noodle	Crispy tofu w cereal	Potatoes fried rice
	Side	Stir fried vegetables	Stir fried vegetables		Stir fried vegetables	Laver egg drop soup
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Lemon butter tilapia	Penne pasta w chicken mushroom sauce	Chicken parmesan sliders bake	Cryspy bake parmesan tilapia	
	Side	Corn rice	Garlic bread	Salad	Mashed potatoes	
	Side	Steam vegetables			Roasted vegetables	

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		11-11-2019	12-11-2019	13-11-2019	14-11-2019	15-11-2019
<b>MORNING SNACK</b>	Main	Braised yee mee	Belgium waffles(Y1/2) tom yam fried noodle	Stir fried yellow mee	Roti paratha w curry	Kuey teow w creamy egg sauce
	Drink	Herbal tea	Chrysanthemums	Mangosteen herbal	Barley lemon	Chrysanthemums
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	General tso's chicken	Rice w taiwanese stew mince chicken	Fish w ginger scallion	Egg floss butter chicken	Japanese katsu curry
	Side	Scrambled egg w tomato	Braised soy sauce egg	Curry potato spring roll	Steam egg	Pickled cucumber
	Side	Stir fried vegetables	Stir fried vegetables		Stir fried vegetables	Miso soup, fruits jelly
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Bake lemon parmesan tilapia	Tuna fish pizza	Tortilla chicken wrap	Chicken shepherd's pie	
	Side	Parmesan garlic spaghetti	Fruits salad	oven roasted pumpkin w cheese	Yellow corn	
	Side	Steam vegetables				

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<b>MORNING SNACK</b>	Main	Chicken & veg porridge	Fried lou shu fun	Kuey teow soup	Hokkien fried yellow mee	Cereal w milk (Y1/2) Chee cheong fun
	Drink	Soya milk	Chrysanthemums	Herbal tea	Barley	
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Sweet sour fish fillet	Chicken herbal tea	Hainanese chicken rice set	Fish curry w okra & eggplant	Bake honey chicken wing
	Side	Omelette	Braised bean curd skin	Braised egg	Omelette	Bell pepper fried rice
	Side	Stir fried vegetables	Stir fried vegetables	Stir fried vegetables		ABC soup
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Bake chicken w mushroom sauce	Meatball spaghetti bolognese	Popcorn fish salt pepper	Homemade chicken mushroom pot pie	
	Side	Steam vegetables	Bake potato wedges	Mashed potatoes	Soft bun	
	Side	Butter rice		Steam veg		

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		25-11-2019	26-11-2019	27-11-2019	28-11-2019	29-11-2019
<b>MORNING SNACK</b>	Main	Club sandwiches	Kampong fried vermicelli	Yee mee soup	Kuey teow w creamy egg sauce	Maggie goreng
	Drink	Soya milk	Chrysanthemums	Herbal tea	Barley	Chrysanthemums
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Fish in black bean sauce	Bibimbap	Simmered chicken w mushroom	Chicken takikomi gohan	Oven bake dark soy sauce chicken drumsticks
	Side	Bitter gourd omelette	Kimchi tofu soup	Fried potato w ham	(Japanese mix rice)	Scrambled egg
	Side	Stir fried vegetables		Stir fried vegetables	Miso soup	Stir fried vegetables
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Barlic basil chicken with	Teriyaki chicken sub sandwiches	Indian butter chicken	Penne with sausage &	
	Side	tomato butter sauce	Bake potato slices	Vegetable fried rice	tomato cream sauce	
	Side	Corn rice			Steam vegetables	

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<b>MORNING SNACK</b>	Main	Belgium waffles w honey/ Mee siam	Stir fried yee mee	Chicken porridge w you tiao	Stir fried lou shu fun	Kuey teow soup
	Drink	Chrysanthemums	Herbal tea	Soya milk	Sugarcane & waterchestnut drink	Herbal tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Crispy fillet fish w cereal	Braised long bean mushroom rice	Special chicken curry mee	Steam fish w preserved radish	Nasi tomato
	Side	Steam egg w enoki	Braised chicken		Fried egg w bake bean	Ayam masak merah, boiled egg
	Side	Stir fried vegetables	Braised egg		Stir fried vegetables	Acar, soya cincao pudding
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Bake yogurt chicken	Hawaii pizza w chicken	Bake parmesan crusted chicken	Bake chicken teriyaki sliders	
	Side	Boiled egg	Salad	Spaghetti in red sauce	Bake potato cubes	
	Side	Cucumber slice & raisin rice				

### 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
		09-12-2019	10-12-2019	11-12-2019	12-12-2019	13-12-2019
<b>MORNING SNACK</b>	Main	Homemade butter kaya bread	Roti paratha w curry	SCHOOL HOLIDAY	Shredded chicken fried rice	Cereal w milk
	Drink	Soya milk	Lemon tea		Chrysanthemums	
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS	Main	Marmite chicken	Nasi lemak w ayam rendang, keropok		Ipoh style bean sprout chicken rice	Japanese katsu curry
	Side	Long bean omelette	Braised chicken		Fish ball soup	Fried egg, pickled cucumber
	Side	Stir fried vegetables	& acar		Crispy tofu	Miso soup
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS	Main	Fish finger	Chicken macaoni soup		Smoked duck Aglio olio	
	Side	Mashed potatoes	toast baguette		Bake potato slice	
	Side	Steamed vegetables				

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