



## Crescendo HELP International School Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
		20-04-2020	21-04-2020	22-04-2020	23-04-2020	24-04-2020
<b>MORNING SNACK</b>	Main	Bread with jam	Braised yee mee	Stir fried rice noodles	Chicken porridge	SCHOOL HOLIDAY
	Drink	Milo	Herbal tea	Chrysanthemums tea	Soya milk	
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Taiwanese mince chicken rice	Steamed fish w preserved radish	Taiwanese 3 cups chic	Japanese miso soup ramen	
	Side	Braised tofu & egg	Tomato scrambled egg	Preserved radish omelette	fish slice, kelp	
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Egg, radish, corn	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Bake fish fillet w teriyaki glaze	Baked chic breast w honey mustard sauce	Homemade fish burger w sliced cheese	Chicken pasta w white sauce	
	Side	Served w garlic parmesan pasta	Corn rice	Served w baked potato	Served w garlic bread	
	Side	Steamed veg	Baked veg	Fruits salad		

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		27-04-2020	28-04-2020	29-04-2020	30-04-2020	01-05-2020
<b>MORNING SNACK</b>	Main	Egg mayo/tuna sandwiches	Kuey teow w creamy egg sauce	Stir fried noodles	Belgium waffles (Y1/2) Chee Cheong fun	SCHOOL HOLIDAY
	Drink	Soya milk	Herbal tea	Chrysanthemums tea	Barley	
<b>LUNCH (Asian)</b> <small>*INCLUDES HEALTHY FRUITS (MON-THU)</small>	Main	3 flavors fried fish	Ayam masak kicap/merah	Hainanese chic rice set	Chicken herbal tea (You tiao, Mushroom)	
	Side	Tofu steam egg	Hard boiled egg, acar	Served w soup	Braised bean curd sheet	
	Side	Stir fried veg	Tomato rice	Fresh cucumber & tomato	Stir fried veg	
<b>LUNCH (Western)</b> <small>*INCLUDES HEALTHY FRUITS (MON-THU)</small>	Main	Garlic butter baked chic breast	Hawaii pita pizza	Bake lemon butter tilapia	Smoked duck & sun-dried tomato aglio-olio	
	Side	Mashed potatoes	Served w fruits veg salad	w rice pilaf	Fresh salad	
	Side	Steamed veg		Garlic sauteed green bean & carrot		

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		04-05-2020	05-05-2020	06-05-2020	07-05-2020	08-05-2020
<b>MORNING SNACK</b>	Main	Chicken porridge	Homemade butter kaya bread	Yee Mee soup	SCHOOL HOLIDAY	<b>Brunch</b>
	Drink	Soya milk	Milo	Herbal tea		Iced lemon tea
<b>LUNCH (Asian)</b> <small>*INCLUDES HEALTHY FRUITS (MON-THU)</small>	Main	Braised chicken w potato	Ayam goreng kunyit (long bean, carrot, onion)	Cantonese steamed fish		Japanese chic katsu curry
	Side	Ham fried egg	Fried egg	Crispy egg tofu w cereals		W pickles cucumber & rice
	Side	Stir fried veg	ABC soup	Stir fried veg		
<b>LUNCH (Western)</b> <small>*INCLUDES HEALTHY FRUITS (MON-THU)</small>	Main	Baked fish w lmon cream sauce	Homemade ham & cheese neapolitans	Rosemary lemon roasted chic breast		
	Side	Mashed potato	(Baked puff pastry wrap w ham cheese)	Crispy roasted green bean		
	Side	Roasted veg	Served w apple lettuce salad	Garlic butter rice		

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		11-05-2020	12-05-2020	13-05-2020	14-05-2020	15-05-2020
<b>MORNING SNACK</b>	Main	Fried noodles	Kuey teow soup	Mee siam	Roti paratha	<b>Brunch</b>
	Drink	Herbal tea	Chrysanthemums tea	Barley	Herbal tea	Lime juice
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Sweet sour fish	Chicken in black bean sauce	Indian butter chicken	Steamed fish fillet w minced bean paste	Nasi lemak served with chic
	Side	Steam egg	Tofu in brown sauce	Hard boiled egg, raisin rice	Japanese tofu w tomato sauce	Fresh cucumber & tomato slice
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Stir fried veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Baked chic parmesan meatball subs	Oven baked panko crusted tilapia w pasta	Chicken pepperoni pita pizza	Homemade chcken pot pie	
	Side	Coleslaw	Roasted veks	Chickpea & fruits salad	Served w brown bread	
	Side	Fruits salad			Lettuce salad	

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		18-05-2020	19-05-2020	20-05-2020	21-05-2020	22-05-2020
<b>MORNING SNACK</b>	Main	Kuey teow w creamy egg sauce	Bread w jam	Hokkien Mee	Chicken porridge	<b>Brunch</b>
	Drink	Herbal tea	Milo	Chrysanthemums tea	Soya milk	Iced lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Ginger scallion fish fillet	HK style braised chic	Stew chic w fermented bean paste	Creamy butter chic	Yang Zhou fried rice
	Side	Steam egg	Braised tofu & egg	Omelette	Tofu in brown sauce w	Mixed fruits salad
	Side	Stir fried veg	Fresh cucumber slice	Stir fried veg	mixed veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Chicken shepherds pie	Pasta w tuna & tomato sauce	Miso cream stew chic	Baked lemon butter tilapia	
	Side	served w yellow corn	Garlic bread	(potato,mushroom,onion,carrot)	Mashed potatoes	
	Side	Fruits salad	Salad	Toast baguette	Roasted veg	

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		01-06-2020	02-06-2020	03-06-2020	04-06-2020	05-06-2020
<b>MORNING SNACK</b>	Main	Homemade butter kaya bread	Stir fried mee hoon	Roti paratha w curry	Kuey teow soup	<b>Brunch</b>
	Drink	Soya milk	Herbal tea	Chrysanthemums tea	Soya milk	Iced lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Three flavor fish	Taiwanese mince chic rice set	Japanese miso ramen soup w fish	Three cup chicken	Japanese chicken katsu curry
	Side	Steam egg with enoki	Braised egg & tofu	Egg, kelp, con & radish	Preserved radish fried egg	(potato, onion carrot)
	Side	Stir fried veg	Stir fried veg		Stir fried veg	Served w pickles & rice
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Balsamic baked chic	Homemade chicken meatball	Honey garlic chicken breast	Homemade fish burger	
	Side	Mashed potatoes	& tomato macaroni soup	Corn rice	Fresh salad w egg	
	Side	Garlic sauteed green bean & carrot	Toast baguette	Cucumber salad		

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		08-06-2020	09-06-2020	10-06-2020	11-06-2020	12-06-2020
<b>MORNING SNACK</b>	Main	Stew hokkien mee	Yee Mee soup	Cereal w milk /Egg or tuna sandwiches	Stir fried kuey teow	<b>Brunch</b>
	Drink	Herbal tea	Chrysanthemums tea	Soya milk	Barley	Herbal tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	General Tso's chicken	Steam fish w black bean & garlic sauce	Chicken herbal tea	Steamed fish w preserved radish	Steamed glutinous rice w chicken
	Side	Scrambled egg w tomato	Crispy tofu w cereal	Braised bean curd sheet	Scrambled egg	
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Stir fried veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Baked parmesan crusted tilapia w lemon cream sauce	Ham & cheese sliders	Smoked duck aglio olio	Honey mustard chic	
	Side	Mashed potato	Lettuce salad w tomato	Garlic bread	Mashed potatoes	
	Side	Salad	& cucumber	Salad	Romaine lettuce salad	

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		15-06-2020	16-06-2020	17-06-2020	18-06-2020	19-06-2020
<b>MORNING SNACK</b>	Main	Chicken porridge	Stir fried noodles	Kuey teow w creamy egg sauce	Bread w jam	<b>Brunch</b>
	Drink	Soya milk	Barley	Herbal tea	UHT milk	Herbal tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Sweet sour fish fillet	Hainanese chic rice set	Gingerscallion chic/Kungpo chic	Fish curry (mild)	Cantonese fry yee mee
	Side	Steamed egg w tofu	Braised egg	Tofu in brown sauce	finger, cabbage, beancurd (sheet)	shredded chicken, fish ball & vegetables
	Side	Stir fried veg	Cabbage fish ball soup	Stir fried veg	Stir fried veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Baked chic w mushroom gravy	Tuna pizza	Chicken & mushroom pasta in white sauce	Honey garlic chic breast	
	Side	Mashed potato	(pineapple, onion, cheese)	Garlic baguette	Corn rice	
	Side	Steamed veg	mixed salad		Steamed veg	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		22-06-2020	23-06-2020	24-06-2020	25-06-2020	26-06-2020
<b>MORNING SNACK</b>	Main	Lou Shu fun	Belgium waffles/mee siam	Mee hoon soup	Braised yee mee	<b>Brunch</b>
	Drink	Herbal tea	Chrysanthemums tea	Barley	Herbal tea	Soya milk
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Marmite chic	Teochew steamed fish	HK style braised chic	Fish fillet in black peppe sauce	Club sandwiches
	Side	Tofu steam egg	Potato samosa	Braised egg & tofu	Tofu in brown sauce	(Ham, cheese,egg,lettuce)
	Side	Stir fried veg	Stir fried veg	Fresh cucumber slices	Stir fried veg	Nachos w dipping
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Baked fish w lemon cream sauce	Homemade baked chic meatball & spaghetti	Homemade chic pot pie	Chicken w creamy sun-dried tomato sauce	
	Side	Mashed potato	Toast baguette	Brown bread	Mashed potatoes	
	Side	Roasted veg		Fruit salad	Steamed veg	

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		29-06-2020	30-06-2020	01-07-2020	02-07-2020	03-07-2020
<b>MORNING SNACK</b>	Main	Chicken porridge	Stir fried mee hoon	Kuey teow w creamy egg sauce	Chicken porridge	<b>Brunch</b>
	Drink	Soya milk	Herbal tea	Chrysanthemums tea	Soya milk	Iced lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Pongteh chicken	Chicken curry w potato (mild)	Rice w Taiwanese stew mince chic	Deep fried fish fillet w turmeric powder	Village style fried rice
	Side	Omelette	Egg fried rice	Braised egg & tofu	Scrambled egg w bake bean	Mixed fruits salad
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Stir fried veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Bang bang shrimp pasta	Crispy bake parmesan crusted chic breast	One pan cheesy chic penne in red sauce	Chicken meatbal subs (long bun)	
	Side	Garlic bread	Mashed potatoes	Garlic baguette	Baked potatoes cube	
	Side		Salad		Salad	

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		06-07-2020	07-07-2020	08-07-2020	09-07-2020	10-07-2020
<b>MORNING SNACK</b>	Main	Belgium waffles w syrup/Tomyam meehoon	Kuey teow soup	Anchovies fried rice	Mee goreng	<b>Brunch</b>
	Drink	Chrysanthemums tea	Barley	Herbal tea	Barley	Iced lemon tea
<b>LUNCH (Asian)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Cantonese steamed fish	Nasi lemak served w ayam masak kicap	Japanesemiso soup ramen w fish	Egg floss butter chic	Chicken pepperoni pita pizza
	Side	Crispy tofu w cerea	Hardboiled egg	Slices kelp	Tofu w ffermented bean paste sauce	Mixed fruits
	Side	Stir fried veg	Acar, cracker	radish,corn, egg	Stir fried veg	
<b>LUNCH (Western)</b> *INCLUDES HEALTHY FRUITS (MON-THU)	Main	Chic meat ball tomato macaroni soup	Country oven fried fish	Ham cheese sliders	Chic & mushroom pasta fettuccine	
	Side	Served w toast baguette	Mashed potatoes	Served w yellow corn	Garlic bread	
	Side		Garlic sauteed green bean & carrot	Salad	Salad	

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