



## Crescendo HELP International School Menu



|   |       | Monday         | Tuesday                | Wednesday                          | Thursday                    | Friday                       |
|---|-------|----------------|------------------------|------------------------------------|-----------------------------|------------------------------|
|   |       | 06/01/2020     | 07/01/2020             | 08/01/2020                         | 09/01/2020                  | 10/01/2020                   |
| <b>MORNING SNACK</b>  | Main  | SCHOOL HOLIDAY | Braised yee mee        | Kuey teow w creamy egg sauce       | Chicken porridge w you tiao | <b>Brunch</b>                |
|   | Drink |                | Chrysanthemums tea     | Herbal tea                         | Soya milk                   | Iced lemon tea               |
| <b>LUNCH (Asian)</b><br><small>*INCLUDES HEALTHY FRUITS (MON-THU)</small>   | Main  |                | Sweet sour fish fillet | Hainanese chicken rice set         | Three cup chicken           | Japanese chicken katsu curry |
|   | Side  |                | Steamed egg            | Seaweed fish ball soup             | Preserved radish omelette   | (carrot, onion, potato)      |
|   | Side  |                | Stir fried veg         |                                    | Stir fried veg              |                              |
| <b>LUNCH (Western)</b><br><small>*INCLUDES HEALTHY FRUITS (MON-THU)</small> | Main  |                | Chicken shepherds pie  | Bake tilapia w herb shiitake sauce | Smoked duck aglio olio      |                              |
|   | Side  |                | Toast baguette         | Caramelize onion risotto           | w capsicum, mushroom        |                              |
|   | Side  |                | Apple salad            | Lettuce salad                      | cherry tomato               |                              |

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|   |       | Monday   | Tuesday                         | Wednesday                                 | Thursday                           | Friday             |
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|   |       | 13/01/2020   | 14/01/2020                      | 15/01/2020                                | 16/01/2020                         | 17/01/2020         |
| <b>MORNING SNACK</b>  | Main  | Singapore fried mee hoon                                     | Kuey teow soup                  | Butter kaya bun                           | Roti paratha w curry               | <b>Brunch</b>      |
|   | Drink | Chrysanthemums tea   | Herbal tea                      | Soya milk                                 | Chrysanthemums tea                 | Herbal tea         |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Ginger & scallion chicken (Y1&2)<br>Kuong po chic (Y3&above) | Steamed fish w preserved radish | Chicken herbal soup (fresh mushroom, you) | HK style braised chicken           | Nasi lemak         |
|   | Side  | Steamed egg  | Tofu w tomato sauce             | Braised bean curd skin                    | Braised egg                        | chicken & cucumber |
|   | Side  | Stir fried veg   | Stir fried veg                  | Stir fried veg                            | Braised tofu                       |                    |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Miso cream stew chic   | Bake ham & cheese sliders       | Baked fish w lemon cream sauce            | Pennee pasta w tuna & tomato sauce |                    |
|   | Side  | (potato, mushroom, onion, carrot)                            | Lettuce salad w tomt            | Mashed potatoes                           | Garlic bread                       |                    |
|   | Side  | Served w toast baguette                                      | & cucumber                      | Steamed veg                               |                                    |                    |

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|   |       | 20/01/2020                      | 21/01/2020                          | 22/01/2020                 | 23/01/2020     | 24/01/2020     |
| <b>MORNING SNACK</b>  | Main  | Vegetable fried rice            | Shredded chic porridge              | Fried loh shu fun          | SCHOOL HOLIDAY | SCHOOL HOLIDAY |
|   | Drink | Herbal tea                      | Soya milk                           | Chrysanthemums tea         |                |                |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Fish fillet w bean paste        | Rice w Taiwanese stew mince chicken | Three flavored fish fillet |                |                |
|   | Side  | Fried egg w glass noodles       | Braised egg & tofu                  | Steamed egg                |                |                |
|   | Side  | Stir fried veg                  | Stir fried veg                      | Stir fried veg             |                |                |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Homemade chicken meatballs subs | Bake chicken parmesan w spaghetti   | Homemade chicken pot pie   |                |                |
|   | Side  | Served w potato salad           | Steamed veg                         | Served w brown bread       |                |                |
|   | Side  |                                 |                                     | Fruits salad               |                |                |

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|---|-------|----------------|----------------|----------------|--|----------------|----------------|----------------------------|-------------------------------------|----------------|---------------------|--|
|   |       | 27/01/2020     | 28/01/2020     | 29/01/2020     | 30/01/2020                                   | 31/01/2020     |                |                            |                                     |                |                     |  |
| <b>MORNING SNACK</b>  | Main  | SCHOOL HOLIDAY | SCHOOL HOLIDAY | SCHOOL HOLIDAY | Belgium waffle(Y1&2)<br>Anchovies fried rice | <b>Brunch</b>  |                |                            |                                     |                |                     |  |
|   | Drink |                |                |                | Chrysanthemums tea                           |                | Herbal tea     |                            |                                     |                |                     |  |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  |                |                |                | SCHOOL HOLIDAY                               | SCHOOL HOLIDAY | SCHOOL HOLIDAY | Indian butter chicken      | Steamed glutinous rice<br>w chicken |                |                     |  |
|   | Side  |                |                |                |  |                |                | Steamed veg, boiled<br>egg |                                     |                |                     |  |
|   | Side  |                |                |                |  |                |                | Saffron rice               |                                     |                |                     |  |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  |                |                |                |  |                |                | SCHOOL HOLIDAY             | SCHOOL HOLIDAY                      | SCHOOL HOLIDAY | Hawaiian pita pizza |  |
|   | Side  |                |                |                |  |                |                |                            |                                     |                | Raisin salad        |  |
|   | Side  |                |                |                |  |                |                |                            |                                     |                |                     |  |

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|---|-------|---------------------------------------|---|--|---|---|
|   |       | 03/02/2020                            | 04/02/2020                                  | 05/02/2020                                 | 06/02/2020                                  | 07/02/2020  |
| <b>MORNING SNACK</b>  | Main  | Porridge w you tiaw                   | Kuey teow soup                              | Stir fried lo shu fun                      | Potato raisin bun (Y1/2)<br>Chee Cheong fun | <b>Brunch</b>   |
|   | Drink | Soyamilk                              | Herbal tea                                  | Barley                                     | Chrysanthemums tea                          |   |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Salt & pepper fish fillet             | Stir fried chic w<br>fermented soya bean    | Japanese miso soup<br>ramen                | Braised chic w potatoes                     | Japanese katsu<br>curry(potato, onion,<br>served w rice |
|   | Side  | Scrambled egg w bake<br>bean          | Tofu in brown sauce                         | w fish slice, kelp                         | Scrambled egg                               |   |
|   | Side  | Stir fried veg                        | Stir fried veg                              | egg & corn                                 | Stir fried veg                              |   |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Balsamic baked chicken                | Shrimp fettuccine w<br>roasted pepper sauce | Garlic basil chic w<br>tomato butter sauce | Homemade chic<br>meatball & tomato          |   |
|   | Side  | Mashed potatoes                       | Butter toast baguette                       | Vege fried rice                            | Toast baguette                              |   |
|   | Side  | Garlic-sauteed green<br>bean & carrot |   |  |   |   |

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|   |       | 10/02/2020  | 11/02/2020                         | 12/02/2020                        | 13/02/2020                                | 14/02/2020                            |
| <b>MORNING SNACK</b>  | Main  | Stir fried mee hoon                                       | Braised yee mee                    | Roti paratha w curry              | Egg mayo/tuna sandwiches                  | <b>Brunch</b>                         |
|   | Drink | Barley  | Herbal tea                         | Chrysanthemums tea                | Soya milk                                 | Lemon tea                             |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Fish w ginger scallion (Y1&2)<br>Golden paste fish fillet | Butterfly pea flower<br>nasi lemak | HK style braised chic<br>rice set | Cantonese steamed fish<br>fillet          | Big breakfast                         |
|   | Side  | Scrambled egg silk<br>noodles                             | Ayam rendang                       | Braised tofu & egg                | Crispy tofu w cereal                      | Chicken sausage                       |
|   | Side  | Stir fried veg  | Fried french bean                  | Cucumber slices                   | Stir fried veg                            | Bake bean,egg, coleslaw<br>& soft bun |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Garlic butter baked chic<br>breast                        | Ham & cheese sliders               | Baked lemon butter<br>tilapia     | Chicken & mushroom<br>pasta w white sauce |                                       |
|   | Side  | Steamed veg   | Bake potato cubes                  | Served w corn & raisin<br>rice    | Pineapple & cucumber<br>salad             |                                       |
|   | Side  | Butter rice w corn  | Salad                              | Oven bake veg                     |   |                                       |

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|   |       | 17/02/2020                             | 18/02/2020            | 19/02/2020              | 20/02/2020                         | 21/02/2020               |
| <b>MORNING SNACK</b>  | Main  | Butter cheese roll (Y1&Y2)<br>Mee siam | Hokkien mee           | Mee goreng w veggie     | Kuey tiaw w creamy egg sauce       | <b>Brunch</b>            |
|   | Drink | Soya milk                              | Barley                | Herbal tea              | Chrysanthemums tea                 | Herbal tea               |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Marmite chicken                        | Taiwanese 3 cups chic | Hainanese chic rice set | Fish curry w okra & cabbage (mild) | Nasi lemak               |
|   | Side  | Steam egg w tofu                       | Omelette w radish     | Seaweed tofu soup       | Scrambled egg                      | served w fried chic wing |
|   | Side  | Stir fried veg                         | Stir fried veg        | Stir fried veg          |                                    | Fresh cucumber           |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Tilapia in roasted pepper sauce        | Homemade chic pot pie | Homemade fish burger    | Spaghetti w chic bolognese         |                          |
|   | Side  | Steamed veg                            | served w brown bread  | Coleslaw                | Garlic bread                       |                          |
|   | Side  | Corn rice                              | Fruits salad          | Corn on the cob         |                                    |                          |

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|---|-------|--------------------------|---|---|------------------------------------|---------------------------------|
|   |       | 24/02/2020               | 25/02/2020                                    | 26/02/2020                                | 27/02/2020                         | 28/02/2020                      |
| <b>MORNING SNACK</b>  | Main  | Stir fried yee mee       | Dry lo shu fun                                | Singapore fried mee hoon                  | Stir fried yellow mee              | <b>Brunch</b>                   |
|   | Drink | Barley                   | Chrysanthemums tea                            | Herbal tea                                | Chrysanthemums tea                 | Soya milk                       |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Simmered chic w mushroom | Chicken herbal soup                           | Nasi Briyani w butter chicken             | Steam fish w preserved radish      | Club sandwiches                 |
|   | Side  | Fried potato w ham       | You tiao, shiitake, braised bean curd         | Boiled egg                                | Braised tofu in brown sauce        | Ham, cheese, egg mayo & lettuce |
|   | Side  | Scrambled egg            | Stir fried veg                                | Acar & papadum                            | Stir fried veg                     | w nachos sauce                  |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Garlic parmesan tilapia  | Spaghetti aglio olio w cherry tomato & shrimp | Homemade chic meattball cubs (Sandwiches) | Cheesy chic Alfredo bake           |                                 |
|   | Side  | Mashed potato            | Toast baguette                                | Salad                                     | Mix fruits & romaine lettuce salad |                                 |
|   | Side  | Steam corn & carrot      |   |   |                                    |                                 |

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|  |       | 02/03/2020                  | 03/03/2020                         | 04/03/2020                             | 05/03/2020     | 06/03/2020     |
| <b>MORNING SNACK</b>   | Main  | Chicken porridge w you tiao | Cereal w milk, chee chong fun      | Roti paratha                           | SCHOOL HOLIDAY | SCHOOL HOLIDAY |
|  | Drink | Soya milk                   | Barley                             | Chrysanthemums tea                     |                |                |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS (MON-THU)   | Main  | Egg floss butter chicken    | Teochew steamed fish               | Nasi kerabu w ayam rendang             |                |                |
|  | Side  | Steam egg                   | Potato samosa                      | Boiled egg                             |                |                |
|  | Side  | Stir fried veg              | Stir fried veg                     | Acar                                   |                |                |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS (MON-THU) | Main  | Fish pie                    | Fried chicken & belgian waffles    | Classic chicken & tomato macaroni soup |                |                |
|  | Side  | Mashed potato               | Topped with bake egg & maple gravy | Garic bread                            |                |                |
|  | Side  | Steam corn & carrot         |                                    |  |                |                |

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|   |       | 09/03/2020           | 10/03/2020                               | 11/03/2020                               | 12/03/2020                   | 13/03/2020                                  |
| <b>MORNING SNACK</b>  | Main  | Yee mee soup         | Japanese rice ball (Y1&2)<br>Mamak mee   | Dry mee hoon                             | Kuey tiaw creamy egg sauce   | <b>Brunch</b>                               |
|   | Drink | Chrysanthemums tea   | Herbal tea                               | Soya milk                                | Herbal tea                   | Chrysanthemums tea                          |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | General tso chicken  | Steamed fish w black bean & garlic sauce | Japanese miso soup<br>ramen w fish slice | Salt & pepper shredded chic  | House special fried rice                    |
|   | Side  | Steam egg w enoki    | Crispy tofu w cereal                     | Kelp egg                                 | mapo tofu                    | (Smoked duck, ham, shredded chic & mix veg) |
|   | Side  | Stir fried veg       | Stir fried veg                           | Corn                                     | Stir fried veg               |   |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Chicken pot pie soup | Basil garlic chic w butter tomato sauce  | Chic pepperoni pita pizza                | Parmesan garlic crumbed fish |   |
|   | Side  | Served w puff pastry | Served w spaghetti                       | Raisin mixed fruits salad                | Mashed potatoes              |   |
|   | Side  | Fruits salad         |  |  | Bake veg                     |   |

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|   |       | 16/03/2020                         | 17/03/2020                         | 18/03/2020           | 19/03/2020                  | 20/03/2020              |
| <b>MORNING SNACK</b>  | Main  | Butter kaya toast                  | Lou shu fun soup                   | Braised yee mee      | Singapore fried mee hoon    | <b>Brunch</b>           |
|   | Drink | Milo                               | Chrysanthemums tea                 | Herbal tea           | Soyabean                    |                         |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Ayam masak kicap/merah             | HK style braised soy chic rice set | Pongteh chic         | Three flavors fish fillet   | Japaneses katsu curry   |
|   | Side  | Acar & veg cracker                 | Braised tofu                       | Stir fry egg         | Braised tofu in brown sauce | (potato, onion, carrot) |
|   | Side  | Stir fried french bean w tempe     | Braised egg                        | Stir fried veg       | Stir fried veg              | served w rice           |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Country oven fried fish            | Creamy chic pasta w freeh tomatoes | Homemade fish burger | One pot chic parmesan pasta |                         |
|   | Side  | Mashed potato                      | Garlic bread                       | Bake potatoes        | Steam veg                   |                         |
|   | Side  | Garlic sauteed green bean & carrot |                                    | Coleslaw             |                             |                         |

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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                         |
|---|-------|----------------|-----------------------------------|-----------------------|----------------|--------------------------------|
|   |       | 23/03/2020     | 24/03/2020                        | 25/03/2020            | 26/03/2020     | 27/03/2020                     |
| <b>MORNING SNACK</b>  | Main  | SCHOOL HOLIDAY | Kuey teow soup                    | Stir fried yellow mee | SCHOOL HOLIDAY | <b>Brunch</b>                  |
|   | Drink |                | Chrysanthemums tea                | Barley                |                | Iced lemon tea                 |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  |                | Chic curry w potatoes (mild)      | Sweet sour fish       |                | Chic cheese sausage sandwiches |
|   | Side  |                | Egg fried rice                    | Stew potatoes         |                | Served w nachos                |
|   | Side  |                | Stir fried veg                    | Stir fried veg        |                |                                |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  |                | Sundried tomato herb chic & pasta | Miso cream stew chic  |                |                                |
|   | Side  |                | Steam veg                         | Served w garlic bread |                |                                |
|   | Side  |                |                                   |                       |                |                                |

## TERMS & CONDITION

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## Crescendo HELP International School Menu



|   |       | Monday                                   | Tuesday                                | Wednesday   | Thursday                            | Friday                   |
|---|-------|--|--|---|-------------------------------------|--------------------------|
|   |       | 30/03/2020                               | 31/03/2020                             | 01/04/2020  | 02/04/2020                          | 03/04/2020               |
| <b>MORNING SNACK</b>  | Main  | Chicken porridge w you tiao              | Egg mayo & tuna sandwiches             | Stir fried noodle   | Roti paratha                        | <b>Brunch</b>            |
|   | Drink | Soya milk                                | Milo                                   | Herbal tea  | Barley                              | Iced lemon tea           |
| <b>LUNCH (Asian)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU)   | Main  | Deep fried fish fillet w turmeric powder | Hainanese chic rice set                | Steamed fish fillet w minced bean paste (primary)/ Asam fish fillet | Rice w Taiwanese stew mince chicken | Village style fried rice |
|   | Side  | Tomato scrambled egg                     | ABC soup                               | Omelette w preserved radish   | Braised egg & tofu                  |                          |
|   | Side  | Stir fried veg                           | Thai style tofu                        | Stir fried veg  | Stir fried veg                      |                          |
| <b>LUNCH (Western)</b><br>*INCLUDES HEALTHY FRUITS<br>(MON-THU) | Main  | Baked garlic butter chic w mozzarellas   | One pan cheesy chic penne in red sauce | Ham cheese sliders  | Chicken cordon bleu                 |                          |
|   | Side  | Corn rice                                | Garlic bread                           | Baked potatoes cube   | casseroles w pasta                  |                          |
|   | Side  | Steamed veg                              |  | Salad   | Tossed salad                        |                          |

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