



## Crescendo HELP International School Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
	24-08-2020	25-08-2020	26-08-2020	27-08-2020	28-08-2020
<b>MORNING SNACK</b>	Orientation Day	Singapore fried mee hoon	Fried yellow mee	Japanese Onigiri	<b>Brunch</b>
<b>LUNCH</b>		Baked BBQ Chic rice w omelette	Sweet sour fish fillet w steamed egg	Spaghetti w tomato sauce & chic chop	Taiwanese minced chic rice set

### REMARKS:

1. All price will include snack & set lunch. (Excluded Friday)
2. All set lunch will serve with healthy sides veggie dishes, egg dishes & rice.
3. Only for pre-order
4. Healthy Combi oven bake for chicken quarter leg.
5. Eco friendly



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	Monday	Tuesday	Wednesday	Thursday	Friday
	31-08-2020	01-09-2020	02-09-2020	03-09-2020	04-09-2020
<b>MORNING SNACK</b>	Public holiday	Fried kway teow	Egg mayo sandwiches	Silver needle noodles	<b>Brunch</b>
<b>LUNCH</b>		Japanese chicken katsu curry	Spaghetti w cream sauce served w chic chop	Steamed fish w preserved radish & tomato scrambled egg	House special w olive fried rice

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	Monday	Tuesday	Wednesday	Thursday	Friday
	07-09-2020	08-09-2020	09-09-2020	10-09-2020	11-09-2020
<b>MORNING SNACK</b>	Fried white rice vermicelli	Hokkien stir fried mee	Braised yee mee	Japanese Onigiri	<b>Brunch</b>
<b>LUNCH</b>	Creamy butter chicken with tofu	Grilled chicken chop w black pepper sauce & mashed potato	Hong Kong style braised chicken rice set	Braised chicken with potato	Handmade fish fillet cheese burger with coleslaw

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	Monday	Tuesday	Wednesday	Thursday	Friday
	14-09-2020	15-09-2020	16-09-2020	17-09-2020	18-09-2020
<b>MORNING SNACK</b>	Fried kway teow	Fried mee	Public holiday	Sandwiches	<b>Brunch</b>
<b>LUNCH</b>	Hainanese chicken rice set with omelette	3 flavors fish fillet with steam egg & tofu		Grilled chicken w sun-dried tomato with toast baguette	Korean bibimbap w chicken

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	Monday	Tuesday	Wednesday	Thursday	Friday
	21-09-2020	22-09-2020	23-09-2020	24-09-2020	25-09-2020
<b>MORNING SNACK</b>	Fried mee hoon	Fried yee mee	Japanese onigiri	Public holiday	Public holiday
<b>LUNCH</b>	Three cups chicken & Egg tofu w cereal	Sweet sour fish fillet & steamed egg	Smoked duck & sun-dried tomato aglio-olio		

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	28-09-2020	29-09-2020	30-09-2020	01-10-2020	02-10-2020
<b>MORNING SNACK</b>	Hokkien stir fried mee	Fried kway teow	Silver needle noodle	Braised yee mee	<b>Brunch</b>
<b>LUNCH</b>	Chic thigh in ginger & scallion with mapo tofu	Deep fried fish fillet & tomato scrambled egg	Baked macaroni & cheese with chicken chop	Chicken chop in honey char siew with braised egg	Club house sandwiches w potato wedges

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	Monday	Tuesday	Wednesday	Thursday	Friday
	05-10-2020	06-10-2020	07-10-2020	08-10-2020	09-10-2020
<b>MORNING SNACK</b>	Singapore mee hoon	Fried flat rice noodle	Japanese onigiri	Stir fried yellow noodles	<b>Brunch</b>
<b>LUNCH</b>	Fried fish w fermented bean paste	Steam chic thigh w shitake rice set	Chicken chop w mushroom sauce served w mashed potato	Malay spiced chicken in honey & soy sauce	Vege fried rice w fermented bean curd chicken

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	Monday	Tuesday	Wednesday	Thursday	Friday
	12-10-2020	13-10-2020	14-10-2020	15-10-2020	16-10-2020
<b>MORNING SNACK</b>	Braised noodle	Silver needle noodle	Steamed glutinous rice w chic	French bean braised noodles	<b>Brunch</b>
<b>LUNCH</b>	Roast chicken rice set w Thai stye tofu	Sweet sour fish & stew potato	Oven baked five spice chicken w turmeric rice	Tuna penne pasta (tomato base) w garlic bread	Taiwanese minced chic rice set

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	Monday	Tuesday	Wednesday	Thursday	Friday
	19-10-2020	20-10-2020	21-10-2020	22-10-2020	23-10-2020
<b>MORNING SNACK</b>	Stir fried mee hoon	Fried kway teow	Japanese onigiri	Stir fried yee mee	<b>Brunch</b>
<b>LUNCH</b>	Baked teriyaki chicken thigh rice set	Braised fish in savory soy sauce	Baked chicken chop w cheesy garlic white cream spaghetti	Thai baked pandan chicken w pineapple fried rice	Club house sandwiches w baked potato cubes

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	26-10-2020	27-10-2020	28-10-2020	29-10-2020	30-10-2020
<b>MORNING SNACK</b>	Hokkien stir fried mee	Silver needle noodles	Braised noodle	Public holiday	<b>Brunch</b>
<b>LUNCH</b>	Marmite chicken & steam egg	HK style braised chicken rice set	Malay spiced fried chicken & omelette		Indian butter chicken

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	Monday	Tuesday	Wednesday	Thursday	Friday
	02-11-2020	03-11-2020	04-11-2020	05-11-2020	06-11-2020
<b>MORNING SNACK</b>	Singapore style noodle	Braised yee mee	Stir fried kuey teow	Stir fried yellow mee	<b>Brunch</b>
<b>LUNCH</b>	Hainanese chic rice set	Japanese chic katsu & scrambled egg	Chic chop w black pepper sauce w mash potato	Chic chop w ginger scallion & omellete	Handmade fish fillet cheese burger w coleslaw

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	09-11-2020	10-11-2020	11-11-2020	12-11-2020	13-11-2020
<b>MORNING SNACK</b>	Dry fried silver needle noodles	Fried white rice vermicelli	Japanese onigiri	Public holiday	Public holiday
<b>LUNCH</b>	Teriyaki chicken rice & scrambled egg	3 flavors fish fillet & tofu in brown sauce	Chic chop spaghetti w cream sauce		

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	Monday	Tuesday	Wednesday	Thursday	Friday
	16-11-2020	17-11-2020	18-11-2020	19-11-2020	20-11-2020
<b>MORNING SNACK</b>	Public holiday	Public holiday	Public holiday	Fried rice noodles	<b>Brunch</b>
<b>LUNCH</b>				Nasi kerabu served w chicken chop	House special club sandwiches served w potato slices

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<b>MORNING SNACK</b>	Hokkien mee	Fried kuey teow	Stir fried yee mee	Japanese onigiri	<b>Brunch</b>
<b>LUNCH</b>	3 cups chic chop & egg tofu	Fillet fish in sweet sour sauce & stew potato	Mangolian chicken chop & steam egg	Oven baked chicken parmesan pasta	Taiwanese braised chicken rice set

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	30-11-2020	01-12-2020	02-12-2020	03-12-2020	04-12-2020
<b>MORNING SNACK</b>	Singapore style noodles	Steamed glutinous rice w chicken	Stir fried noodles	Silver needle noodle	<b>Brunch</b>
<b>LUNCH</b>	Fried fish w fermented bean paste & scrambled egg	Grilled chic chop burger w potato wedges	Hainanese steamed chic thigh rice set	Oven baked chic chop & braised tofu	Indian butter chicken rice set

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	<b>07-12-2020</b>	<b>08-12-2020</b>	<b>09-12-2020</b>	<b>10-12-2020</b>	<b>11-12-2020</b>
<b>MORNING SNACK</b>	Fried kuey teow	Fried white rice vermicelli	Japanese onigiri	Braised yee mee	<b>Brunch</b>
<b>LUNCH</b>	Grill chic chop w black pepper sauce & mashed potato	HK style braised chic rice set	Chic chop served w spaghetti in cream sauce	Roasted chicken rice set with braised tofu & egg	House special fried rice

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