



Crescendo HELP International School Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
	04-01-2021	05-01-2021	06-01-2021	07-01-2021	08-01-2021
MORNING SNACK	Orientation Day	Butter roll (Primary) Singapore Mee Hoon	Japanese Onigiri	Cereal w milk (Primary) Mee goreng	Brunch
LUNCH		Chinese Herb Steamed chicken w tomato scramble egg	Spaghetti with miced chicken bolognese	Sweet sour fish with steam tofu	House special sandwiches

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. Please contact our Cafeteria Staff for a special diet due to allergy. (Ting Ting, h/p: 016-7177086 or email: matiny1987@hotmail.com).



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	Monday	Tuesday	Wednesday	Thursday	Friday
	11-01-2021	12-01-2021	13-01-2021	14-01-2021	15-01-2021
MORNING SNACK	Bread w jam	Steam glutinous rice	Japanese Onigiri	Fry Noodles (Kampong style)	Brunch
LUNCH	Chicken katsu curry (potato, carrot & onion)	Steamed fish w preserved radish & braised tofu	Roasted chicken chop with mushroom sauce	Braised chicken rice set meal	Homemade fish fillet burger with cheese

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	Monday	Tuesday	Wednesday	Thursday	Friday
	18-01-2021	19-01-2021	20-01-2021	21-01-2021	22-01-2021
MORNING SNACK	Cocoa roll (Primary) Fried kway teow	Chicken porridge w you tiow	Japanese Onigiri	Egg mayo & tuna sandwiches	Brunch
LUNCH	Olive vegetable fried rice with chicken wing	Cantonese style steam fish w potato spring roll	Smoked duck & sundried tomato aglio olio	Hainanese chicken rice set	Homemade chicken meat ball subs

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	Monday	Tuesday	Wednesday	Thursday	Friday
	25-01-2021	26-01-2021	27-01-2021	28-01-2021	29-01-2021
MORNING SNACK	Steam bun (Primary) Silver needle noodles	Japanese Onigiri	Cereal w milk (Primary) Mee Siam	Public holiday	Brunch
LUNCH	Kung Po chicken with omelette	Baked lemon butter tilapia with mashed potatoes	Baked honey BBQ chicken rice set		Baked chicken & cheese on Hawaii roll

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	01-02-2021	02-02-2021	03-02-2021	04-02-2021	05-02-2021
MORNING SNACK	Steam bun (Primary) Nasi lemak	Sandwiches w jam	Japanese onigiri	Fried noodle	Brunch
LUNCH	Cereal fish fillet & stew potato with rice	Taiwanese braised chicken rice set	Spaghetti carbonara served w baked chic chop	Steamed fish w preserved turnips	House special sandwiches

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	08-02-2020	09-02-2020	10-02-2020	11-02-2020	12-02-2020
MORNING SNACK	Chicken porridge w you tiow	Japanese onigiri	Public holiday	Public holiday	Public holiday
LUNCH	Butter chicken Briyani set	Spaghetti minced chicken bolognese			

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	15-02-2021	16-02-2021	17-02-2021	18-02-2021	19-02-2021
MORNING SNACK	Public holiday	Public holiday	Butter roll (Primary) Tomyam Meehoon	Japanese onigiri	Brunch
LUNCH			Steamed chicken w goji berries & Omelette	Homemade chicken pot pie served w brown bread	Nasi lemak w chicken set

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	22-02-2021	23-02-2021	24-02-2021	25-02-2021	26-02-2021
MORNING SNACK	Sandwiches (Butter & kaya)	Braised yee mee	Japanese onigiri	Steam glutinous rice	Brunch
LUNCH	Country oven fried fish w mashed potato	Ayam masak merah served w nasi tomato	Homemade chic meatballs & spaghetti w tomato sauce	Steam fish w black bean sauce w long bean omelette	Homemade chicken burger w cheese

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	01-03-2021	02-03-2021	03-03-2021	04-03-2021	05-03-2021
MORNING SNACK	Cereal w milk (Primary) Nasi lemak	Singapore mee hoon	Japanese onigiri	Jam Sandwiches	Brunch
LUNCH	Cantonese steam chicken w mushroom	Deep fried fish fillet w scrambled egg w bake bean	Smoked duck (Spaghetti Aglio olio)	Japanese chicken katsu curry rice set	Korean mix rice- Bimbimbap

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	08-03-2021	09-03-2021	10-03-2021	11-03-2021	12-03-2021
MORNING SNACK	Silver needle noodles	Butter kaya sandwiches	Japanese onigiri	Chicken porridge w you tiow	Brunch
LUNCH	Chicken w mashed potato & gravy	Hainanses chicken rice set	Fish w tomato sauce (Primary) Fish curry (mild)	Korean style baked chicken	House special sandwiches w brown bread

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	15-03-2021	16-03-2021	17-03-2021	18-03-2021	19-03-2021
MORNING SNACK	Fried noodles	Mix vege fried rice	Japanese onigiri	Sandwiches egg mayo & tuna	Brunch
LUNCH	Taiwanese braised minced chicken rice set	Cereal fish with rice	Penne carbonara w chicken ham & mushroom	Baked teriyaki chicken	Nasi goreng Kampong

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	22-03-2021	23-03-2021	24-03-2021	25-03-2021	26-03-2021
MORNING SNACK	Steam glutinous chicken rice	Public holiday	Japanese onigiri	Malay style mee hoon goreng	Brunch
LUNCH	Pineapple chicken with egg tofu		Spaghetti chicken bolognese w toast baugette	Ayam masak kicap (Primary) Chicken Rendang	House special sandwiches

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	29-03-2021	30-03-2021	31-03-2021	01-04-2021	02-04-2021
MORNING SNACK	Fry Noodles (Kampong style)	Japanese onigiri	Sandwiches w jam	Public holiday	Public holiday
LUNCH	Marmite chicken w steam egg	Homemade fish fillet and cheese burger	HK style braised chicken rice set		

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