



Crescendo HELP International School Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
	29/08/2022	30/08/2022	31/08/2022	01/09/2022	02/09/2022
MORNING SNACK	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Chicken floss onigiri	Brunch Hong Kong style macaroni soup
LUNCH (Asian)				Taiwanese braised minced chic rice set	
LUNCH (Western)				Baked fish fillet w teriyaki glaze	

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 (EXCLUDING FRIDAY).
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	05/09/2022	06/09/2022	07/09/2022	08/09/2022	09/09/2022
MORNING SNACK	Cereal w milk	Chicken pokridge	Chicken teriyaki onigiri	Vanilla rolls w milo	Brunch
LUNCH (Asian)	Deep fried fillet rice set	Ayam masak merah rice set	Japanese miso soup ramen	Chic kut teh soup rice set	Indian butter chicken rice set
LUNCH (Western)	Garlic butter baked chic w mashed potatoes	Croissant club sandwiches	Chicken pasta w white sauce	Baked lemon butterfish tilapia	

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	12/09/2022	13/09/2022	14/09/2022	15/09/2022	16/09/2022
MORNING SNACK	Roti paratha w curry	Steamed glutinous rice	Waffle w drink/ Tomyam meehoon	Tuna Mayo onigiri	SCHOOL HOLIDAY
LUNCH (Asian)	Taiwanese 3 cups chicken rice set	Steamed soy & ginger fish fillet rice set	Baked teriyaki chick rice set	Sweet & sour fish rice set	
LUNCH (Western)	Handmade fish burger	Chicken lasagne	Chicken pasta w white sauce	Baked lemon butterfish tilapia	

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	19/09/2022	20/09/2022	21/09/2022	22/09/2022	23/09/2022
MORNING SNACK	Kuey teow egg sauce	Butter kaya bread w drink	Chicken porridge	Ebika mayo onigiri	Brunch
LUNCH (Asian)	Japanese chicken katsu set	Steamed fish fillet w fermented bean paste rice set	Hainanese chicken rice set	Malay style fish curry rice set	House special club sandwich
LUNCH (Western)	Salmon pasta w creamy garlic sauce	Homemade chicken pot pie	Crispy oven baked fish sticks w sauce	Chicken bolognese pasta	

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	Monday	Tuesday	Wednesday	Thursday	Friday
	26/09/2022	27/09/2022	28/09/2022	29/09/2022	30/09/2022
MORNING SNACK	Singapore fried mee hoon	Waffles w jam	Chicken floss onigiri	Cintan noodle kampung style	Brunch
LUNCH (Asian)	Bibimbap(Korean rice mixed veg)	HK style braised chicken rice set	Steamed fish w preserved radish rice set	Ginger & spring onion chicken rice set	Nasi lemak w Turmeric fried chicken
LUNCH (Western)	Japanese cream stew serve w garlic rice	Fish & chips	Homemade chicken meatball spaghetti	Tot tuna & egg croissant	

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	03/10/2022	04/10/2022	05/10/2022	06/10/2022	07/10/2022
MORNING SNACK	Cereal w milk	Chicken pokrridge	Braised yee mee	Japanese onigiri	Brunch
LUNCH (Asian)	Cereal fish filletrice set	Stew chicken in black bean sauce rice set	Taiwanese braised minced chicken rice set	Indian butter chicken rice set	Chicken katsu teriyaki rice set
LUNCH (Western)	Chicken shepherds pie served w butter toast	Teriyaki salmon noodle bowls	Healthy chicken burger	One pan cheesy chocken sausage	

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	10/10/2022	11/10/2022	12/10/2022	13/10/2022	14/10/2022
MORNING SNACK	SCHOOL HOLIDAY	Waffle jam/ meesiam	Roti paratha	Japanese onigiri	Brunch
LUNCH (Asian)		Shredded chicken fried rice	3 flavors fish rice set	Chick kut teh soup rice set	Penang Lor Mee (Braised noodles)
LUNCH (Western)		Crunchy oven fried fish mushroom onion gravy	Ham & cheese sliders on Hawaii rolls	Salmon pasta wcreamy garlic sauce	

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	17/10/2022	18/10/2022	19/10/2022	20/10/2022	21/10/2022
MORNING SNACK	Steamed glutinous rice	Chicken pokrridge	Roti kek w milo	Japanese onigiri	Brunch
LUNCH (Asian)	Nasi briyani w ayam masak kicap rice set	Steamed chicken w mushroom & black fungus rice set	Steamed fish w soy sauce rice set	Japanese katsu curry rice set	Penang kuey teow soup
LUNCH (Western)	Crunch honey garlic chicken breast	Fish & cheese burger	Baked chicken chop w mushroom sauce	Japanese miso ramen	

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	31/10/2022	01/11/2022	02/11/2022	03/11/2022	04/11/2022
MORNING SNACK	Kuey teow w creamy egg sauce	Bread w jam	Kampung style cintan noodles	Japanese onigiri	Brunch
LUNCH (Asian)	Stew chic w potatoes rice set	Sweet & sour fish fillet rice set	Marmite chicken rice set	Chinese fish curry (mild) rice set	Club sandwiches
LUNCH (Western)	Parmersan crusted tilapia w tomnato basil cream sauce	Chicken mushroom pasta w cream sauce	Baked fish w lemon cream sauce	Spaghetti bolognese w chicken mince	

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	07/11/2022	08/11/2022	09/11/2022	10/11/2022	11/11/2022
MORNING SNACK	Chicken porridge	Roti Paratha	Japanese onigiri	Waffles w jam	Brunch
LUNCH (Asian)	Contonese steam chicken w mushroom rice set	Vietnamese Turmeric & lemongrass fried fish rice set	Malaysia chicken curry (mild) rice set	Hainanese chicken rice set	Hong kong style macaroni soup
LUNCH (Western)	Tuna croissant	Baked chicken sliced aglio olio pasta	Roasted lemon & garlic chicken w corn rice	Oven roasted fish w bread crumbs w mash potato	

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	14/11/2022	15/11/2022	16/11/2022	17/11/2022	18/11/2022
MORNING SNACK	Vanilla roll w milo	Mee soup	Cereal w milk	Japanese onigiri	Brunch
LUNCH (Asian)	Korean style baked soy garlic chicken rice set	Braised fish rice set	Contonese soy sauce chic rice set	Japanese miso soup ramen w fish slice	Taiwanese minced chicken rice set
LUNCH (Western)	Garlic basil chicken w tomato butter sauce veggie frittata corn rice	Creamy chicken meatball in mushroom sauce served w mashed potatoes	Baked lemon parmesan fish fillet served w garlic pasta	Homemade chicken mushroom pot pie w soft bun	

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	21/11/2022	22/11/2022	23/11/2022	24/11/2022	25/11/2022
MORNING SNACK	Fried yee mee	Steam glutinous	Cup cake w drink	Japanese onigiri	Brunch
LUNCH (Asian)	Japanese katsu curry rice set	Chic kut teh rice set	Cereal fish fillet rice set	Honey roasted chic rice set	Nasi lemak w chicken set
LUNCH (Western)	Chicken lasagna	Salmon pasta w creamy garlic sauce	Baked chicken w mushroom sauce	Oven fried fish w mashed potatoes	

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	28/11/2022	29/11/2022	30/11/2022	01/12/2022	02/12/2022
MORNING SNACK	Chicken porridge	Singapore mee hoon	Japanese onigiri	Kuey teow w ess sauce	Brunch
LUNCH (Asian)	Stir fried fish slice w bean paste rice set	Chicken thigh in ginger & scallion rice set	Indian butter chicken rice set	Honey roasted chic rice set	Nasi kerabu w ayam masak kicap rice set
LUNCH (Western)	Vegetable penne w chicken sausage	Crispy bake parmesan crusted tilapia	Croissant sandwiches w coleslaw	Oven fried fish w mashed potatoes	

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MORNING SNACK	Cereal w milk	Japanese onigiri	Steam glutinous rice	Chocolate roll w drinks	Brunch
LUNCH (Asian)	Steamed fish w black bean & garlic sauce rice set	Japanese katsu teriyaki rice set	Ipoh style bean sprout chicken rice set	Deep fried fish fillet w turmeric powder rice set	House special fried rice w chicken tender
LUNCH (Western)	Chicken macaroni soup	Homemade fish fillet burger w cheese	Smoked duck aglio olio	Baked chicken w mushroom gravy	

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