



**(Year 3 - Year 11)**  
**Breakfast Menu**

**Week 1 & 3**

		<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<b>RM3.40</b>	Fried Tom Yam Noodle	Vegetarian Sweet Corn Fried Rice	Fried Koay Teow	Long Bean Fried Rice	Western Breakfast
		Toast & Jam	Oriental Mince Meat Chicken Pita Pocket	Toast & Jam	Curry Chicken with Bread	Toast & Jam
		Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk

**Week 2 & 4**

		<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Breakfast</u></b>	<b>RM3.40</b>	Fried Oriental Noodle	Tomato Fried Rice	Roti Canai	Oriental Fried Rice	Fried Singapore Bee Hoon
		Toast & Jam	Mushroom Soup with Bread	Toast & Jam	Ham & Cheese Sandwich	Toast & Jam
		Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk

**Note:**

1. Choice of Hot Food or Cereal and Milk or Toast and Jam / Butter Selection.



**(Year 3 - Year 11) Lunch Menu**

**Week 1 & 3**

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Rice Option</u></b> A+B+C = RM5.50  B+C (Vegetarian) = RM4.50	<b>A</b> <i>(May choose 1 meat)</i>	Braised Teriyaki Chicken	Honey Plum Chicken	Ayam Goreng Kunyit	Braised Mushroom Chicken	Orange Sauce Chicken
		Oriental Style Fried Chicken	5 Spice Fried Chicken	Ikan Masak Lemak	Chicken Loh Bak	Fried fish in Tom Yam Sauce
	<b>B</b> <i>(May choose 1 veg)</i>	Sawi with Carrot	French Bean with Carrot	Kunyit Cabbage and Carrot	Siew Pak Choy with Carrot	Long Bean with Carrot
		Onion Scramble Egg		Braised Potato		Golden Abalone Mushroom
<b>C</b>	Spring Roll	Hard Bean Curd in Thai Chili Sauce	Cheese Tofu	Curry Potato Samosa	Japanese Tofu with White Sauce	
Western Option RM7.50	<b>D</b>	N/A	Mushroom Sauce Chicken Breast with French Fries and Coleslaw	N/A	Chicken Bolognese Macaroni and Steam Corn	N/A
<b>Additional</b> E (Fruit ) Fruit = RM2.00	<b>E</b>	<b>Fruit</b>	<b>Fruits</b>	<b>Fruit</b>	<b>Fruits</b>	<b>Fruit</b>



**Week 2 & 4**

		<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b><u>Rice Option</u></b> A+B+C = RM5.50 B+C (Vegetarian) = RM4.50	<b>A</b> <i>(May choose 1 meat)</i>	Kurma Curry Chicken	Kong Poh Chicken	Braised ABC Chicken	Marmite Sauce Chicken	Chinese Style Buttermilk Chicken
		Chicken Meatloaf	Ayam Goreng Lengkuas	Golden Fish Fillet	Homestyle Fried Chicken	Steam Fish in Soya Sauce
	<b>B</b> <i>(May choose 1 veg)</i>	Bayam with Carrot	Fried Yaw Mak	Chinese Cabbage with Black Fungus and carrot	Cabbage with Mushrooms	Siew Pak Choy with Carrot
	<b>C</b>	Golden Egg Papadom	Vegetarian Seafood Tofu	Fried Bangkuang Salad Roll	Sweet and Sour Hard Bean Curd	Foo Yong Egg Vegetarian Duck
Western Option RM7.50	<b>D</b>	N/A	Spaghetti with Creamy Sauce, Chicken Meatball with steam Broccoli	N/A	Sausage in Bun with Fries and Salad	N/A
<b>Additional E (Fruit)</b> Fruit = RM2.00	<b>E</b>	<b>Fruit</b>	<b>Fruits</b>	<b>Fruit</b>	<b>Fruits</b>	<b>Fruit</b>

**Note:**

1. All students are required to have food prepared by the School Canteen, with the exception of the students with medical conditions or dietary requirements with attached Doctors Note approved by the School.
2. All Breakfast and Lunch will be pre-packed and served in the classroom.
3. All students are required to bring in their own lunch boxes to school.