



# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 1	MONDAY 17 JULY 2017	TUESDAY 18 JULY 2017	WEDNESDAY 19 JULY 2017	THURSDAY 20 JULY 2017	FRIDAY 21 JULY 2017		
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN , BBQ BUN , COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON						
MORNING BREAK	<b>STAFF RETURN</b>		<b>STAFF DAY</b>		CHICKEN WRAPS ROTI CANAI TOASTED SANDWICHES	WANTAN NOODLES VEGETABLES OMELETTE TOASTED SANDWICHES	CHICKEN PORRIDGE VEGETABLES OMELETTE TOASTED SANDWICHES
WESTERN FOOD					SPAGHETTI WITH CHICKEN MEATBALLS AND GARLIC BREAD	PORTUGUESE STYLE BAKED FISH SERVED WITH RAISIN RICE	BEEF TACOS WITH BEAN SALAD
ASIAN FOOD					STEAM FISH WITH GINGER SOYA SAUCE AND RICE	SZECHUAN CHICKEN WITH VEGETABLES AND RICE	FRIED BEEHOON NOODLES WITH CHICKEN
VEGETARIAN FOOD					MEXICAN MIXED BEANS WITH ASSORTED CAPSICUMS AND BROWN RICE	BAKED PITA BREAD WITH HUMMUS AND GREEK SALAD	BAKED EGGPLANT SERVED WITH COUS COUS
DAILY PROMOTION					PASTA SALAD	CHICKEN PIZZA	CHICKEN BAKED MEATBALL STICKS

TERM 3 WEEK 2	MONDAY 24 JULY 2017	TUESDAY 25 JULY 2017	WEDNESDAY 26 JULY 2017	THURSDAY 27 JULY 2017	FRIDAY 28 JULY 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN , COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	TOASTED SANDWICHES BAKED BEANS AND POACHED EGGS	CHICKEN PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES	ROTI CANAI POACHED EGGS BAKED BEANS TOASTED SANDWICHES	MEE MAMAK VEGETABLES OMELETTE TOASTED SANDWICHES	BAKED BEANS AND TOAST BREAD WITH POACHED EGGS WANTAN NOODLES TOASTED SANDWICHES
WESTERN FOOD	FISH TACOS WITH BEAN SALAD	GRILLED CHICKEN BREAST WITH PASTA ARRABIATA AND HERB BREAD	CHICKEN TOMATO & MUSHROOM WITH TOMATOES SERVED WITH COUS COUS	GRILLED CHICKEN BURGER WITH COLESLAW AND BAKED WEDGES	MOROCCAN STYLE LAMB MEATBALLS WITH COUS COUS SALAD
ASIAN FOOD	SWEET N SOUR CHICKEN WITH VEGETABLES N BROWN OR WHITE RICE	THAI STYLE FISH WITH CURRY SERVED WITH VEGETABLES AND BROWN RICE	CHICKEN RENDANG VEGETABLES AND RICE	WANTAN MEE WITH CHICKEN AND VEGGIE SOUP	CHICKEN WITH RICE AND FLAVOURED SOUP
VEGETARIAN FOOD	OMELETTE WITH VEGETABLES BROWN RICE/ WHITE RICE	SPANISH STYLE TOMATO STEW SERVED WITH PENNE PASTA	CREAMY BAKED PUMPKIN RISOTTO	MIXED VEGETABLE FRITTATA - TOMATOES AND COUS - COUS	LASAGNA ONION SOUP FRUIT SALAD
DAILY PROMOTION	CHICKEN WRAPS	HARDROLL SANDWICH	VEGGIE PIZZA	DELI CHICKEN SANDWICH	CHICKEN SALAD



# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 3	MONDAY 31 JULY 2017	TUESDAY 1 AUGUST 2017	WEDNESDAY 2 AUGUST 2017	THURSDAY 3 AUGUST 2017	FRIDAY 4 AUGUST 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	MUSHROOM PORRIDGE WANTAN NOODLES TOASTED SANDWICHES	TOASTED SANDWICHES WANTAN NOODLE BAKED BEANS TAMAGOYAKI OMELETTE	CHICKEN PORRIDGE BAKED BEANS SCRAMBLED EGGS ROTI CANAI	TOASTED SANDWICHES WANTAN NOODLE BAKED BEANS TAMAGOYAKI OMELETTE	MUSHROOM PORRIDGE WANTAN NOODLES TOASTED SANDWICHES
WESTERN FOOD	LINGUINE WITH TUNA PUTTANESCA AND GARLIC BREAD	SLOW COOKED LEMON GARLIC CHICKEN WITH BAKED POTATO	GRILLED FISH WITH LEMON SAUCE FRESH SALAD GARLIC POTATOES	GRILLED CHICKEN GOURMET SANDWICH WITH BAKED WEDGES	BEEF LASAGNA GARDEN SALAD
ASIAN FOOD	TANDOORI CHICKEN WITH NAN BREAD AND CONDIMENTS	INDONESIAN FRIED RICE WITH SATAY CHICKEN	CRISPY ORANGE BEEF WITH SAUTEED VEGETABLES AND RICE	CHICKEN TIKKA WITH VEGETABLES AND RICE	THAI STYLE BEEF WITH SALAD AND VERMICELLI NOODLES
VEGETARIAN FOOD	SAUTEED TOFU SALAD WITH BROWN RICE	MUSHROOM SPINACH PIE SERVED WITH BROCCOLI SOUP	GRILLED VEGETABLES BAKED POTATOES HERB BREAD	CANELONNI CAESAR SALAD TOMATO SOUP	PIZZA WITH VEGETABLES AND FRUIT SALAD
DAILY PROMOTION	VEGGIE PIZZA	DELI SANDWICH	TOMATO N CHEESE CRACKERS	CHICKEN SALAD	VEGGIE PIE

TERM 3 WEEK 4	MONDAY 7 AUGUST 2017	TUESDAY 8 AUGUST 2017	WEDNESDAY 9 AUGUST 2017	THURSDAY 10 AUGUST 2017	FRIDAY 11 AUGUST 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	BAKED BEANS POACHED EGGS TOASTED SANDWICHES	MUSHROOM PORRIDGE BAKED BEANS POACHED EGG TOASTED SANDWICHES	MUSHROOM PORRIDGE WANTAN NOODLES TOASTED SANDWICHES	TOASTED SANDWICHES WANTAN NOODLE TAMAGOYAKI OMELLETTTE	BAKED BEANS TOAST BREAD VEGETABLES OMELLETTTE TOASTED SANDWICHES
WESTERN FOOD	LAMB CHOPS MASHED POTATOES GARDEN SALAD	CHICKEN CHOP-GRILLED WITH GARDEN SALAD AND WEDGES	BEEF BURGER COLESLAW BAKED WEDGES	LAMB STEW BROCCOLI & CARROT SERVED WITH POTATO AU-GRATIN	SPAGHETTI ALFREDO WITH CHICKEN
ASIAN FOOD	SAUTEED CHICKEN WITH CABBAGE MUSHROOM STEAM RICE	LAMB BRIYANI WITH VEGETABLES	CHICKEN KURMA VEGETABLES RICE	HOKKIEN MEE WITH CHICKEN AND VEGETABLES	TEMPURA FISH VEGETABLES RICE
VEGETARIAN FOOD	SAUTED MIXED VEGETABLE AND TAUFOO OYSTER SAUCE NOODLES	BEEHOON NOODLES WITH CONDIMENTS	TOMATO AND CARROT STEW SERVED WITH BROWN RICE	BAKED EGGPLANT CAESAR SALAD VEGGIE CLEAR SOUP	OVEN ROASTED GARLIC POTATOES MUSHROOM SPINACH MINESTRONE SOUP
DAILY PROMOTION	MAC & CHEESE	HARDROLL SANDWICH	CHICKEN WRAP	CHEESE PIZZA	CHICKEN SALAD

TERM 3 WEEK 5	MONDAY 14 AUGUST 2017	TUESDAY 15 AUGUST 2017	WEDNESDAY 16 AUGUST 2017	THURSDAY 17 AUGUST 2017	FRIDAY 18 AUGUST 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS : KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	CHICKEN PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES	TOASTED SANDWICHES BAKED BEANS POACHED EGG	ROTI CANAI BAKED BEANS VEGETABLES OMELETTE	TOASTED SANDWICHES WANTAN NOODLE BAKED BEANS POACHED EGGS	CHICKEN PORRIDGE BAKED BEANS SCRAMBLED EGGS TOASTED SANDWICHES
WESTERN FOOD	ROAST CHICKEN HERB BROCCOLI BAKED GARLIC POTATOES	CHICKEN LASAGNA MUSHROOM SOUP	GRILLED HERB FISH WITH POTATO BAKED WEDGES FRESH COLESLAW	CHICKEN KEBABS WITH GRILLED VEGETABLES AND COUS COUS	CHICKEN MUSHROOM PIE SERVED WITH BROCCOLI SOUP
ASIAN FOOD	CHICKEN PAPRIK STIR FRIED CHINESE CABBAGE STEAMED RICE	LAMB KOFTA WITH RAISIN RICE	GINGER CHICKEN BABY KAILAN WHITE RICE	STIR FRIED BEEF VEGETABLES & RICE	TEMPURA CHICKEN WITH VEGETABLES AND RICE
VEGETARIAN FOOD	MUSHROOM SPINACH PIE AND MUSHROOM SOUP	SAUTEED TOFU SALAD SPRING ROLL BRUSCHETTA	FRIED RICE WITH EGG AND VEGETABLES	MOUSSAKA WALDORF SALAD ASPARAGUS SOUP	AGLIO PENNE CAESAR SALAD ONION SOUP
DAILY PROMOTION	CHICKEN SALAD	HARDROLL SANDWICH	CHICKEN MEATBALL STICK	CHICKEN WRAP	MAC & CHEESE



# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 6	MONDAY 21 AUGUST 2017	TUESDAY 22 AUGUST 2017	WEDNESDAY 23 AUGUST 2017	THURSDAY 24 AUGUST 2017	FRIDAY 25 AUGUST 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS : KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	CHICKEN PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES	TOASTED SANDWICHES BAKED BEANS POACHED EGGS	ROTI CANAI VEGETABLES OMELETTE TOASTED SANDWICHES	WANTAN NOODLES BAKED BEANS TAMAGOYAKI OMELETTE TOASTED SANDWICHES	CHICKEN PORRIDGE BAKED BEANS SCRAMBLED EGGS TOASTED SANDWICHES
WESTERN FOOD	CHICKEN STUFFED WITH MUSHROOMS SERVED WITH PENNE PASTA	MINCED BASIL CHICKEN JACKET POTATO GREEK SALAD	BAKED FISH STEAM ASPARAGUS ROASTED POTATO	LEBANESE CHICKEN - GRILLED SWAWARNA MIXED FRESH SALAD BAKED PITA BREAD	BEEF PEPPERONI PIZZA AND MUSHROOM SOUP
ASIAN FOOD	MEE SIAM VEGETABLES AND CHICKEN	KOREAN STYLE BEEF WITH KIMCHI VEGETABLES SERVED WITH UDON NOODLES	BEEF RENDANG WITH VEGETABLES AND RICE	JAPANESE UDON CHICKEN KATSU SAUTEED VEGETABLE	CHAR KWAY TEOW NOODLES WITH CHICKEN
VEGETARIAN FOOD	CORN PASTA SALAD WITH HERB BREAD AND MUSHROOM SOUP	HUMMUS WITH PITA BREAD CHICKPEAS SALAD	LASAGNA GREEN SALAD SLICE OF BREAD	FALAFEL VEGGIE BALLS WITH PITA BREAD TAHINI SAUCE	VEGETABLE OMELETTE WITH GRAVY AND BROWN RICE
DAILY PROMOTION	VEGGIE WRAPS	CAESAR SALAD CHICKEN	CHICKEN WRAPS	CHEESE WITH CRACKER	CHICKEN SALAD



# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 7	MONDAY 28 AUGUST 2017	TUESDAY 29 AUGUST 2017	WEDNESDAY 30 AUGUST 2017	THURSDAY 31 AUGUST 2017	FRIDAY 1 SEPTEMBER 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CAESAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	TOASTED SANDWICHES BAKED BEANS SCRAMBLED EGGS TOAST BREAD	MUSHROOM PORRIDGE TOASTED SANDWICHES BAKED BEANS POACHED EGGS	ROTI CANAI TOAST BREAD SCRAMBLED EGGS BEANS TOASTED SANDWICHES	<b>MALAYSIA NATIONAL DAY PUBLIC HOLIDAY</b>	CHICKEN PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES
WESTERN FOOD	GRILLED CHICKEN BURGER WITH BAKED WEDGES	SPAGHETTI BEEF BOLOGNESE WITH GARLIC BREAD	GRILLED FISH ROULADE FRESH DILL SAUCE ASSORTED CAPSICUMS BAKED POTATOES		GRILLED ROSEMARRY CHICKEN HERBS BABY CARROTS N POTATOES
ASIAN FOOD	BEAN SPROUTS CHICKEN SERVED WITH RICE	MAGGI GORENG NOODLES WITH CHICKEN AND EGG	NASI LEMAK WITH CHICKEN , CONDIMENTS AND RICE		CHICKEN MASALA MIXED VEGETABLE CURRY WHITE RICE
VEGETARIAN FOOD	BAKED PIE WITH VEGETABLES SERVED WITH ASPARAGUS SOUP	GARDEN RISOTTO MIXED GREEN BEANS WITH SPINACH AND CARROTS	GRILLED VEGETABLES SERVED WITH COUS - COUS AND SIDE LIGHT SAUCE		TOMATO OLIVE PIZZA FRESH SALAD MINISTRONE SOUP
DAILY PROMOTION	CHICKEN WRAP	HARDROLL SANDWICH	CHICKEN SALAD		DELI SANDWICH



# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 8	MONDAY 4 SEPTEMBER 2017	TUESDAY 5 SEPTEMBER 2017	WEDNESDAY 6 SEPTEMBER 2017	THURSDAY 7 SEPTEMBER 2017	FRIDAY 8 SEPTEMBER 2017
ALL DAY	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIXED TROPICAL FRUITS SALAD BAR: CEASAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
MORNING BREAK	TOASTED SANDWICHES BAKED BEANS SCRAMBLED EGGS	TOASTED SANDWICHES BAKED BEANS POACHED EGGS	BAKED BEANS SCRAMBLED EGGS ROTI CANAI	MEE MAMAK TOASTED SANDWICHES VEGETABLES OMELETTE	BAKED BEANS POACHED EGGS TOASTED SANDWICHES
WESTERN FOOD	ROAST BEEF WITH SALAD AND MASHED POTATO	SPAGHETTI PESTO CHICKEN AND GARLIC BREAD	GRILLED FISH LEMON SAUCE ASSORTED CAPSICUMS WHITE RICE	LAMB STEW SERVED WITH POTATOES	CHICKEN KEBABS WITH VEGETABLES TAJINE AND COUS-COUS
ASIAN FOOD	CHICKEN TANDOORI CUCUBERS ONIONS NAN BREAD - BAKED	CHICKEN BRIYANI RICE WITH VEGETABLES	STIR FRIED CHICKEN WITH GINGER MUSHROOM SIEW PAK CHOY CHAR KUEY TEOW	SWEET N SOUR FISH BEAN SPROUT BEAN CURD RICE	DRY MEE CURRY WITH CHICKEN
VEGETARIAN FOOD	VEGETABLE STEW SERVED WITH HERB BAKED BREAD	TOFU WITH VEGETABLES AND COUS COUS	GRILLED VEGETABLES WITH LIGHT SAUCE AND COUS - COUS	SPINACH AND MUSHROOM PIE SERVED WITH BROCCOLI SOUP	AGLIO PENNE WITH SAUTEED VEGETABLES AND BAKED BREAD
DAILY PROMOTION	MAC & CHEESE	HARDROLL SANDWICH	DELI CHICKEN SANDWICH	CHICKEN WRAP	VEGGIE PIE





# AUSTRALIAN INTERNATIONAL SCHOOL MALAYSIA MENU FOR TERM 3, 2017



TERM 3 WEEK 9	MONDAY 11 SEPTEMBER 2017	TUESDAY 12 SEPTEMBER 2017	WEDNESDAY 13 SEPTEMBER 2017	THURSDAY 14 SEPTEMBER 2017	FRIDAY 15 SEPTEMBER 2017
<b>ALL DAY</b>	FRUITS DAIRY PRODUCT: FRESH MILK (CHOCOLATE & STRAWBERRY), YOGURT DRINK, YOGURT CUP JUICES: ORANGE, APPLE, MIX TROPICAL FRUITS SALAD BAR: CEASAR SALAD, POTATO & BROCCOLI, JAPANESE EGGPLANT SALAD SANDWICH BAR: PANINI, WHOLE MEAL BAGUETTE , FOCCACIA BREAD WRAPS: TANDOORI, BAKED CHICKEN & ROASTED BEEF PASTRY: BANANA CAKE , CARROT CAKE, PIES BUNS: KAYA BUN, BBQ BUN, COCONUT BUN AND RED BEAN BUN SOUP: CURRY LAKSA, CHICKEN, RAMEN, MEE HOON				
<b>MORNING BREAK</b>	MUSHROOM PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES	TOASTED SANDWICHES BAKED BEANS SCRAMBLED EGGS	ROTI CANAI CHICKEN PORRIDGE TOASTED SANDWICHES	MEE MAMAK TOASTED SANDWICHES VEGETABLES OMELETTE	MUSHROOM PORRIDGE BAKED BEANS POACHED EGGS TOASTED SANDWICHES
<b>WESTERN FOOD</b>	SPAGHETTI BEEF MEATBALLS WITH GARLIC BREAD	CHICKEN LASAGNA SEVED WITH MUSHROOM SOUP	GRILLED CHICKEN WITH MASHED POTATO AND MIX GREEN SALAD	GRILLED CHICKEN CHOP WITH COLESLAW AND JACKET POTATO	FRENCH CHICKEN STEW WITH CARROT SALAD AND HERB POTATO
<b>ASIAN FOOD</b>	FISH CURRY WITH VEGETABLES AND RICE	FRIED RICE CHICKEN AND EGG	SAUTEED GINGER BEEF SERVED WITH RICE AND VEGETABLES	MASALA FISH WHITE RICE BRINJOL SAMBAL	CHICKEN TIKKA WITH SAUTEED VEGETABLES AND RICE OR BROWN RICE
<b>VEGETARIAN FOOD</b>	VEGGIE PATTIES SERVED WITH COUS COUS	SPAGHETTI NAPOLITANA WITH HERB BREAD	GRILLED MIXED VEGETABLES SERVED WITH COUS - COUS	SPANICH MUSHROOM WITH RISOTTO	MARGARITA PIZZA FRESH FRUIT SALAD GARLIC BREAD
<b>DAILY PROMOTION</b>	CHICKEN WRAPS	CHICKEN SANDWICH	CHEESE PIZZA	DELI SANDWICH	CHICKEN SALAD

# Healthy choice of the week

## Pasta salad-fruit-juice

Only  
for  
junior school



**ONLY RM 10** FOR A BALANCED LUNCH  
Pasta salad RM 5.50 Fruit RM 2 Juice pkt RM 2.50



# Healthy choice of the week

## Vegetarian bruschetta-fruit-juice



Vegetarian /pie/Orange/yogurt/fat free yoghurt

*Only  
for  
junior school*



**ONLY RM 8 FOR A BALANCED LUNCH**

**Vegetarian bruschetta RM 3.50 Fruit RM 2 Juice pkt RM2.50**



# Healthy choice of the week

## Chicken Salad-fruit-juice



Chicken/Salad/Fruit/yogurt/fat free yoghurt

*Only  
for  
junior school*



**ONLY RM 8 FOR A BALANCED LUNCH**

**Chicken Salad RM 3.50 Fruit RM 2 Juice pkt RM2.50**



SHF SERVICES (M) SDN BHD (822648-A)  
 (formely known as SHF CATERING SERVICES sdn bhd)

**OPTIONAL : Pre Order Form For Lunch Only TERM 3, 2017**

**STUDENT NAME:** \_\_\_\_\_

**Year Group:** \_\_\_\_\_

**Date:** \_\_\_\_\_

		Food	Unit Price	Monday	Tuesday	Wednesday	Thursday	Friday	Total items	Total Price
<b>Preferred Pre-Orders</b>	<b>Prep to Yr 2 Lunch</b>	Western Set	RM7.50							
		Asian Set	RM7.50							
		Vegetarian Set	RM6.50							
	<b>Yr 3 to Yr 12 Lunch</b>	Western Set	RM9.00							
		Asian Set	RM9.00							
		Vegetarian Set	RM8.00							
									<b>GRANDTOTAL</b>	

**PARENTS SIGNATURE:** \_\_\_\_\_

**MANAGER SIGNATURE :** \_\_\_\_\_

Note.

- 1 Exact payment must be attached to this order form.
- 2 All orders to be given directly to the Catering Staff by 9.00 am Mondays to Fridays.
- 3 Meals can be ordered for the day, for the week or for the month.
- 4 Lunch Set for Prep to Year 2: comprise of 1 meat, 1 vege, 1 rice or pasta + 1 cup of mineral water
- 5 Lunch for Year 3 to Year 12: comprise of 1 meat, 1 vege, 1 rice or pasta .
- 6 Payment must be made by Cash or Cheque payable to SHF Services.