

STRAITS INTERNATIONAL SCHOOL RAWANG



TUE, APRIL 4. 2023



BREAKFAST

WESTERN

TOAST WITH KAYA, **ROLLED OMELLETE**



FRIED KWAY TEOW, FRUITS

LUNCH

WESTERN SET

BUTTERED PASTA, GRILLED FISH WITH HOLLANDAISE, ROASTED MIXED **VEGETABLES**

ASIAN SET

RICE, CHICKEN SOUP WITH MUSHROOM, STIR FRY BEAN SPROUT AND CARROT

VEGETARIAN SET

RICE, VEGETARIAN SEAWEED SOUP, **VEGETABLES OF THE DAY**

SANDWICH

PANINI, SLICE CHEESE, HAM, SALAD

Allergens















































BREAKFAST

WESTERN

POUND CAKE VANILLA ,, FRUITS

ASIAN

CHICKEN TAIWANESE CONGEE , SALTED BOILED EGG

LUNCH

WESTERN SET

BUTTER RICE, CHICKEN CHOP WITH BLACKPEPPER SAUCE, STEAMED **BROCCOLI AND CAULIFLOWER**

ASIAN SET

FRIED YEE MEE, CRISPY FISH FILLET WITH THAI SAUCE, BOK CHOY AND CARROT STIR FRy

VEGETARIAN SET

FRIED YEE MEE, VEGETARIAN FISH FILLET WITH THAI SAUCE, BOK CHOY AND CARROT STIR FRY

SANDWICH

SANDWICH BREAD, SLICE CHEESE, TUNA, SALAD

Allergens





















































































STRAITS INTERNATIONAL SCHOOL RAWANG



THU, APRIL 6. 2023

BREAKFAST

WESTERN

MINI DONUT, FRUITS

Allergens











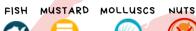
WESTERN

BREAKFAST

TOAST WITH BAKED BEAN, **FRUITS**

Allergens













ASIAN

PRATA, CURRY DHALCA

MILK EGGS WHEAT SOY SHELFISH













ASIAN

CHINESE FRIED RICE, SCRAMBLED **EGGS**

LUNCH

WESTERN SET

SPAGHETTI, CARBONARA SALMON,

STEAMED MIXED VEGETABLES















MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS

MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS





WESTERN SET

LUNCH

BUTTERED PENNE, BAKED FISH WITH TOMATO CONCASE, STIR FRY FRENCH **BEAN AND CARROT**

ASIAN SET

















ASIAN SET

PLAIN RICE, CHICKEN RENDANG,



SAUTEED CARROT & SIEW PAK CHOY

VEGETARIAN SET

PASTA, VEGAN CARBONARA,

BROCCOLI & PUMPKIN SALAD































































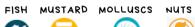
































WITH POTATOES, SAUTEED CABBAGE AND MUSHROOM

PLAIN RICE, INDIAN CHICKEN CURRY

RICE, VEGETARIAN CHICKEN CURRY,, MIXED VEGETABLES

VEGETARIAN SET

SANDWICH

TORTILLA, SLICE CHEESE, HAM, SALAD

MILK EGGS WHEAT SOY SHELFISH



















SANDWICH

HAM, SALAD

BAKER'S CROISSANTS, SLICE CHEESE,



STRAITS INTERNATIONAL SCHOOL RAWANG



MON. APRIL 17, 2023

WESTERN

HEALTY BREAKFAST CEREAL, FRESH MILK, FRUITS

Allergens











BREAKFAST

WESTERN

STEAM BUN, FRUITS











MILK EGGS WHEAT SOY SHELFISH







CANTONESE FRIED YEE MEE, **POACHED EGGS**



















ASIAN

FRIED NOODLES MAMAK STYLE ,SCRAMBLED EGGS

















VEGETABLES







MILK EGGS WHEAT SOY SHELFISH













MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS

MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS





LUNCH

WESTERN SET

AGLIO OLIO, LAMB STEW, ROASTED MIXED VEGETABLES



PLAIN RICE, FRIED CHICKEN TUMERIC, SAUTEED CABBAGE & CARROT.

VEGETARIAN SET

SPAGHETTI, VEGETARIAN **BOLOGNESE**, STEAMED MIXED **VEGETABLES**

SANDWICH

SANDWICH BREAD, SLICE CHEESE, HAM, SALAD

MILK EGGS WHEAT SOY SHELFISH





















































ASIAN



WESTERN SET

PILAF RICE, GRILL CHICKEN WITH MUSHROOM SAUCE, BUTTERED MIXED

ASIAN SET

SAUTEED NOODLE, DEEP FRIED FISH WITH STICKY SOY SAUCE, SAUTEED LONG BEAN AND CARROT.

VEGETARIAN SET

RICE, VEGETARIAN FISH SOUP WITH SEAWEED, LONG BEAN AND CARROT

SANDWICH

PANINI, SLICE CHEESE, HAM, SALAD















STRAITS INTERNATIONAL SCHOOL RAWANG



WED. APRIL 19, 2023

BREAKFAST

WESTERN

ASSORTED MINI MUFFIN, **FRUITS**

ASIAN

FRIED KWAY TIAW, CHEESE OMELETTE

LUNCH

WESTERN SET

BUTTERED PENNE, FRIED TILAPIA WITH TOMATO SAUCE, STEMED ZUCHINI AND BROCCOLI.

ASIAN SET

HERB RICE, HAINANESE CHICKEN WITH HONEY GLAZE, BOK CHOY IN **GARLIC SAUCE**

VEGETARIAN SET

RICE, VEGETARIAN FISH WITH TOMATO CONCASSE, STEAMED MIXED VEGETABLES

SOUP

CREAMY MUSHROOM SOUP WITH **GARLIC BREAD**

Allergens































BREAKFAST

WESTERN

FRENCH TOAST,, FRUITS

ASIAN

NASI LEMAK WITH CONDIMENT

Allergens



FISH MUSTARD MOLLUSCS NUTS











MILK EGGS WHEAT SOY SHELFISH





LUNCH

WESTERN SET

MASHED POTATOES, GRILLED ROSEMARY CHICKEN WITH BLACK PEPPER SAUCE, STEAM CARROT AND CAULIFLOWER

ASIAN SET

PLAIN RICE, FISH BALL SOUP, SAUTEED KAILAN & BEAN SPROUTS

VEGETARIAN SET

SEAWEED SOUP & TOFU, **SAUTEED KAILAN & BEAN SPROUTS**

SANDWICH

TORTILA, SLICE CHEESE, HAM, SALAD

MILK EGGS WHEAT SOY SHELFISH

























































STRAITS INTERNATIONAL SCHOOL RAWANG



FRI. APRIL 21, 2023



BREAKFAST

WESTERN













BREAKFAST

WESTERN

MINI CROISSANT, SCRAMBLED EGGS,

ASIAN

SINGAPORE STYLE FRIED

NOODLES, FRUITS





























MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS

MILK EGGS WHEAT SOY SHELFISH











OMELLET MALAY STYLE















WESTERN SET

LUNCH

PILAF RICE, CHICKEN CACCIATORE,



SAUTEED NOODLES, SPECIAL THAI LADNA SOUP, BOILED BROCCOLI AND CAULIFLOWER



VEGETARIAN SET

FRIED NOODLES, VEGAN SEAWEED FISH, STEAM MIXED VEGETABLES



SANDWICH

HAM, SALAD



SAUTEED FRENCH BEAN AND CARROT











































CHICKEN NUGGET, FRUITS

ASIAN

KAMPUNG FRIED RICE,

LUNCH

WESTERN SET

BUTTER PASTA, GRILLED SEABASS WITH HOLLANDAISE SAUCE, STIR FRY MIXED **VEGETABLES**

ASIAN SET

PLAIN RICE, CHICKEN IN HONEY LEMON SAUCE, CHINESE STYLE MIXED VEGETABLES

VEGETARIAN SET

PLAIN RICE, VEGAN CHICKEN IN HONEY LEMON SAUCE, VEGETABLES OF THE DAY

SANDWICH

SANDWICH BREAD, SLICE CHEESE, HAM, SALAD



























































BAKER'S CROISSANTS, SLICE CHEESE,



STRAITS INTERNATIONAL SCHOOL RAWANG



THU. APRIL 27, 2023











BREAKFAST

WESTERN

POUND CAKE CHOCOLATE, **FRUITS**

ASIAN

CANTONESE FRIED YEE MEE, OMMELET,

LUNCH

WESTERN SET

PASTA, CHICKEN FRICASSEE WITH SPECIAL SAUCE, CELERY SALAD

ASIAN SET

PLAIN RICE, SARDINE IN TOMATO SAUCE, MIXED VEGETABLE TEMPURA

VEGETARIAN SET

PASTA, SPINACH & PUMPKIN IN COCONUT MILK, VEGETABLES TEMPURA

SANDWICH

PANINI BREAD, SLICE CHEESE, HAM, SALAD

Allergens































































BREAKFAST

WESTERN

CHICKEN COCKTAIL SAUSAGE,,FRUITS

ASIAN

MUSHROOM FRIED RICE ,SUNNY SIDE UP

LUNCH

WESTERN SET

CHIPS, MAC & CHEESE, ROASTED **BROCCOLI & CAPSICUM**

ASIAN SET

RICE, DEEP FRIED TILAPIA WITH MANGGO SAUCE, FRIED SPINACH WITH MUSHROOM

VEGETARIAN SET

RICE, VEGAN CHICKEN SOUP **ROASTED BROCCOLI & CAPSICUM**

BURGER

BURGER BREAD, CHICKEN PATTY, SLICE CHEESE, HAM, SALAD

Allergens

































































STRAITS INTERNATIONAL SCHOOL RAWANG





BREAKFAST

WESTERN

EGG SANDWICH, FRUITS

Allergens









MENU MAY CHANGE ACCORDING TO FOOD SUPPLY SEASONS AND AVAILABILITY

ALL FOOD SERVED ARE



ASIAN

FRIED YELLOW NOODLES, HAM OMELETTE



























LUNCH

WESTERN SET

TOMATO RICE , CHICKEN WRAPPED WITH CHEESE SAUCE, STIR FRY FRENCH BEAN AND CARROT

ASIAN SET

LAKSA NOODLE, PENANG ASAM

LAKSA, LAKSA CONDIMENT





MILK EGGS WHEAT SOY SHELFISH





































VEGETARIAN SET

RICE, BREADED PUMKIN BALL, MUSHROOM SOUP

SANDWICH

TORTILA, SLICE CHEESE, HAM, SALAD





























HALAL



















Delischool Healthy Food Guidelines:

- MAINLY BAKE, GRILL, STEAM, LIGHTLY STRIFRY OR BOIL OUR FOODS.
- DEEP FRYING IS LIMITED WITHIN OUR MENU CYCLE.
- W E DO(MONOSODIUM NOTADDMSGGLUTAMATE) TO OUR COOKED FOODS.
- WE REDUCE SATURATED FAT, SUGAR, SALT & ARTIFICIAL COLOURING IN OUR COOKING
- GUARANTEED NUTFREE. PALM-OIL FREE. GLUTAMATE AND MSG FREE