

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST



WESTERN

HEALTHY BREAKFAST CEREAL
FRESH MILK
FRUITS



ASIAN

FRIED KWAY TEOW ,
SUNNY SIDE UP

LUNCH



WESTERN SET

MASHED POTATOES,
BARBECUED FISH,
ROASTED MIXED VEGETABLES



ASIAN SET

RICE ,
CHICKEN CURRY WITH POTATOES,
PENNYWORT SALAD



VEGETARIAN SET

MASH POTATOES ,
PAN SEARED VEGETARIAN FISH,
MIXED SALAD



SANDWICH

TORTILLA , SLICE CHEESE, HAM,
SALAD

Allergens



BREAKFAST

WESTERN

EGGS SANDWICH ,
FRUITS COCKTAIL

ASIAN

KAMPUNG FRIED RICE
OMELETTE

LUNCH

WESTERN SET

MACARONI,
CREAMY CHICKEN MUSHROOM
CELERY SALAD WITH APPLES

ASIAN SET

PLAIN RICE ,
THAI FISH CURRY,
STIR FRIED SPINACH WITH GARLIC

VEGETARIAN SET

PLAIN RICE ,
VEGAN THAI FISH SOUP,
STEAMED PIMKIN WITH BROCCOLI

SANDWICH

SANDWICH BREAD , SLICE CHEESE,
HAM, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

STEAM BUN
ROLL OMELETTE,

ASIAN

YEE MEE WITH FISH BALL SOUP
FRUITS

LUNCH

WESTERN SET

CARROT RICE,
CHICKEN, PARMIGIANA
BUTTERED MIXED VEGETABLES

ASIAN SET

LAKSA NOODLE ,
PENANG ASAM LAKSA,
LAKSA CONDIMENT

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN PARMIGIANA,
MIXED VEGETABLES

SANDWICH

CROISSANTS , SLICE CHEESE, HAM,
SALAD

Allergens



BREAKFAST

WESTERN

POUND CAKE ,
SUNNY SIDE UP

ASIAN

PRATA
DALCHA CURRY
FRUITS PUDING

LUNCH

WESTERN SET

AGLIO OLIO ,
CRISPY FISH WITH HOLLANDAIS SAUCE,
STEAMED MIXED VEGETABLES

ASIAN SET

PLAIN RICE ,
CHICKEN SOUP WITH POTATO ,
SAUTEED TOFU & SIEW PAK CHOY

VEGETARIAN SET

PLAIN RICE , VEGAN CRISPY FISH ,
TOFU WITH CABBAGE

SANDWICH

PANINI , SLICE CHEESE, HAM, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

FRENCH TOAST
SCRAMBLED EGGS



ASIAN

SINGAPORE STYLE FRIED NOODLES,
FRUITS



LUNCH

WESTERN SET

BUTTER RICE ,
GRILLED BBQ CHICKEN
BUTTERED MIXED VEGETABLES



ASIAN SET

SAUTEED NOODLE ,
JANCHI GUKSU (KOREAN SOUP),
BOILED BROCCOLI & CAULIFLOWER



VEGETARIAN SET

RICE ,
VEGETARIAN SOUP
MIXED VEGETABLES



SANDWICH

TORTILLA , SLICE CHEESE, HAM,
SALAD



Allergens



BREAKFAST

WESTERN

MALAYSIAN PANCAKES,
SAMBAL BILIS,
FRUITS PUDDING

ASIAN

THAI CONGEE ,
BOILED EGGS,

LUNCH

WESTERN SET

PASTA ,
BOLOGNESE CHICKEN BALL,
MIXED VEGETABLES TOMATO CONCASE

ASIAN SET

PLAIN RICE ,
KOREAN STYLE FISH DONBURI,
SAUTEED TOFU & SIEW PAK CHOY

VEGETARIAN SET

SPAGHETTI,
VEGETARIAN BOLOGNESE ,
STEAMED MIXED VEGETABLES

BURGER

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

Allergens

