

# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



THU, AUG 24. 2023

## **WESTERN**

HEALTY BREAKFAST CEREAL FRESH MILK **FRUITS** 

## **ASIAN**

FRIED KWAY TEOW, SUNNY SIDE UP

## LUNCH

### **WESTERN SET**

BARBECUED FISH, **ROASTED MIXED VEGETABLES** 

### **ASIAN SET**

CHICKEN CURRY WITH POTATOES. PENNYWORT SALAD

## **VEGETARIAN SET**

PAN SEARED VEGETARIAN FISH, MIXED SALAD

TORTILLA, SLICE CHEESE, HAM, **SALAD** 

## **Allergens**

MILK EGGS WHEAT SOY SHELFISH













































## 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

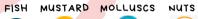
## **SANDWICH**

SANDWICH BREAD, SLICE CHEESE, HAM, SALAD

## Allergens

































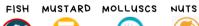
























































# BREAKFAST

MASHED POTATOES,

RICE,

MASH POTATOES,

### SANDWICH









































# Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



MON, AUG 28. 2023

## BREAKFAST

STEAM BUN ROLL OMELETTE,

## **Allergens**

## MILK EGGS WHEAT SOY SHELFISH











# 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





















































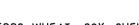






















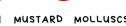




















### **WESTERN**

**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



# **Meal Planner**

STRAITS INTERNATIONAL SCHOOL RAWANG



WED. AUG 30, 2023

## WESTERN

BREAKFAST

FRENCH TOAST SCRAMBLED EGGS



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**































































