

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

FRIED MACARONI
SCRAMBLED EGGS

ASIAN

PRATA,
CURRY POTATOES,
FRUITS

LUNCH

WESTERN SET

MASHED POTATOES,
BARBECUED FISH,
ROASTED MIXED VEGETABLES

ASIAN SET

BUTTER RICE ,
HAINANESE CHICKEN,
MIXED 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 GREEN 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



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STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

BELGIAN WAFFLE
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

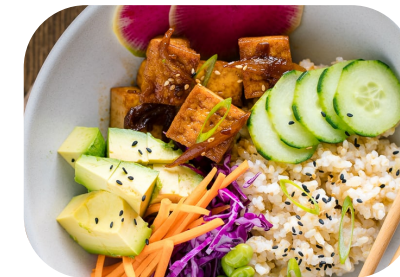
VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN PARMIGIANA,
MIXED VEGETABLES

SANDWICH

CROISSANTS , SLICE CHEESE, HAM,
SALAD

Allergens



BREAKFAST

WESTERN

POUND CAKE ,
FRUITS

ASIAN

CHINESE FRIED RICE ,
SUNNY SIDE UP,

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



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STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

CHICKEN SAUSAGE DOUGHNUT
ROLL OMELETTE,

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

SANDWICH

SANDWICH BREAD , SLICE CHEESE,
HAM, SALAD

Allergens





BREAKFAST

WESTERN

STEAM BUN,
FRUITS

ASIAN

CANTONESE FRIED YEE MEE ,
POACHED EGGS

LUNCH

WESTERN SET

PASTA POMODORO,
GRILLED FISH WITH TOMATO SAUCE,
BOILED MIXED VEGETABLES

ASIAN SET

PLAIN RICE ,
CHICKEN BALI,
STIR FRY BABY KAILAN

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN BALI,
FRIED KAILAN

SANDWICH

SANDWICH BREAD , MAYO, TUNA
SALAD

Allergens



BREAKFAST

WESTERN

TOAST,
BAKED BEAN,
RUIITS

ASIAN

NASI LEMAK WITH CONDIMENT

LUNCH

WESTERN SET

BUTTER RICE ,
ROASTED FISH WITH MOUSSELINE SAUCE ,
STEAM PUMKIN WITH BROCCOLI

ASIAN SET

FRIED NOODLES ,
CRISPY CHICKEN WITH BLACK PEPPER SAUCE ,
VEGETABLES OF THE DAY

VEGETARIAN SET

SAUTEED NOODLE ,
MUSHROOM & TOFU ,
VEGETABLES OF THE DAY

SANDWICH

TORTILA , SLICE CHEESE, HAM, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

PANCAKES WITH SYRUP,
FRUITS COCKTAIL

ASIAN

MUSHROOM FRIED RICE ,
SUNNY SIDE UP,

LUNCH

WESTERN SET

BUTTER RICE
GARLIC CHICKEN TIGHTS WITH MUSHROOM
STEAMED PUMKIN WITH BROCCOLI

ASIAN SET

YELLOW NOODLES
MEE BANDUNG
MEE BANDUNG CONDIMENT

VEGETARIAN SET

BUTTER RICE
VEGAN CHICKEN WITH MUSHROOM GRAVY,
STEAMED PUMKIN WITH BROCCOLI

SOUP

CREAM OF MUSHROOM SOUP WITH
GARLIC BREAD

Allergens



BREAKFAST

WESTERN

CHICKEN NUGGET,
SCRAMBLED EGGS,

ASIAN

FRIED KWAY TEOW ,
FRUITS

LUNCH

WESTERN SET

PENNE PASTA ,
FISH FILLET IN WHITE CREAM SAUCE ,
SAUTEED BROCOLLI AND BELL PEPPERS

ASIAN SET

RICE ,
KOREAN BBQ CHICKEN ,
FRIED CABBAGE

VEGETARIAN SET

RICE ,
VEGAN BBQ CHICKEN ,
FRIED CABBAGE TUMERIC

SANDWICH

BAKER'S CROISSANTS , SLICE CHEESE,
HAM, SALAD

Allergens



BREAKFAST



WESTERN

HEALTHY BREAKFAST CEREAL
FRESH MILK
FRUITS



ASIAN

RENDANG CHICKEN WITH
KETUPAT

LUNCH



WESTERN SET

FRENCH FRIES
BREADED FISH
COLESLAW



ASIAN SET

BIRYANI RICE ,
AYAM MASAK MERAH
VEGETABLE DALCHA



VEGETARIAN SET

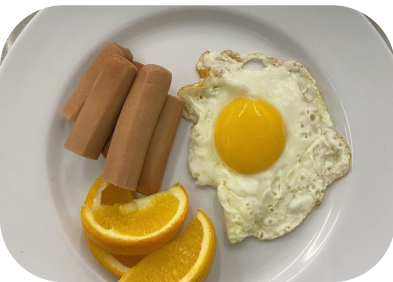
RICE ,
VEGAN CHICKEN IN TOMATO SAUCE ,
VEGETABLE DALCHA



SANDWICH

PANINI BREAD , SLICE CHEESE, HAM,
SALAD

Allergens



BREAKFAST

WESTERN

CHICKEN COCKTAIL SAUSAGE,
SUNNY SIDE UP

ASIAN

KAMPUNG FRIED RICE
FRUITS,

LUNCH

WESTERN SET

PASTA ,
SLOW COOKED ITALIAN CHICKEN ,
MIXED SALAD

ASIAN SET

RICE ,
SWEET AND SOUR FISH ,
VEGETABLES TEMPURA

VEGETARIAN SET

RICE , VEGAN SWEET AND SOUR FISH
, VEGETABLES TEMPURA

BURGER

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

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

FRENCH TOAST
SCRAMBLED EGGS



ASIAN

CHICKEN PORRIDGE ,
FRUITS



LUNCH

WESTERN SET

GARLIC BUTTER RICE ,
CHICKEN CHOP WITH BROWN SAUCE ,
HARVEST COBB SALAD



ASIAN SET

FLAT NOODLES ,
LADNA SOUP ,
VEGETABLES OF THE DAY



VEGETARIAN SET

PARATHA ,
TOFU MASALA ,
MIXED VEGETABLES



SANDWICH

BAKER'S CROISSANTS , SLICE CHEESE,
HAM, SALAD



Allergens



BREAKFAST

WESTERN

POUND CAKE PANDAN
FRUITS

ASIAN

FRIED VERMICELLI ,
SUNNY SIDE UP ,

LUNCH

WESTERN SET

PASTA OLIVE ,
FISH CARBONARA ,
SAUTEDD MUSHROOMS & BROCCOLI

ASIAN SET

PLAIN RICE ,
KOREAN SESAME CHICKEN ,
CHINESE VEGETABLES STIR FRY

VEGETARIAN SET

SPAGHETTI ,
VEGETARIAN CARBONARA ,
SAUTEDD MUSHROOMS & BROCCOLI

SANDWICH

SANDWICH BREAD , SLICE CHEESE,
HAM, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

TUNA SANDWICH ,
OMELETTE

ASIAN

PRATA
VEGETABLE CURRY
FRUITS PUDING

LUNCH

WESTERN SET

PASTA,
CHICKEN BOLOGNESE ,
SAUTEED BROCOLLI, CARROT & MUSHROOM

ASIAN SET

HERBS RICE ,
SICHUAN FISH
VEGETABLES OF THE DAY

VEGETARIAN SET

PASTA,
VEGETARIAN BOLOGNESE ,
SAUTEED BROCOLLI, CARROT & MUSHROO

SOUP

CREAM OF CHICKEN SOUP WITH
GARLIC BREAD

Allergens



BREAKFAST

WESTERN

TOAST WITH KAYA ,
OMELETTE

ASIAN

STIR FRIED CHAR KWAY TEOW ,
FRUITS

LUNCH

WESTERN SET

MASHED POTATOES
LASAGNA
COLESLAW

ASIAN SET

BIRYANI RICE ,
CHICKEN KORMA WITH POTATOES,
MIXED VEGETABLE

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN KORMA ,
MIXED VEGETABLE

SANDWICH

PANINI BREAD , SLICE CHEESE, HAM,
SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL,
FRESH MILK ,
FRUITS

ASIAN

FRIED NOODLES MAMAK STYLE ,
FRUITS

LUNCH

WESTERN SET

PASTA,
CHICKEN CARBONARA,
MIXED VEGETABLES WITH GARLICE SAUCE

ASIAN SET

CURRIED RICE ,
CHINESE CRISPY LEMON FISH ,
STIR FRY BOK CHOY

VEGETARIAN SET

CURRIED RICE ,
VEGETARIAN CRISPY LEMON FISH ,
STIR FRY BOK CHOY

SANDWICH

BAKER'S CROISSANTS , SLICE CHEESE,
HAM, SALAD

Allergens



BREAKFAST

WESTERN

MINI DONUTS
FRUITS

ASIAN

CHAR KWAY TEOW
SUNNY SIDE UP

LUNCH

WESTERN SET

SPAGHETTI AGLIO ,
SEA BASS WITH ROMESCO SAUCE ,
SAUTEED SPINACH AND RED PEPPERS

ASIAN SET

PLAIN RICE ,
MALAY SPICED FRIED CHICKEN
VEGETABLE OF THE DAY

VEGETARIAN SET

PLAIN RICE ,
KAKIAGE TEMPURA
SAUTEED SPINACH

SANDWICH

SANDWICH BREAD , SLICE CHEESE,
HAM, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

FRUITS LOAF,
OMELETTE



ASIAN

FRIED NOODLES SINGAPORE,
FRUITS



LUNCH

WESTERN SET

PASTA,
CREAMY TOMATO CHICKEN SKILLET
MIXED VEGETABLES OF THE DAY



ASIAN SET

SESAME RICE ,
CRISPY FISH WITH SWEET SAUCE
STIR FRY BOK CHOY



VEGETARIAN SET

SESAME RICE ,
VEGETARIAN CRISPY LEMON FISH ,
STIR FRY BOK CHOY



SOUP

SOUP SOTO WITH CONDIMENT



Allergens



BREAKFAST

WESTERN

MINI FRENCH CROISSANTS
SUNNY SIDE UP

Allergens



ASIAN

THAI FRIED RICE
FRUITS

LUNCH

WESTERN SET

SPAGHETTI AGLIO ,
PERUVIAN STYLE ROAST CHICKEN WITH
GREEN SAUCE
BUTTER MIXED VEGETABLES



ASIAN SET

PLAIN RICE ,
FRIED EGG IN SWEET SOY SAUCE
VEGETABLE OF THE DAY



VEGETARIAN SET

PLAIN RICE
MAPO TOFU
SAUTEED SPINACH



SANDWICH

SANDWICH BREAD , SLICE CHEESE,
HAM, SALAD

