

BREAKFAST

WESTERN

TUNA SANDWICH ,
FRUITS

ASIAN

NASI LEMAK WITH CONDIMENT

LUNCH

WESTERN SET

SPAGHETTI AGLIO OLIO
CRISPY TUNA POTATO CAKES WITH SPECIAL SAUCE
ROASTED MIXED VEGETABLES

ASIAN SET

BUTTER RICE ,
HONEY CHICKEN RICE,
MIXED SALAD

VEGETARIAN SET

MASH POTATOES ,
VEGETARIAN TEMPURA FISH,
MIXED SALAD

SANDWICH

FISH FINGER TORTILA WRAP

Allergens



BREAKFAST

WESTERN

JAPANESE TOAST
FRUITS

ASIAN

CHICKEN PORRIDGE
OMELETTE

LUNCH

WESTERN SET

MASHED POTATOES
CREAMY GARLIC CHICKEN BREAST
CELERY SALAD WITH APPLES

ASIAN SET

KAFFIR LIME LEAF RICE
FISH IN GREEN CURRY
STIR FRIED SPINACH WITH GARLIC

VEGETARIAN SET

KAFFIR LIME LEAF RICE
VEGAN FISH SOUP,
STIR FRIED SPINACH WITH GARLIC

SANDWICH

BBQ CHICKEN SANDWICH

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL
FRESH MILK

ASIAN

FRIED MEE HOON SIAM
FRUITS

LUNCH

WESTERN SET

TOMATO RICE,
SPANISH CHICKEN IN BRAVAS SAUCE
BUTTERED MIXED VEGETABLES

ASIAN SET

LAKSA NOODLE ,
PENANG ASAM LAKSA,
LAKSA CONDIMENT

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN IN BRAVAS SAUCE
MIXED VEGETABLES

SANDWICH

CROISSANTS , SLICE CHEESE, TUNA,
SALAD

Allergens



BREAKFAST

WESTERN

ROTI JOHN STYLE SANDWICH
MAYO SAUCE

ASIAN

CHINESE FRIED RICE ,
FRUITS COCKTAIL

LUNCH

WESTERN SET

AGLIO OLIO ,
PAN SEARED 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, EGG, SALAD

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

STEAM BUNS,
ROLL OMELETTE,

ASIAN

SINGAPORE STYLE FRIED NOODLES,
FRUITS

LUNCH

WESTERN SET

PILAF RICE ,
GREEK CHICKEN STEW,
BUTTERED MIXED VEGETABLES

ASIAN SET

SAUTEED NOODLE ,
FISH BALL SOUP,
BOILED BROCCOLI & CAULIFLOWER

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN STEW,
MIXED VEGETABLES

SANDWICH

STRAWBERRY- BANANA TORTILLA
WRAP

Allergens



BREAKFAST

WESTERN

MACARONI SCHOTEL

ASIAN

LEMPENG
,SAMBAL BILIS,
FRUITS

LUNCH

WESTERN SET

BUTTER PASTA ,
BOLOGNESE CHICKEN BALL,
MIXED VEGETABLES TOMATO CONCASE

ASIAN SET

PLAIN RICE ,
SWEET & SOUR EGGS
SAUTEED TOFU & SIEW PAK CHOY

VEGETARIAN SET

SPAGHETTI,
VEGETARIAN BOLOGNESE ,
STEAMED MIXED VEGETABLES

SANDWICH

SANDWICH PIZZA

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

DEEPAVALI DAY

BREAKFAST

WESTERN

SANDWICH PIZZA
FRUITS

ASIAN

CANTONESE FRIED YEE MEE ,
POACHED EGGS

LUNCH

WESTERN SET

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

ASIAN SET

TURMERIC RICE ,
NYONYA CHICKEN CURRY
STIR FRY BABY KAILAN

VEGETARIAN SET

RICE ,
VEGETARIAN CHICKEN CURRY,
FRIED KAILAN

SOUP

CREAMY BROCCOLI SOUP WITH
GARLIC BREAD

Allergens



Allergens



WESTERN

PANEER SANDWICH
JELLY FRUITS

ASIAN

PRATHA
DALCHA CURRY

LUNCH

WESTERN SET

INDIAN STYLE MACARONI
BRAISED FISH WITH SPICY TOMATO
SAUCE
MIXED SALAD

ASIAN SET

BASMATHI RICE
CHICKEN YAKHNI PULOU
GHURMA ALOO

VEGETARIAN SET

RICE
CHICKPEA POTATO CHAAT
GHURMA ALOO

SANDWICH

TANDOORI CHICKEN WRAP

BREAKFAST

WESTERN

PANCAKES WITH SYRUP,
FRUITS

ASIAN

MUSHROOM FRIED RICE ,
SUNNY SIDE UP,

LUNCH

WESTERN SET

GARLIC BUTTER RICE
CHICKEN BREAST WITH MUSHROOM GRAVY,
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

SANDWICH

CHICKEN SANDWICH

Allergens



BREAKFAST

WESTERN

BLOOMING SPRING TOASTS
FRUITS

ASIAN

FRIED KWAY TEOW ,
SCRAMBLED EGGS

LUNCH

WESTERN SET

PENNE PASTA ,
FISH FILLET IN CILANTRO SAUCE
BUTTERED VEGETABLES

ASIAN SET

RICE ,
KOREAN SWEET CHILLI CHICKEN ,
VEGETABLES SOUP

VEGETARIAN SET

RICE ,
VEGAN BBQ CHICKEN ,
VEGETABLES SOUP

SANDWICH

TUNA CROISSANT SANDWICH

Allergens



BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL
FRESH MILK



ASIAN

HOKKIAN FRIED MEE
FRUITS,



LUNCH

WESTERN SET

MASHED POTATO ES
BREADED FISH FILLETS WIT H NACHO SAUSE
COLESLAW



ASIAN SET

CARROT RICE ,
GRILLED MARINATED CHICKEN THIGH
WITH PERCIK SAUCE ,
VEGETABLES CURRY



VEGETARIAN SET

PLAIN RICE ,
VEGAN CHICKEN WITH PERCIK SAUCE ,
VEGETABLES CURRY



SANDWICH

SINGAPORE ROTI JOHN



Allergens



BREAKFAST

WESTERN

TOAST WITH CREAMY MUSHROOM
SUNNY SIDE UP

ASIAN

RENDANG CHICKEN WITH
KETUPAT

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, SALAD

Allergens



BREAKFAST



WESTERN

FRENCH TOAST
SYRUP



ASIAN

CHICKEN PORRIDGE ,
FRUITS COCKTAIL

LUNCH



WESTERN SET

GARLIC BUTTER RICE ,
CHICKEN CHOP WITH BLACK PEPPER SAUCE,
HARVEST COBB SALAD



ASIAN SET

FLAT NOODLES ,
LADNA SOUP ,
VEGETABLES OF THE DAY



VEGETARIAN SET

PARATHA ,
TOFU MASALA ,
MIXED VEGETABLES



SANDWICH

KOREAN FRIED CHICKEN WRAP

Allergens

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

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MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS



WESTERN

POTATO PANCAKES
FRUITS



ASIAN

FRIED VERMICELLI ,
SUNNY SIDE UP ,

LUNCH



WESTERN SET

PASTA OLIVE ,
FISH CARBONARA ,
SAUTEDD MUSHROOMS & BROCCOLI



ASIAN SET

BIRYANI RICE ,
AYAM MASAK MERAH
VEGETABLES DALCHA



VEGETARIAN SET

SPAGHETTI ,
VEGETARIAN CARBONARA ,
SAUTEDD MUSHROOMS & BROCCOLI



SANDWICH

PIZZA TOAST

Allergens

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

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MUSTARD

MOLLUSCS

NUTS

MILK

EGGS

WHEAT

SOY

SHELFISH

FISH

MUSTARD

MOLLUSCS

NUTS

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

KAYA PAU
FRUITS

ASIAN

PRATA
VEGETABLE CURRY

LUNCH

WESTERN SET

PASTA,
CHICKEN BOLOGNESE ,
SAUTEED BROCOLLI, CARROT &
MUSHROOM

ASIAN SET

RICE ,
BEGEDIL WITH SOUP SOTO
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
STRAWBERRY JAM

ASIAN

STIR FRIED CHAR KWAY TEOW ,
OMELETE

LUNCH

WESTERN SET

VEGETABLE CRACKERS
LASAGNA
MIXED SALAD

ASIAN SET

PLAIN RICE ,
SWEET CHILLI KOREAN FRIED CHICKEN ,
MIXED VEGETABLE

VEGETARIAN SET

PLAIN RICE ,
VEGETARIAN SESAME CHICKEN ,
MIXED VEGETABLE

SANDWICH

PANINI EGG SANDWICH

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

HEALTY BREAKFAST CEREAL,
FRESH MILK ,

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,
CRISPY FISH ,SALAD

Allergens



BREAKFAST

WESTERN

ITALIAN FRIED MACARONI ,
SUNNY SIDE UP

ASIAN

TUNA SANDWICH
FRUITS

LUNCH

WESTERN SET

SPAGHETTI AGLIO ,
FISH WITH ROMESCO SAUCE , SAUTEED
SPINACH AND RED PEPPERS

ASIAN SET

PLAIN RICE ,
MALAY SPICED FRIED CHICKEN
VEGETABLE CURRY

VEGETARIAN SET

PLAIN RICE ,
KAKIAGE TEMPURA
SAUTEED SPINACH

SANDWICH

TUNA SANDWICH

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

EGG SANDWISH
SOYA MILK PUDING

ASIAN

FRIED MEE HOON,
OMMELET

LUNCH

WESTERN SET

PASTA,
MARRY ME CHICKEN
VEGETABLES OF THE DAY

ASIAN SET

RICE
THAI STYLE STEAMED FISH
STIR FRY KAILAM

VEGETARIAN SET

PASTA
VEGAN CHICKEN POT PIE
VEGETABLES OF THE DAY

SANDWICH

PIZZA TOASTS BREAD

Allergens



BREAKFAST

WESTERN

CREAM TOAST,
FRIUITS

ASIAN

KAMPUNG FRIED RICE
SUNNY SIDE UP

LUNCH

WESTERN SET

BUTTER RICE
TILAPIA FLORENTINE
SAUTEED SPINACH AND RED PEPPERS

ASIAN SET

PLAIN RICE ,
MUTTON SOUP WITH POTATOES
BEAN SPROUTS STIR FRY

VEGETARIAN SET

PLAIN RICE ,
VEGETARIAN SOUP
SAUTEED SPINACH

SANDWICH

CRUNCHY VEGETABLES TORTILLA
WRAP

Allergens

