

STRAITS INTERNATIONAL SCHOOL RAWANG

Delischool

THU. NOV 2, 2023

TUNA SANDWICH, **FRUITS**

Allergens













WESTERN

JAPANESE TOAST FRUITS

BREAKFAST

Allergens































MILK EGGS WHEAT SOY SHELFISH















ASIAN

NASI LEMAK WITH CONDIMENT















WESTERN SET

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

ASIAN SET

BUTTER RICE,

HONEY CHICKEN RICE,

VEGETARIAN SET

MASH POTATOES,

VEGETARIAN TEMPURA FISH,

MIXED SALAD

SANDWICH

FISH FINGER TORTILA WRAP

MIXED SALAD



























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















































BREAKFAST

WESTERN











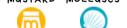














































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MILK EGGS WHEAT SOY SHELFISH







STRAITS INTERNATIONAL SCHOOL RAWANG



MON. NOV 6, 2023

BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL FRESH MILK



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



RICE, VEGETARIAN CHICKEN IN BRAVAS SAUCE MIXED VEGETABLES

VEGETARIAN SET



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

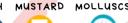
PLAIN RICE, VEGAN CRISPY FISH, **TOFU WITH CABBAGE**

SANDWICH

PANINI, SLICE CHEESE, EGG, SALAD

Allergens









































































STRAITS INTERNATIONAL SCHOOL RAWANG



WED. NOV 8 2023

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



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









































































STRAITS INTERNATIONAL SCHOOL RAWANG

Delischool

FRI, NOV 10. 2023

BREAKFAST

SANDWICH PIZZA **FRUITS**

Allergens











ASIAN

DEEPAVALI DAY

BREAKFAST

WESTERN

PANEER SANDWICH

JELLY FRUITS

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

Allergens



















MILK EGGS WHEAT SOY SHELFISH



























WESTERN

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







































RICE CHICKPEA POTATO CHAAT GHURMA ALOO

SANDWICH

TANDOORI CHICKEN WRAP













































































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STRAITS INTERNATIONAL SCHOOL RAWANG





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**



FRIED KWAY TEOW, SCRAMBLED EGGS

LUNCH

WESTERN SET

PENNE PASTA, FISH FILLET IN CILANTRO SAUCE **BUTTERRED VEGETABLES**

ASIAN SET

RICE, KOREAN SWEET CHILLI CHICKEN, **VEGETABLES SOUP**

VEGETARIAN SET

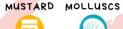
RICE, VEGAN BBQ CHICKEN, **VEGETABLES SOUP**

SANDWICH

TUNA CROISSANT SANDWICH

Allergens





































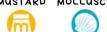






























STRAITS INTERNATIONAL SCHOOL RAWANG



BREAKFAST



HEALTHY BREAKFAST CEREAL

Allergens













BREAKFAST



TOAST WITH CREAMY MUSHROOM SUNNY SIDE UP

ASIAN

RENDANG CHICKEN WITH

KETUPAT

Allergens























































FRESH MILK

ASIAN

HOKKIAN FRIED MEE FRUITS,







MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS

MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS



























WESTERN SET

LUNCH

PASTA, SLOW COOKED ITALIAN CHICKEN, MIXED SALAD

ASIAN SET RICE,

SWEET AND SOUR FISH, **VEGETABLES TEMPURA**

RICE, VEGAN SWEET AND SOUR FISH , VEGETABLES TEMPURA

VEGETARIAN SET

BURGER

BURGER BREAD, CHICKEN PATTY, SLICE CHEESE, SALAD











































WESTERN

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





MILK EGGS WHEAT SOY SHELFISH













STRAITS INTERNATIONAL SCHOOL RAWANG





BREAKFAST

WESTERN

FRENCH TOAST

SYRUP

Allergens











BREAKFAST

WESTERN

POTATO PANCAKES **FRUITS**

















CHICKEN PORRIDGE,













ASIAN

FRIED VERMICELLI, SUNNY SIDE UP,

LUNCH

WESTERN SET

PASTA OLIVE,

FISH CARBONARA,

SAUTEDD MUSHROOMS & BROCCOLI















CHICKEN CHOP WITH BLACK PEPPER SAUCE, HARVEST COBB SALAD

















BIRYANI RICE,



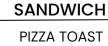
AYAM MASAK MERAH VEGETABLES DALCHA



VEGETARIAN SET

SPAGHETTI, VEGETARIAN CARBONARA, SAUTEDD MUSHROOMS & BROCCOLI



































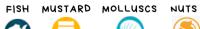


































FRUITS COCKTAIL



WESTERN SET

GARLIC BUTTER RICE,



FLAT NOODLES, LADNA SOUP, **VEGETABLES OF THE DAY**



PARATHA, TOFU MASALA,



MIXED VEGETABLES



KOREAN FRIED CHICKEN WRAP





















































STRAITS INTERNATIONAL SCHOOL RAWANG



MON, NOV 27 2023

BREAKFAST

WESTERN

KAYA PAU **FRUITS**



PRATA **VEGETABLE CURRY**



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



CREAM OF CHICKEN SOUP WITH **GARLIC BREAD**

SOUP

Allergens





















































BREAKFAST

WESTERN

TOAST

STRAWBERRY JAM

STIR FRIED CHAR KWAY TEOW, **OMELETE**





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



















































































STRAITS INTERNATIONAL SCHOOL RAWANG



WED. NOV 29 2023

BREAKFAST

WESTERN

HEALTY BREAKFAST CEREAL, FRESH MILK,

Allergens













BREAKFAST

WESTERN

ITALIAN FRIED MACARONI SUNNY SIDE UP

Allergens

















ASIAN

FRIED NOODLES MAMAK STYLE, **FRUITS**















ASIAN

LUNCH

WESTERN SET

SPAGHETTI AGLIO,

FISH WITH ROMESCO SAUCE, SAUTEED

SPINACH AND RED PEPPERS

TUNA SANDWICH FRUITS

















WESTERN SET

CHICKEN CARBONARA, MIXED VEGETABLES WITH GARLICE SAUCE



















PLAIN RICE, MALAY SPICED FRIED CHICKEN



VEGETABLE CURRY



VEGETARIAN SET

SAUTEED SPINACH































































LUNCH

PASTA,

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

MILK EGGS WHEAT SOY SHELFISH



































































PLAIN RICE, KAKIAGE TEMPURA



TUNA SANDWICH





STRAITS INTERNATIONAL SCHOOL RAWANG



FRI, DEC 1 2023

WESTERN

BREAKFAST

EGG SANDWISH SOYA MILK PUDING



Allergens



BREAKFAST

WESTERN

CREAM TOAST, **FRIUITS**















ASIAN

FRIED MEE HOON, **OMMELET**





ASIAN

KAMPUNG FRIED RICE SUNNY SIDE UP





MILK EGGS WHEAT SOY SHELFISH

MILK EGGS WHEAT SOY SHELFISH









LUNCH

WESTERN SET

PASTA, MARRY ME CHICKEN **VEGETABLES OF THE DAY**





WESTERN SET

LUNCH

BUTTER RICE TILAPIA FLORENTINE SAUTEED SPINACH AND RED PEPPERS











ASIAN SET

RICE

THAI STYLE STEAMED FISH STIR FRY KAILAM

VEGETARIAN SET

PASTA

VEGAN CHICKEN POT PIE

VEGETABLES OF THE DAY











ASIAN SET

PLAIN RICE, MUTTON SOUP WITH POTATOES **BEAN SPROUTS STIR FRY**





MILK EGGS WHEAT SOY SHELFISH



































SANDWICH

PIZZA TOASTS BREAD



































VEGETARIAN SET

PLAIN RICE, **VEGETARIAN SOUP** SAUTEED SPINACH



CRUNCHY VEGETABLES TORTILLA WRAP