



BREAKFAST

WESTERN

CREAMY GARLIC MUSHROOM PASTA
FRUITS



ASIAN

PRATA
CHICKEN CURRY



LIVE STATION

PANINI SANDWICH

Salad -Tomato - Slice Cheese - Mayo
-Chicken Pepperoni -Mustard -
Ketchup



WESTERN SET

FRENCH FRIES
FISH AND CHIP
SALAD WITH YOUGHURT DRESSING



ASIAN SET

CORN RICE ,
GRILLED HONEY CHICKEN ,
BEAN SPROUT STIR FRY WITH GARLIC



VEGETARIAN SET

FRENCH FRIES
VEGETARIAN PIZZA
MIXED SALAD

Allergens



BREAKFAST

WESTERN

MELTED SANDWICH
OVER HARD EGGS

ASIAN

LAP CHEONG FRIED RICE
FRUITS

LUNCH

LIVE STATION

BBQ CHICKEN SANDWICH

Salad - Capsicum - Slice Cheese -
Mayo -Chicken BBQ -Mustard -
Ketchup

WESTERN SET

PASTA
BEEF BOLOGNESE
CELERY SALAD WITH APPLES

ASIAN SET

BUTTER RICE ,
DEEP FRIED DORY WITH PLUM SAUCE,
STIR FRIED SPINACH WITH GARLIC

VEGETARIAN SET

PASTA
VEGETARIAN BOLOGNESE
CELERY SALAD WITH APPLES

Allergens





BREAKFAST

WESTERN

HEALTHY BREAKFAST
CEREAL
FRESH MILK

ASIAN

FRIED KWAY TEOW
FRUITS

LUNCH

LIVE STATION

CROISSANT SANDWICH

Salad -Tomato - Slice Cheese - Mayo
-Chicken Slice- Mustard - Ketchup -
Onion Slice

WESTERN SET

TOMATO RICE,
CREAMY TUSCAN CHICKEN
BUTTERED MIXED VEGETABLES

ASIAN SET

LAKSA NOODLE
LAKSA KELANTAN
LAKSA CONDIMENT

VEGETARIAN SET

VEGETARIAN CROISSANT SANDWICH

Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



BREAKFAST

WESTERN

KAYA TOAST
SCRAMBLED EGGS

ASIAN

CHICKEN FRIED RICE ,
FRUITS

LUNCH

LIVE STATION

EGG BURGER

Salad -Tomato - Mayo - Cheese
Slice- fried egg- Ketchup - Onion
Slice

WESTERN SET

PASTA
FISH FILLET WITH BUTTERMILK SAUCE
SAUTEED MIXED VEGETABLES

ASIAN SET

RAINBOW GHEE RICE
AYAM MASAK MERAH
ACAR JELATAH

VEGETARIAN SET

RAINBOW GHEE RICE
,CHICKPEA POTATO CHAAT
SAUTEED MIXED VEGETABLES

Allergens



BREAKFAST



WESTERN

TOAST BREAD WITH STRAWBERRY JAM
FRUITS



ASIAN

SINGAPORE STYLE FRIED NOODLES,
ROLL OMELETTE,

LUNCH

LIVE STATION

KOREAN CHICKEN BURGER

Salad -Tomato - Slice Cheese - Mayo
-Crispy Chicken- Korean Sauce -
Ketchup - Cucumber Slice



WESTERN SET

BUTTER FRIED RICE ,
GRILLED CHICKEN WITH MUSHROOM SAUCE
CLASSIC SUMMER SALAD



ASIAN SET

HAND PULLED NOODLES ,
SPECIAL SOUP CHINESE STYLE
NOODLE SOUP CONDIMENTS



VEGETARIAN SET

HAND PULLED NOODLES ,
VEGETARIAN SOUP CHINESE STYLE
NOODLE SOUP CONDIMENTS



Allergens



BREAKFAST

WESTERN

FRENCH TOAST
FRUITS

ASIAN

JAPANESE UDON NOODLES
BOILED EGGS,

LUNCH

LIVE STATION

MEAT BALL SANDWICH

Salad -Tomato - Slice Cheese -
Chicken Meatball Marinara -
Capsicum Slice

WESTERN SET

VEGETABLES CRACKERS
LASAGNA
BUTTER MIXED VEGETABLES

ASIAN SET

KOREAN FRIED RICE ,
FISH BREADED WITH CHEESE SAUCE
TURKISH SALAD

VEGETARIAN SET

VEGETABLES CRACKERS
VEGETARIAN LASAGNA
BUTTER MIXED VEGETABLES

Allergens





BREAKFAST

WESTERN

PANCAKES WITH SYRUP
FRUITS YOGURT

ASIAN

CANTONESE FRIED YEE MEE ,
POACHED EGGS

LUNCH

LIVE STATION

CROISSANT SANDWICH

Salad -Tomato - Slice Cheese - Mayo
-Crispy Chicken -Mustard - Ketchup

WESTERN SET

MASHED POTATO
CHICKEN CRISPY WITH BLACK PEPPER SAUCE
GHANALAN SALAD

ASIAN SET

CHINESE FRIED RICE
SWEET AND SOUR FISH
STIR FRY BABY KAILAN

VEGETARIAN SET

VEGETARIAN SANDWICH

Allergens



BREAKFAST

WESTERN

CORN AND CHEESE TOAST
FRUITS COCKTAILS

ASIAN

NASI LEMAK WITH CONDIMENT

LUNCH

LIVE STATION

CIABATTA SANDWICH

Salad - Tomato - Slice Cheese -
Mayo -Streaky Chicken-Mustard -
Ketchup

WESTERN SET

VEGETABLES CRACKERS
HOME-STYLE MACARONI AND CHEESE,
FRESH CORN SALAD

ASIAN SET

SESAME RICE
KOREAN SESAME CHICKEN
VEGETABLES SOUP WITH FISH BALL

VEGETARIAN SET

SESAME RICE
MUSHROOM & TOFU ,
VEGETABLES OF THE DAY

Allergens





BREAKFAST

WESTERN

PIZZA TOAST
FRUITS



ASIAN

MUSHROOM FRIED RICE ,
OVER HARD EGGS



LUNCH

LIVE STATION

CHICKEN POPCORN SANDWICH

Salad -Tomato - Cheese sauce - Mayo
-Chicken Pop Corn - Onion Slice



WESTERN SET

AGLIO OLIO
CHICKEN BREAST WITH MUSHROOM GRAVY,
STEAMED PUMPKIN WITH BROCCOLI



ASIAN SET

NASI LEMAK PANDAN
BREADED FISH WITH SAMBAL
CUCUMBER & CARROT SALAD



VEGETARIAN SET

MIX BEAN WITH HERB
POTATO WITH MUSHROOM GRAVY,
STEAMED PUMPKIN WITH BROCCOLI

Allergens



BREAKFAST

WESTERN

TOAST WITH CREAMY MUSHROOM
SCRAMBLED EGGS

ASIAN

FRIED KWAY TEOW ,
FRUITS

LUNCH

LIVE STATION

KOREAN BURGER

Salad -Tomato - Korean Mayo -
Chicken Grill- Ketchup - Onion Slice

WESTERN SET

PASTA ,
CHICKEN CARBONARA
SAUTEED BROCOLLI AND BELL PEPPERS

ASIAN SET

BIRYANI RICE ,
BEEF CURRY WITH POTATOE
ACAR RAMPAI

VEGETARIAN SET

PASTA
VEGETARIAN CARBONARA
SPINACH SALAD

Allergens

