

MON, SEP 2, 2024 WED, SEP 18. 2024

BREAKFAST

WESTERN

CREAMY GARLIC MUSHROOM PASTA **FRUITS**

ASIAN

PRATA CHICKEN CURRY

LUNCH

LIVE STATION

PANINI SANDWICH

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

WESTERN SET

FRENCH FRIES FISH AND CHIP SALAD WITH YOUGURT DRESSING

ASIAN SET

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

VEGETARIAN SET

FRENCH FRIES **VEGETARIAN PIZZA** MIXED SALAD

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

Allergens















MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS











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

TUE, SEPT 3. 2024





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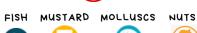








































































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WED. SEP 4, 2024 FRI. SEP 20, 2024

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL FRESH MILK

ASIAN

FRIED KWAY TEOW **FRUITS**

LUNCH

LIVE STATION

CROISSANT SANDWICH

Salad -Tomato - Slice Cheese - Mayo -Chiken 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















































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

THU, SEP 5, 2024

MON.SEP 23, 2024

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MILK EGGS WHEAT SOY SHELFISH





































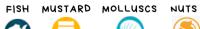












































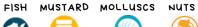




















FRI, SEPT 6. 2024 TUE, SEP 24. 2024

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

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











































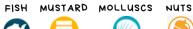


















WESTERN

FRUITS

ASIAN

JAPANESE UDON NOODLES **BOILED EGGS,**

LUNCH

Capsicum Slice

VEGETABLES CRACKERS LASAGNA **BUTTER MIXED VEGETABLES**

ASIAN SET

KOREAN FRIED RICE. FISH BREADED WITH CHEESE SAUCE **TURKISH SALAD**

VEGETABLES CRACKERS VEGETARIAN LASAGNA **BUTTER MIXED VEGETABLES**

FRENCH TOAST

LIVE STATION

MEAT BALL SANDWICH

Salad -Tomato - Slice Cheese -Chicken Meatball Marinara -

WESTERN SET

VEGETARIAN SET



MON, SEP 9 2024 WED, SEP 25. 2023

Allergens

MILK EGGS WHEAT SOY SHELFISH



























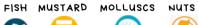




















































TUE, SEP 10. 2024 THU, SEP 26, 2024

STRAITS INTERNATIONAL SCHOOL RAWANG

Meal Planner

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

Allergens





















WESTERN

CORN AND CHEESE TOAST

LUNCH

CIABATTA SANDWICH

Ketchup

FRESH CORN SALAD

KOREAN SESAME CHICKEN VEGETABLES SOUP WITH FISH BALL

> SESAME RICE MUSHROOM & TOFU,

FRUITS COCKTAILS

LIVE STATION

HOME-STYLE MACARONI AND CHEESE,

VEGETARIAN SET

VEGETABLES OF THE DAY



Allergens



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WED, SEP 11. 2024

FRI, SEP 27. 2024

















































































CHINESE FRIED RICE **SWEET AND SOUR FISH** STIR FRY BABY KAILAN



VEGETARIAN SANDWICH

















































































ASIAN

NASI LEMAK WITH CONDIMENT

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

WESTERN SET

VEGETABLES CRACKERS

ASIAN SET

SESAME RICE



THU, SEP 12. 2024

MON. SEP 30, 2024



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

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

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





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