

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

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

MASHED POTATOES
BAKED FISH WITH LEMON CREAM SAUCE
SALAD WITH YOUGHURT DRESSING



ASIAN SET

CHINESE FRIED RICE,
AYAM GORENG BEREMPAH
BEAN SPROUT STIR FRY WITH GARLIC



VEGETARIAN SET

VEGETARIAN PIZZA
MIXED SALAD

Allergens



BREAKFAST

WESTERN

MELTED SANDWICH
OVER HARD EGGS



ASIAN

CHICKEN SAUSAGE FRIED RICE
FRUITS



LUNCH

LIVE STATION

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



WESTERN SET

PASTA
CHICKEN BOLOGNESE WITH PARMESAN
CELERY SALAD WITH APPLES



ASIAN SET

BUTTER RICE,
DEEP FRIED DORY WITH SWEET THAI 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 EGG SANDWICH
Salad - Tomato - Slice Cheese - Mayo
- Mashed Eggs - 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

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

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FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	



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
NYONYA CHICKEN CURRY
ACAR JELATAH



VEGETARIAN SET

RAINBOW GHEE RICE
,CHICKPEA POTATO CHAAT
SAUTEED MIXED VEGETABLES

Allergens

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

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FISH	MUSTARD	MOLLUSCS	NUTS	

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FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

BREAKFAST

WESTERN

HEALTHY BREAKFAST CEREAL
FRESH MILK



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,
SOTANGHON SOUP
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



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

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

FRENCH FRIES
CHICKEN CRISPY WITH BLACK PEPPER SAUCE
GHANALAN SALAD



ASIAN SET

CHINESE FRIED RICE
SWEET AND SOUR FISH
STIR FRY BABY KAILAN

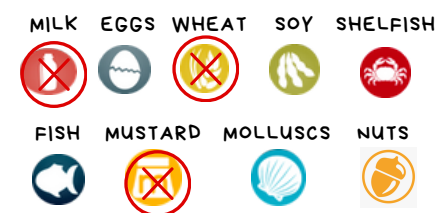


VEGETARIAN SET

VEGETARIAN SANDWICH



Allergens



BREAKFAST

WESTERN

CROQUE MONSIEUR
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 BROCCOLI AND BELL PEPPERS

ASIAN SET

BIRYANI RICE,
LAMB CURRY WITH POTATOES
ACAR RAMPAI

VEGETARIAN SET

PASTA
VEGETARIAN CARBONARA
SPINACH SALAD

Allergens

