

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG

BREAKFAST

WESTERN

BREAKFAST MAC & CHEESE
FRUITS



ASIAN

TOSAI
CHICKEN CURRY



LUNCH

LIVE STATION

PANINI SANDWICH

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



WESTERN SET

MASHED POTATOES
FISH BRADED WITH LEMON CREAM SAUCE
SALAD WITH YOGURT DRESSING



ASIAN SET

CHINESE FRIED RICE,
CHICKEN BALI
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



WED, DEC 4. 2024

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

NOODLE
CURRY MEE
CURRY CONDIMENT



VEGETARIAN SET

VEGETARIAN CROISSANT SANDWICH

Allergens

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



BREAKFAST

WESTERN

RICOTTA BANANA 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 AND POTATO CHAAT
SAUTEED MIXED VEGETABLES

THU, DEC 5. 2024

Allergens

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

MILK	EGGS	WHEAT	SOY	SHELFISH
FISH	MUSTARD	MOLLUSCS	NUTS	

FRI, DEC 6, 2024

BREAKFAST



WESTERN

STEAMED BUN
YOGURT FRUIT



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,
ASIAN MEATBALL SOUP
NOODLE SOUP CONDIMENTS



VEGETARIAN SET

HAND PULLED NOODLES,
VEGETARIAN SOUP CHINESE STYLE
NOODLE SOUP CONDIMENTS



Allergens



BREAKFAST

WESTERN

FRENCH TOAST
FRUITS



ASIAN

FRIED NOODLES MAMAK STYLE
OVER HARD EGGS

LUNCH

LIVE STATION

MEAT BALL SANDWICH

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



WESTERN SET

VEGETABLES CRACKERS
LASAGNA
BUTTERED MIXED VEGETABLES



ASIAN SET

KOREAN FRIED RICE,
FISH BREADED WITH CHEESE SAUCE
TURKISH SALAD



VEGETARIAN SET

VEGETABLES CRACKERS
VEGETARIAN LASAGNA
BUTTERED MIXED VEGETABLES



MON, DEC 9, 2024

Allergens



TUE, DEC 10, 2024

BREAKFAST

WESTERN

FLUFFY YOGURT PANCAKES
FRUITS



ASIAN

SIZZLING YEE MEE
POACHED EGGS



LUNCH

LIVE STATION

CROISSANT SANDWICH

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



WESTERN SET

FRENCH FRIES
CHICKEN GRILLED WITH BLACK PEPPER SAUCE
GHANALAN SALAD



ASIAN SET

CHINESE FRIED RICE
SWEET AND SOUR FISH
STIR FRY BABY KAILAN



VEGETARIAN SET

VEGETARIAN SANDWICH



Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



WED DEC 11, 2024

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

HIBACHI FRIED RICE
SWEET CRISPY KOREAN FRIED CHICKEN
VEGETABLES SOUP WITH FISH BALL

VEGETARIAN SET

VEGETARIAN FRIED RICE
MUSHROOM & TOFU,
VEGETABLES OF THE DAY

Allergens



THU, DEC 12, 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
GRILLED FISH IN CREAMY MUSHROOM SAUCE
STEAMED PUMPKIN WITH BROCCOLI



ASIAN SET

NASI LEMAK PANDAN
BREADED CHICKEN 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

FRI, DEC 13, 2024

Allergens



LUNCH

THERE WILL BE NO LUNCH FOR
THIS DATE, STUDENT WILL GO
HOME EARLY