

TUE, JAN 7 2025
TUE, JAN 21 2025



BREAKFAST

WESTERN

BREAKFAST MAC & CHEESE
FRUITS

ASIAN

THOSAI
DHAL CURRY

LUNCH

LIVE STATION

PANINI SANDWICH

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

WESTERN SET

MASHED POTATOES
BREADED FISH 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



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



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

CARROT RICE ,
ASIAN FISH WITH GINGER & SOY SAUCE,
STIR FRIED SPINACH WITH GARLIC

VEGETARIAN SET

PASTA
VEGETARIAN BOLOGNESE
CELERY SALAD WITH APPLES

WED, JAN 8. 2025
WED, JAN 22. 2025

Allergens



THU, JAN 9. 2025
THU, JAN 23. 2025



BREAKFAST

WESTERN

HEALTHY BREAKFAST
CEREAL
FRESH MILK

ASIAN

FRIED KWAY TEOW
FRUITS

LUNCH

LIVE STATION

CROISSANT & EGG SANDWICH

Salad - Tomato - Mayo - Cheese - Mayo
-Mashed Eggs - Mustard - Ketchup -
Onion Slice

WESTERN SET

TOMATO RICE,
CHICKEN STROGANOFF
BUTTERED MIXED VEGETABLES

ASIAN SET

HAND PULLED NOODLES
CURRY NOODLES
CURRY CONDIMENT

VEGETARIAN SET

VEGETARIAN CROISSANT SANDWICH

Allergens



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

FRENCH FRIES
FISH PIE
SAUTEED MIXED VEGETABLES

ASIAN SET

WHITE RICE
TERIYAKI CHICKEN
BOK CHOY WITH GARLIC SAUCE

VEGETARIAN SET

RICE
VEGETABLE TERIYAKI
SAUTEED TOFU

FRI, JAN 10. 2025
FRI, JAN 24. 2025

Allergens



MON ,JAN 13. 2024
MON ,JAN 27. 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

RICE PILAF
GRILLED CHICKEN WITH MUSTARD BARBECUE
SAUCE
CLASSIC SUMMER SALAD



ASIAN SET

NOODLES ,
THAI COCONUT CHICKEN BALL SOUP
NOODLE SOUP CONDIMENTS



VEGETARIAN SET

NOODLES ,
VEGETARIAN SOUP THAI STYLE
NOODLE SOUP CONDIMENTS



Allergens



Meal Planner

STRAITS INTERNATIONAL SCHOOL RAWANG



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
CAJUN CHICKEN 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



TUE, JAN 14 2024

Allergens



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

PASTA
CREAMY PESTO CHICKEN
GHANAIAN SALAD



ASIAN SET

PANDAN 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

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



FRI, JAN 17, 2024

MON, JAN 20, 2025



BREAKFAST

WESTERN

TANDORI CHICKEN PIZZA TOAST
YOGURT CILANTRO



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

PASTA
CREAMY TUSCAN SALMON
STEAMED PUMPKIN WITH BROCCOLI



ASIAN SET

NASI LEMAK PANDAN
BREADED CHICKEN WITH SAMBAL
CUCUMBER & CARROT SALAD



VEGETARIAN SET

PASTA
CREAMY TUSCAN POTATO BAKE
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

