

STRAITS INTERNATIONAL SCHOOL RAWANG

### 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**

MILK EGGS WHEAT SOY SHELLFISH

















































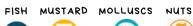




















### **WESTERN**

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** 



**Delis**chool

**Allergens** 

MILK EGGS WHEAT SOY SHELFISH

FISH MUSTARD MOLLUSCS NUTS

WED, JAN 8. 2025

WED. JAN 22, 2025

























































































### THU. JAN 23, 2025 BREAKFAST

### **WESTERN**

HEALTHY BREAKFAST CEREAL FRESH MILK

### **ASIAN**

FRIED KWAY TEOW **FRUITS** 

### LUNCH

### **LIVE STATION**

**CROISSANT & EGG** Salad -Tomasya-Nitional Challese - 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

# Meal Planner

#### STRAITS INTERNATIONAL SCHOOL RAWANG

### **Allergens**









































## 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



**Allergens** 

**Delischool** 



FRI, JAN 10. 2025

FRI, JAN 24. 2025





















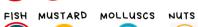


















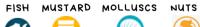


















































STRAITS INTERNATIONAL SCHOOL RAWANG

MON .JAN 13. 2024 MON .JAN 27, 2024













## BREAKFAST

#### **WESTERN**

STEAMED BUN YOGURT FRUIT



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**



















































#### 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**

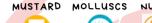
**VEGETABLES CRACKERS** VEGETARIAN LASAGNA **BUTTERED MIXED VEGETABLES** 

## **Allergens**

TUE, JAN 14 2024



**Delis**chool









































































STRAITS INTERNATIONAL SCHOOL RAWANG

#### WED, JAN 15, 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**

PASTA CREAMY PESTO CHICKEN **GHANAIAN SALAD** 

#### **ASIAN SET**

PANDAN RICE **SWEET AND SOUR FISH** STIR FRY BABY KAILAN

#### **VEGETARIAN SET**

VEGETARIAN SANDWICH

### **Allergens**



































MILK EGGS WHEAT SOY SHELFISH























## 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**

**Delis**chool



THU JAN 16. 2024





























































































































STRAITS INTERNATIONAL SCHOOL RAWANG







## BREAKFAST

#### **WESTERN**

TANDORI CHICKEN PIZZA TOAST YOGURT CILANTRO



### **ASIAN**

MUSHROOM FRIED RICE, **OVER HARD EGGS** 



# LUNCH

**LIVE STATION** 

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

CHICKEN POPCORN SANDWICH



## **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













































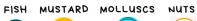




















### TOAST WITH CREAMY MUSHROOM SCRAMBLED EGGS

WESTERN

**ASIAN** 

FRIED KWAY TEOW,

**FRUITS** 



## LUNCH

### **LIVE STATION**

## **KOREAN BURGER**

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





### PASTA,

**WESTERN SET** 

CHICKEN CARBONARA SAUTEED BROCOLLI AND BELL PEPPERS

### **ASIAN SET**

BIRYANI RICE, LAMB CURRY WITH POTATOES **ACAR RAMPAI** 

#### **VEGETARIAN SET**

PASTA VEGETARIAN CARBONARA SPINACH SALAD

## BREAKFAST





MON, JAN 20. 2025

































