



Crescendo HELP International School Menu



					Thursday	Friday
					5 April, 2018	6 April, 2018
MORNING SNACK	Main				Waffle with honey	Japanese onigiri
	Drink				Chrysanthemum tea	Soya bean
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main				Ipoh style beansprout chicken	Japanese chicken katsu
	Side				Fried fish cake egg	Cold salad with edamame
	Side				Fish ball soup	Mango pudding
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main				Smoke duck aglio olio	
	Side				Mushroom. Capsicum	
	Side					

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE & NOT ALLOWED TO SHARE YOUR MEAL WITH OTHERS.
2. ALL PRE-ORDER LUNCH SHALL ENJOY THE PRIVILEGE OF FREE SECOND HELPING.
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		Monday	Tuesday	Wednesday	Thursday	Friday
		9 April, 2018	10 April, 2018	11 April, 2018	12 April, 2018	13 April, 2018
MORNING SNACK	Main	Sandwiches	Kuey tiaw w creamy egg sauce	Chicken mushroom porridge	Singapore mee hoon	Roti paratha
	Drink	Soya bean	herbal tea	Chrysanthemum tea	Mangosteen herbal tea	Barley drink
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Bangkok chicken	Steam sesame oil chicken mushroom rice	Pineapple chicken fried rice	Stew potatoes chicken	Ayam masak merah (Nasi lemak)
	Side	(Crispy chicken with apple on top)	Braised soya egg	Spring roll	Mushroom omelette	Ikan bilis, boiled egg
	Side	Clay pot japanese tofu	Stir fried veggie		Stir fried vege	Cucumber salad
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Grill lemon butter fish	Bake chicken w black pepper sauce	Spaghetti chicken bolognese	Fish burger (fish w slice cheese)	
	Side	Potato cubes	Corn on cob	(Carrot, onion, celery, mushroom)	Cold salad	
	Side	Coleslaws	Mashed potatoes		Taco chip	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		16 April, 2018	17 April, 2018	18 April, 2018	19 April, 2018	20 April, 2018
MORNING SNACK	Main	Yee mee soup	Waffle (Y1,Y2) Mee goreng	Japanese chicken floss onigiri	Steam bun	Cereal
	Drink	Soya bean	Herbal tea	Ice lemon tea	Chrysanthemum tea	Milk/milo
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Crispy fish w plum sauce	Ji kut te h	Chicken curry mee	Hainanese chicken rice set	Nasi goreng kampung
	Side	Tofu steam egg	Fresh mushroom, beancurd skin	(Chicken, fishball, beancurd skin, dry beancurd, beansprout, long bean)	Condiments assorted	Fried chicken
	Side	Stir fried veg	Stir fried veg			ABC soup
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Honey lemon pan fried chicken	Chicken caesar salad wrap w grated cheese	Spaghetti with cream sauce	Chicken mushroom pizza	
	Side	Mashed potato	Bake potato cubes	(chicken, ham, mushroom)	Fruits salad	
	Side	Chickpeas mix		Fruit salad		

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		Monday	Tuesday	Wednesday	Thursday	Friday
		23 April, 2018	24 April, 2018	25 April, 2018	26 April, 2018	27 April, 2018
MORNING SNACK	Main	Tomyam meehoon, Fishcake fried meehoon (Y1,Y2)	Sandwiches	Chee cheong fun, Cereal (Y1,Y2)	Waffles w honey	Japanese onigiri
	Drink	Barley drink	Chrysanthemum tea	Milk/milo/mangosteen w longan tea	Soya bean	Chrysanthemum tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Wheat butter fish	Braised chicken in brown sauce	Clay pot chicken rice	Fish ginger spring onion	Oven bake breadcrumbs chicken
	Side	Japanese tofu w tomato sauce	Tofu w mix veg	Braised soya egg	Steam egg	Soft bun, French fried
	Side	Stir fried veg	Tomato fried egg	Stir fried veg	Stir fried veg	Coleslaw, yellow bean
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Grill lemon chicken wrap w garlic sauce	Parmesan crusted dory w tomato basil cream sauce	Smoked chicken aglio olio	Steam chicken breast w mushroom sauce	
	Side	Fruits salad	Bake potatoes cubes	(w mushroom & capsicum)	Mashed potatoes	
	Side		Chickpeas mixes	Fruits salad	Steam veg	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		30 April, 2018	1 May, 2018	2 May, 2018	3 May, 2018	4 May, 2018
MORNING SNACK	Main	Homemade butter kaya toast	SCHOOL HOLIDAY	Yogurt w raisin bun (Y1/Y2)	Mee hoon	Japanese onigiri
	Drink	Soya bean		Ham & cheese toast, herbal tea	Soya bean	Chrysanthemum tea
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Roast chic rice set		Chinese style chicken curry	Three cups chicken	KFC Chicken popcorn wrap
	Side	W condiments assorted		Mix veg fried rice	Tomato fried egg	Lettuce, tomato, onion, cucumber, cheese
	Side	Veg omelette			Stir fried veg	Corn on cob
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Tuna w pineapple pizza		Bake chicken breast	Pan fried fish sandwiches	
	Side	Fruits salad		Spaghetti bolognese	(Onion, cucumber, tomato, lettuce)	
	Side			Cold salad	Mix fruit salad	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		7 May, 2018	8 May, 2018	9 May, 2018	10 May, 2018	11 May, 2018
MORNING SNACK	Main	Cereal	Yee mee soup	Waffles w honey	Kuey teow w creamy egg sauce	Mee hoon
	Drink	Milk/milo	Herbal tea	Soya bean	Chrysanthemum tea	Barley drink
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Sweet sour fish	Chicken w ginger scallion	Hainanese chicken	Stew chic w mushroom & black fungus	Japanese chicken katsu
	Side	Stir fried veg	Tofu in thai sauce	Fish cake fried egg	Mix veg curry (mild)	cold salad w edamame
	Side	Fried egg	Stir fried veg	Radish soup		Mango pudding
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Victoria chicken	Country oven fried fish	Spaghetti w chic ham cream sauce	Tuna pizza	
	Side	w creamy victoria sauce & potato cubes	Mashed potatoes	Fruits salad	Fruits salad	
	Side	Fruit salad	Chickpeas mix salad			

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		14 May, 2018	15 May, 2018	16 May, 2018	17 May, 2018	18 May, 2018
MORNING SNACK	Main	Cheese toast	Japanese onigiri	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
	Drink	Soya bean	Herbal tea			
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Wheat butter chicken	HK style braised soya drumstick rice set			
	Side	Stir fried veg	Braised egg, tofu			
	Side	Yellow bean egg	Stir fried veg			
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Creamy sundry tomato parmesan chic	Fish burger			
	Side	(with pasta)	Potato cubes			
	Side	Cold salad	Coleslaw			

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		21 May, 2018	22 May, 2018	23 May, 2018	24 May, 2018	25 May, 2018
MORNING SNACK	Main	Sandwiches	Chee cheong fun, Cereal (Y1,Y2)	Roti paratha	Chic & mushroom porridge	Japanese onigiri
	Drink	Barley drink	Milk/milo/Chrysanthemum tea	Ice lemon tea	Soya milk	Herbal tea
LUNCH (Option 1) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Marmite chicken	White pepper chic soup	Roast chicken rice set	Steam herbal chic	Nasi lemak w Ayam goreng kunyit
	Side	Chinese luo han zhai	Salty radish fried egg	Fish ball & veggie soup	Omelette	Ikan bilis, boiled egg
	Side	Steam egg	Stir fried veg		Stir fried veg	Sambal onion
LUNCH (Option 2) <small>*INCLUDES HEALTHY FRUITS</small>	Main	Lemon fish fillet	Grill chic hummus wrap	Triple cheddar chic pasta	Hawaii pizza	
	Side	Mashed potatoes	Taco chips	Fruits salad	Fruits salad	
	Side	Corn on cob	Fruits salad			

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		Monday	Tuesday	Wednesday	Thursday	Friday
		28 May, 2018	29 May, 2018	30 May, 2018	31 May, 2018	1 June, 2018
MORNING SNACK	Main	Steam bun	SCHOOL HOLIDAY	Dry Lao shu fun	Mee hoon	Waffles w honey
	Drink	Soya bean		Chrysanthemum tea	Barley drink	Chrysanthemum tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Creamy butter chic		Ji kut te h	Steam chic with pumpkin	Taiwanese salt & pepper chic
	Side	Fried egg with vermicelli		Fresh mushroom, beancurd skin	Spring roll	Braised soya egg
	Side	Stew potato w mince chic		Stir fried veg	Egg fried rice	Taiwanese 3 cups tofu & stir fried veg
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Pan fried fish fillet w hollandaise sauce		Grill chic curry powder w	Roast garlic chicken breast	
	Side	Mashed potatoes		caesar salad wrap	served w macaroni (tomato base)	
	Side	Steam veg		Bake potatoes cubes	Fruits salad	

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		Monday	Tuesday	Wednesday	Thursday	Friday
		4 June, 2018	5 June, 2018	6 June, 2018	7 June, 2018	8 June, 2018
MORNING SNACK	Main	Yee mee soup	Sandwiches	Japanese onigiri	Roti paratha	Cereal
	Drink	herbal tea	Soya milk	Chrysanthemum tea	Mangosteen tea	Milk/milo
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	General Tso's chic	Clay pot chic tight w mushroom rice	Ipoh style beansprout chicken	Ji kut te h	Japanese chic katsu (onion, potato, carrot)
	Side	Edamame fried egg	serve w stir fried veg	Fried fish cake egg	Fresh mushroom, beancurd skin	Japanese soft boiled egg
	Side	Stir fried veg			Stir fried veg	Cucumber & cherry tomato salad
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Bake yogurt chic	Steam chic breast w	Fish burger	Oven bake breadcrumbs fish fillet	
	Side	served w tomato rice	mushroom sauce served w mashed potato	French fried	Spaghetti red sauce	
	Side	cold salad	Corn on cob	Salad	chickpea mixed salad	

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		11 June, 2018	12 June, 2018	13 June, 2018	14 June, 2018	15 June, 2018
MORNING SNACK	Main	Chicken mushroom porridge	Mee soup w shredded chic	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
	Drink	Soya milk	Chrysanthemum tea			
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Sour plum chicken	Nyonya style ayam pongteh			
	Side	Steam egg	Braised tofu			
	Side	Stir fried veg	Stir fried veg			
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Garlic roast chicken leg	Tuna pizza			
	Side	Mashed potato	Fruits salad			
	Side	cold salad				

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		18 June, 2018	19 June, 2018	20 June, 2018	21 June, 2018	22 June, 2018
MORNING SNACK	Main	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Fried mee hoon	Waffles w honey	Cereal
	Drink			Chrysanthemum tea	Herbal tea	Milk/milo
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main			Thai green chic curry (mild)	Chicken curry mee	Ayam masak merah
	Side			Fried egg	(Chicken, fishball, beancurd skin, dry beancurd, beansprout, long bean)	Ikan bilis, boiled egg
	Side			Stir fried veg		Fried french bean w vermicelli
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main			Chic mushroom cheese pizza	Panko crusted bake tilapia	
	Side	Fruits jelly	Spaghetti w cream sauce			
	Side					

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		25 June, 2018	26 June, 2018	27 June, 2018	28 June, 2018	29 June, 2018
MORNING SNACK	Main	Cheese toast	Yee mee soup	Dry Lao shu Fun	Steam bun	Chic teriyaki onigiri
	Drink	Soya milk	Chrysanthemum tea	Barley drink	Herbal tea	Ice lemon tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Sweet sour fish	Chicken w ginger scallion	Long bean rice (mushrooms.long bean)	Simmered chicken	Nasi lemak- Ayam rendang
	Side	Tofu steamed egg	Stew curry potato	Braised soya egg	w 3 kind mushroom	Boiled egg, cucumber
	Side	Stir fried veg	Stir fried veg	Braised soya chic	Wheat butter japanese tofu	Keropok
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Tomato chic w basil garlic sauce	Bake teriyaki chic wrap	Parmesan crusted tilapia	Garlic roasted chic leg	
	Side	Corn rice	Cabbage salad	Mashed potatoes	Mashed potatoes	
	Side	Roasted cauliflower	Taco chip	chickpeas salad	Steam veg	

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		2 July, 2018	3 July, 2018	4 July, 2018	5 July, 2018	6 July, 2018
MORNING SNACK	Main	Chicken mushroom porridge	Waffle w honey	Steam kuey tiaw w creamy egg sauce	Sandwiches	Cereal
	Drink	Soya milk	Milo	Barley drink	Chrysanthemum tea	Milk/milo
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Marmite chicken	Ji kut te h	Chicken in black bean sauce	HK style braised soya chicken rice	Japanese chicken katsu
	Side	Japanese tofu in brown sauce	Fresh mushroom, beancurd skin	Yellow bean fried egg	Braised egg, tofu	Fried egg, steam edamame
	Side	Stir fried veg	Stir fried veg	Stir fried veg	Stir fried veg	cold salad
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Creamy sun dry tomato parmesan chic	Orange rosemary glazed fish fillet	Grill chic hummus wrap	Smoke duck aglio olio	
	Side	Served w pasta	Mashed potatoes	Taco chips	w mushrooms & capsicum	
	Side	Fruits salad	Corn on cob		Fruits salad	

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MORNING SNACK	Main	Mee hoon	Chee cheong fun Cheese sandwiches (Y1,Y2)	Steam bun	Roti paratha	Japanese onigiri
	Drink	Soya milk	Herbal tea	Soya milk	Mangosteen herbal tea	Chrysanthemum tea
LUNCH (Option 1) *INCLUDES HEALTHY FRUITS	Main	Chinese lemon chicken	Roast chic rice set	Tomyam chic soup, Chic w ginger scallion (primary)	Ikan bilis w chic fried rice	Pizza selection
	Side	Braised tofu mix veg	Prawn cracker	Fried tomato egg	Winter melon noodle soup	Fruits salad w chickpeas
	Side	Stew potatoes		Stir fried veg		
LUNCH (Option 2) *INCLUDES HEALTHY FRUITS	Main	Country oven fried fish	Spaghetti w cream sauce	Fish fillet burger	Bake chic breast in mushroom sauce	
	Side	Chickpeas mix	(ham, chic, celery, onion, carrot)	French fried	mashed potato	
	Side	Potato cubes	Fruits salad	cold salad	bake veg	

TERMS & CONDITION

1. MEAL PLAN ARE NOT TRANSFERABLE & NOT ALLOWED TO SHARE YOUR MEAL WITH OTHERS.
2. ALL PRE-ORDER LUNCH SHALL ENJOY THE PRIVILEGE OF FREE SECOND HELPING.
3. MISSED OR UNUSED MEALS WILL NOT BE REIMBURSED AND NOT ABLE TO CARRIED FORWARD INTO NEXT PERIOD.
4. IF YOU HAVE SPECIAL DIETARY MEALS OR CONCERNS, YOU MUST CONSULT WITH CATERER BEFORE SIGNING UP FOR THE MEAL PLAN.
5. WE ABLE TO ARRANGE MEAL ACCORDING SPECIAL MEDICAL NEEDS BUT PARENTS NEED TO INFORM US IN ADVANCE.
6. WE RESERVE THE RIGHT TO MAKE ADJUSTMENTS AS NEEDED TO MEAL MENU.
7. WE RESERVE THE RIGHT TO REFUSE SERVICE IF STUDENT FAILS TO PRESENT VALID STUDENT CARD WITH MEAL PLAN STICKER.