


Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian

Students should know your classroom is a safe and an open space for questions and discussion



**WELCOME BACK TO SCHOOL TO ALL STUDENTS**











26/8/2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	soya chicken with steam vegetables and white rice	Lemon Crust Fish with Tomato sauce pasta and Salad	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
27/8/2024	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Indian Butter Fish with steam rice and sauted vegetables	Chicken Adobo serve With Rice and steam vegetables	Vegetarian Fried rice with fruits
28/8/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Lamb Kurma with briyani rice and acar	Chicken Pizza with Salad	Vegetarian Pizza with Salad
29/8/2024	English breakfast (egg, beans and toast) with fruits	English breakfast (egg, beans and toast) with fruits	Chicken rice serve with condiment and soup	Roasted BBQ Fish with pilaf Rice and rosted vegetables	Vegetables stew serve with pasta
30/8/2024	Butter Roasted Chicken with Pasta Serve with Vegetables and Gravy	Vegetarian Chicken with Pasta Serve with VegEtables and Gravy		<b>Delischool</b> by SHF Services	Have a wonderful Weekend! Do what makes you smile and be happy

31/8/2024		<b>HAPPY INDEPENDENCE DAY</b>			
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Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
<b>Students should know your classroom is a safe and an open space for questions and discussion</b>					
2/9/2024	Fried yee mee with Cut Fruits	Fried Yee Mee with Cut Fruits (Vegetarian)	Crispy Lemon Chicken serve with Rice And Sauted vegetables	Black Pepper Fish With Pasta And Roasted Vegetables	Mushroom Pasta With Tofu And Grill vegetables
3/9/2024	Fried rice with Fruit juice	Vegetarian Fried rice with Fruit juice	Sweet & Sour Fish with Rice And Vegetables	Peri-Peri Chicken With Rice And Vegetables	Vegetables Quesadilla With Salad
4/9/2024	French Toast With cut fruits	French Toast With cut fruits	Chicken Briyani Serve with Briyani Rice And Pickle Vegetables	Oven Hearbs Fish Serve With Pasta And Steam Vegetables	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
5/9/2024	paratha and curry with fruit juice	paratha and Vegetarian curry with fruit juice	Cantoneese Egg Droop Noodles With Crispy Fish	Chicken Goulash With White Rice And Salad	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
6/9/2024	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)			
9/9/2024	Waffle with Jam And Cut fruits	Waffle with Jam And Cut fruits	Fish Curry Serve With Flavor Rice And Vegetables	Garlic Mushroom Chicken pasta and Sauted Vegetables	Vegetarian Paella With Roasted Vegetables
10/9/2024	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Chicken Kuzi Serve With flavor Rice And pickle vegi	Tomato Fish Stew With Rice And Steam Vegie	Vegetarian Chiken Noodles With Gravy
11/9/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Salted Egg Fish With Vegetables And steam Rice	Chiken Spagetti Bolognese With Salad	Pesto Pasta with Marinated Tempeh
12/9/2024	Chicken Fried Rice With Fruits Juice	Vegetarian Chicken Fried Rice With Fruits Juice	Creamy Butter Chicken With Rice And Vegetables	Chicken And Cheese Pizza And Frisce Salad	Vegetarian Pizza And Frisce Salad
13/9/2024	Chicken Lasagna With Garden Salad	Vegetarian Lasagna With Garden Salad			



16/9/2024	 <b>MALAYSIA DAY</b> 				
17/9/2024	Chicken Fried Noodles with Cut Fruits	Fried Noodles with Cut Fruits (Vegetarian)	soya chicken with steam vegetables and white rice	Creamy Tomato Fish with pasta and roasted vegetables	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
18/9/2024	Dry Fried Noodles With Fruit Juice	Vegetarian Dry Fried Noodles With Fruit Juice	Thai Style Fish With Fried Noodles And Vegetables	CaJun Style Chicken With Roasted Vegetables And Rice	Stir Fried vegetables With Tempeh Serve With Rice
19/9/2024	Chicken Poridge And Cut Fruits	vegetarian Chicken Poridge And Cut Fruits	Tangi Lemongras Chicken With Tomato Rice And Stir Fried Vegie	Beef Stroganoff With Rice And Roasted Vegetables	Braised Mushroom With Fried Rice
20/9/2024	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)			
23/9/2024	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Chinese Style Fish Fried Noodles with Vegetables	Chicken Stroganoff with Aglio Olio Pasta And Vegetables	Vegetarian Fajitas With Rice And beans
24/9/2024	Village Fried Rice With Fruit Juice	Vegetarian Village Fried Rice With Friut Juice	Chicken Tandori Serve With Butter Rice Gravy and VEgetables	Barbecue Fish with Sautéed Vegetables & Aglio Olio Pasta	Pesto Pasta with Marinated Tofu
25/9/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Assam Fish Rice & Seasonal Vegetables	Creamy Chicken Pasta with Garlic Breadcrumbs	Mapo Tofu With White Rice
26/9/2024	Chicken Lor Mee With Cut Fruits	Vegetarian Lor Mee With Cut Fruits	Chicken Pongteh With Rice And Oyster Vegetables	Roasted Fish Mushrooms, Sautéed Vegetables And Pasta	Aloo Gobi With Flavour Rice
27/9/2024	Aglio Olio pasta with Roasted Chicken And gravy with salad	Aglio Olio pasta with Vegetarian Chicken And gravy with salad			
30/9/2024	English Breakfast (egg sausage beans) and Cut Fruits	English Breakfast (egg tofu beans) and Cut Fruits	Sesame Chicken with Fried Yee Mee	Oven Roasted Fish with Lemon Herbs, Spices & Light Sauce with Rice	Creamy Spinash Pasta With Crispy Tofu
<b>SEE YOU GUYS NEXT MONTH</b>					

# Hot Meal Menu: OCT 2024

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
<b>Students should know your classroom is a safe and an open space for questions and discussion</b>					
1/10/2024	Fried Chicken Beehon with Cut Fruits	Fried Vegetarian Beehon with Cut Fruits	Chicken 65 With White Rice, Vegetables And Curry	Lemon Fish with Tomon Coulis & Spaghetti	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
2/10/2024	English Breakfast (egg sausage beans) and Cut Fruits	English Breakfast (egg tofu beans) and Cut Fruits	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Chasseur with Garlic Pasta And butter Vegetables	Mapo Tofu With Rice And Steam Vegetables
3/10/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Sesame Chicken with Fried Yee Mee And Vegetables	Lamb Tagine With Chicpea Rice And Roasted Vegetables	Tumeric Coconut Vegetables Stew With Rice
4/10/2024	Roast Black Pepper Chicken with Chips & Salad	Vegetarian Skewer with Chips & Salad (Vegetarian)			
7/10/2024	Hailam Noodles And Cut Fruit	Vegetarian Hailam Noodles And Cut Fruit (Vegetarian)	Oyster Fish Serve With Noodles And Saute Vegetables	Lemon Chicken With Butter rice And Roested Vegetables	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
8/10/2024	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Korean Style Chicken With Garlic Rice And Kimchi With Soup	Lemon Crust Fish with Tomato sauce pasta and Salad	Braised Mushroom With Rice And Salad
9/10/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Ayam Masak Merah With Jelatah And Tomato Rice	Jumbo Sausage with Garden salad Mash Potato & Brown Sauce	Aglio Olio Pasta with Roasted Vegetables & Tomato Sauce (Vegetarian)
10/10/2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	Hong Kong Style Steam Fish With RiCe And Stir Fried Vegetables	Creamy Chicken Alfredo With Pasta And Salad	Creamy Vegetarian Chicken Alfredo With Pasta And Salad
11/10/2024	Salmon Fried Rice With Garden Salad	Vegetarian Fried Rice With Garden Salad			
14/10/2024	Mix Vegetables Fried rice with Fruit juice	Vegetarian Fried rice with Fruit juice	Crispy Thai Style Fish With Noodles And Vegetables	Cajun Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Brinjal Aloo Gobi And Rice With Pickle Vegetables
15/10/2024	Chicken Singapore BeeHoon With cut Fruits	Chicken Singapore BeeHoon With cut Fruit(vegetarian)	Ayam Percik, Pajeri Brinjal & Sauce with Rice	Fish Burger With Fries And Salad	Vegetarian Burger With Fries And Salad
16/10/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Lamb Ginger With Stir Fried Vegetables And White Rice	Maryland Chicken With Baked potato and coleslaw	Chana Massala With Rice And Acar
17/10/2024	French Toast With cut fruits	French Toast With cut fruits	Chicken rice serve with condiment and soup	Roasted BBQ Fish with pilaf Rice and rosted vegetables	Mushroom And Tofu Stew Serve With Rice
18/10/2024	Teachers Only Day	Teachers Only Day			
21/10/2024	Chicken Kuey Teow with Fruit Juice (Vegetarian)	Kuey Teow with Fruit Juice (Vegetarian)	Scalioin Chicken With Noodles And Sauted Vegetables	Fish Marinara Pasta With Roasted Vegetables	Potato And Tomato Stew With Pasta And Salad
22/10/2024	Kampung Fried Rice with Cut Fruits	Kampung Fried Rice & Fruit Juice (Vegetarian)	Creamy Butter Fish With Rice And Vegetables	Chicken Pizza with Salad	Vegetarian Pizza with Salad
23/10/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Chicken Tikka Masala With Butter Rice And Tumeric Cabbage	Baked Fish Mushroom with Carrot Fettucine And Salad	Vegetables Quesadilla With Salad
24/10/2024	Fried Hokian noodles With cut Fruits	Fried Hokian noodles With cut Fruits(vegetarian)	Ayam Penyet, Fried Tempeh Vegetables & Rice	Roasted Fish with carrot Rice and rosted vegetables	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
25/10/2024	Chicken Shepared Pie With Salad	Vegetarian Shepared Pie With Salad			
28/10/2024	Long Weekend EAT HEALTHY logo with Minions				

29/10/2024




SCHOOL HOLIDAYS

30/10/2024




31/10/2024

DEEPAVALI

# Hot Meal Menu: NOV 2024

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
<b>Students should know your classroom is a safe and an open space for questions and discussion</b>					
4/11/2024	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Ginger Chicken Fried Yee Mee with Vegetables	Grill Fish with Tomato & Spaghetti And Salad	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
5/11/2024	English Breakfast (egg Sausage beans) and Cut Fruits	English Breakfast (egg tofu beans) and Cut Fruits	Kung Pow Chicken with Vegetables & Rice	Chicken Pizza with Salad	Vegetarian Pizza with Salad
6/11/2024	Chinese Beehoon With Fruit Juice	Vegetarian Chinese Beehoon With Fruit Juice	Assam Fish Rice & Seasonal Vegetables	Chicken Spaghetti Bolognese with Salad	Tomato Pasta With Vegetarian Chicken with Salad
7/11/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Beef Curry With Steam Rice And Pickel Vegetables	CaJun Style Chicken With Roasted Vegetables And Pilaf Rice	Vegetables Quesadilla With Salad
8/11/2024	Chicken & Chip With salad and Gravy	Chicken & Chip With salad And Gravy(Vegetarian)			
11/11/2024	Chicken Fried Noodles with Cut Fruits	Fried Noodles with Cut Fruits (Vegetarian)	Black Pepper Fish Fried Yee Mee with Capsicum	Chicken Stroganoff with Aglio Olio Pasta	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
12/11/2024	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Ayam Goreng Berempah With Rice, Vegetables And Soup	Oven Baked Fish Served with Ratatouille & Pasta	Braised Mushroom with tofu Bok Choy Cauliflower And Steamed Rice
13/11/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Assam Fish Fillet & Ginger Rice And Begetables	Chicken Alfredo Pasta With Garden Salad	Sweet & Sour Broccoli Cauliflower And Vegetarian Chicken& Corn Rice
14/11/2024	English breakfast (egg, beans and toast) with fruits	English breakfast (egg, beans and toast) with fruits	Chicken rice serve with condiment and soup	Roasted BBQ Fish with pilaf Rice and rosted vegetables	Vegetarian Fried rice with fruits
15/11/2024	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)			
18/11/2024	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Chinese Style Fish Fried Noodles with Vegetables	Chicken Stroganoff with Aglio Olio Pasta And Vegtables	Vegetarian Fajitas With Rice And beans
19/11/2024	Chinese Fried Rice With Fruit Juice	Vegetarian Village Fried Rice With Friut Juice	Chicken Tandori Serve With Butter Rice Gravy and VEgetables	Barbecue Fish with Sautéed Vegetables & Aglio Olio Pasta	Pesto Pasta with Marinated Tofu
20/11/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Assam Fish Rice & Seasonal Vegetables	Creamy Chicken Pasta with Garlic Breadcrumbs	Mapo Tofu With White Rice
21/11/2024	Chicken Lor Mee With Cut Fruits	Vegitarian Lor Mee With Cut Fruits	Chicken Pongteh With Rice And Oyster Vegetables	Roasted Fish Mushrooms, Sautéed Vegetables And Pasta	Aloo Gobi With Flavour Rice
22/11/2024	Aglio Olio pasta with Roasted Chicken And gravy with salad	Aglio Olio pasta with Vegetarian Chicken And gravy with salad			
25/11/2024	Chicken Hokiean with Cut Fruits	Hokien Noodles with Cut Fruits (Vegetarian)	soya chicken with steam vegetables and white rice	Lemon Crust Fish with Tomato sauce pasta and Salad	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
26/11/2024	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Indian Butter Fish with steam rice and sauted vegetables	Roasted Chicken Mushrooms, Sautéed Vegetables And Pasta	Vegetarian Chicken Fried rice with fruits
27/11/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Balinese Chicken With Rice And Vegetables	Creamy Tomato Fish with pasta and rosted vegetables	Javanese Gravy Vegetables With Tempeh And Rice
28/11/2024	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Chicken rice serve with condiment and soup	Roasted BBQ Fish with pilaf Rice and rosted vegetables	Vegetables stew serve with pasta
29/11/2024	Butter Roasted Chicken with Pasta Serve with Vegtables and Gravy	Vegetarian Chicken with Pasta Serve with VegEtables and Gravy			

# Hot Meal Menu: DEC 2024

Day/Date	Morning Snack / Brunch		Lunch			
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian	
<b>Students should know your classroom is a safe and an open space for questions and discussion</b>						
2/12/2024	Noodles Malay Style with Cut Fruits	Noodles Malay Style with Cut Fruits (vegetarian)	Ginger Chicken Fried Yee Mee with Vegetables	Barbeque Fish with Tomato & Spaghetti	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)	
3/12/2024	English Breakfast (egg sausage beans) and Cut Fruits	English Breakfast (egg tofu beans) and Cut Fruits	Assam Fish Rice & Seasonal Vegetables	Chicken Spaghetti Bolognese with Salad	Aloo Gobi With Flavour Rice	
4/12/2024	Chinese Beehoon With Fruit Juice	Vegetarian Chinese Beehoon With Fruit Juice	Chicken Varuval with Vegetables & Rice	Oven Roasted Fish with Lemon Herbs, Spices & Light Sauce with Rice	Tomato Pasta With Vegetarian Chicken with Salad	
5/12/2024	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Ayam Percik, Pajeri Brinjal & Sauce with Rice	CaJun Style Fish With Roasted Vegetables And Pilaf Rice	Vegetables Quesadilla With Salad	
6/12/2024	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)				
9/12/2024	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Scalion Chicken With Noodles And Sauted Vegetables	Fish Marinara Pasta With Roasted Vegetables	Potato And Tomato Stew With Pasta And Salad	
10/12/2024	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Korean Style Chicken with Onion Fried Rice & Soya Cabbage	Lamb Tagine With Seasonal Vegetables And Chickpea Rice	Korean Tofu Stew With RiCe	
11/12/2024			<b>SULTAN OF SELANGOR'S BIRTHDAY</b>			
12/12/2024	Yong Chow Fried Rice With Juice	Vegetarian Yong Chow Fried Rice With Juice	Ayam Masak Merah With Jelatah And Butter Rice	Oven Baked Fish with Tomato sauce, pasta and Salad	Tofu Curry With White Rice And Pickle Salad	
13/12/2024	Chicken Lasagna With Garden Salad	Vegetarian Lasagna With Garden Salad	