



SHF SERVICES (M) SDN BHD (822648-A)  
(formerly known as SHF CATERING SERVICES SDN BHD)

## Hot Meal Menu: AUGUST 2025



SHF SERVICES (M) SDN BHD (822648-A)  
(formerly known as SHF CATERING SERVICES SDN BHD)

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					
25/8/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Kung Pow Chicken with Sesame pakchoy & Rice	Fish Marinara Pasta With Roasted Broccoli & Cauliflower	Pesto Pasta with Marinated Tempeh
26/8/2025	French Toast With cut fruits	French Toast With cut fruits	Salted Egg Fish With Vegetables And Steam Rice	Marryland Chicken with Baked Pottato and Caleslaw	Falafel Wrap with Salad
27/8/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber,egg,)	Chicken rice serve with condiment and soup	Roasted BBQ Fish with Pilaf Rice and Zhuccini Carrot	Tofu Katsu Curry with Rice
28/8/2025	Chicken Singapore BeeHoon With cut Fruit	Vegetarian Singapore BeeHoon With cut Fruit	Sweet & Sour Fish with Capsicum Broccoli And Rice	Chicken Chasseur with Garlic Rice	Sesame Tofu Broccoli with Rice
29/8/2025	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
31/8/2025	NATIONAL DAY				

## Hot Meal Menu:SEPT 2025

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					
1/9/2025	REPLACMENT PUBLIC HOLIDAY (NATIONAL DAY)				
2/9/2025	Mamak Fried Noodles with Cut Fruits	Mamak Fried Noodles with Cut Fruits (Vegetarian)	Chicken Tandoori Serve With Butter Rice curry and Salad	Garlic Mushroom Fish pasta and Sautéed Cauliflower broccoli	Sweet & Sour Broccoli Cauliflower And Tofu & Corn Rice
3/9/2025	Paratha and Curry with Fruit Juice	Paratha and Vegetarian Curry with Fruit Juice	Thai Fish Green Curry with Rice and Brinjal	Chicken Spaghetti Bolognese with Mix Salad	Vegetarian Fajitas With Rice And beans
4/9/2025	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Ayam Penyet with Rice, Fried Tempeh , tofu salad and soup	Creamy Tomato Fish with pasta and Rosted Vegetables	Aloo Gobi With Butter Rice
5/9/2025	PROPHET'S MUHAMMAD BIRTHDAY				
8/9/2025	Nan Bread with Dhall, Chicken Curry and Juice	Nan Bread with Dhall, potato Curry and Juice	Buttermilk Fish With Stir-fried Capsicum And Steam Rice	Cajun Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Mapo Tofu With White Rice
9/9/2025	Chicken Hokiean with Cut Fruits	Hokien Noodles with Cut Fruits (Vegetarian)	Hainanese Chicken rice serve with condiment	Oven Baked Fish Served with Ratatouille & Butter Rice	Potato and Beans stew serve with pasta
10/9/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber,egg,)	Fish Curry Serve With Steam Rice And Lady finger & Brinjal	Chicken Alfreaddo Pasta With Garden Salad	Vegetables Tempura With Rice and Sauce
11/9/2025	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Korean Style Chicken With Garlic Rice And Kimchi	Roasted BBQ Fish with Pasta and Steam Broccoli & Carrot	Pasta with Garlic Sauce & Roasted Vegetables and Vegetarian Chicken
12/9/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Thai Chicken Fried Rice with salad		
15/9/2025	MALAYSIA DAY				
16/9/2025	MALAYSIA DAY				
17/9/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Ayam Masak Merah With Jelatah And Tomato Rice	Oven Baked Fish with Pasta Steam Broccoli and Cauliflower	Korean Tofu Stew With RiCe
18/9/2025	Paratha and Curry with Fruit Juice	Paratha and Vegetarian Curry with Fruit Juice	Sweet & Sour Chicken with Rice capsicum and cucumber	Chicken Peperoni Pizza with Salad	Vegetarian Pizza with Salad
19/9/2025	Chicken & Chip With salad and Brown Sauce	Mock Chicken & Chip With Salad and Brown Sauce	Siamese Chicken Beehoon with Carrot & Cabbage		
22/9/2025	Fried Chicken Noodles with Cut Fruits	Fried Noodles with Cut Fruits (Vegetarian)	Chicken Tandori Butter Rice Curry and Tumeric Cabbage	Lemon Crust Fish with Tomato sauce pasta and Salad	Tomato Pasta With Vegetarian Chicken with Salad
23/9/2025	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Salted Egg Fish With Vegetables And steam Rice	Maryland Chicken With Baked potato And Coleslaw	Vegetables Pakora With Rice and Curry Gravy
24/9/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber,egg,)	Ayam Goreng Berempah With Rice, Vegetables And Soup	Lamb Tagine With Seasonal Vegetables And Chickpea Rice	Braised Mushroom with tofu Bok Choy Cauliflower And Steamed Rice
25/9/2025	French Toast with Jam and Cut Fruits	French Toast with Jam and Cut Fruits	Chicken Varuval with Tumeric cabbage & Rice	Fish Burger With Fries And Salad	Vegetarian Chickpea Burger With Fries and Salad
26/9/2025	Roasted Chicken with Pasta Serve with steam Broccoli ,Cauliflower	Vegetarian Chicken with Pasta Serve with steam Broccoli ,Cauliflower	Chicken Chow Mien with Capsicum and Carrot		
29/9/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Ginger Chicken With Rice and Fried Carrot Capsicum	Peri-Peri Fish With Rice And Vegetables	Aglio Olio Pasta with Sauted Cauliflower & Tofu
30/9/2025	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Indian Butter Fish with steam rice and sauted vegetables	Garlic Mushroom Chicken pasta and Sauted Cauliflower broccoli	Teriyaki Tofu with Soya Cabbage & Fried Rice

# Hot Meal Menu: OCTOBER 2025

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					
1/10/2025	Paratha and Chicken Curry Fruit Juice	Paratha and Vegetarian Curry Fruit Juice	Ayam Penyet w. Sambal Tempeh, Tofu & Longbean White Rice	Chicken Peperoni Pizza Mushroom Soup Garden Salad	Vegetarian Pizza Mushroom Soup Garden Salad
2/10/2025	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Hoi Sin Sauce Chicken Stir-Fried Pak Choi Jasmine Rice	Grilled Seabass w. Mango Salsa Ratatouille Rice Pilaf	Hoi Sin Vegetarian Mock Meat Stir-Fried Pak Choi Jasmine Rice
3/10/2025	Grilled Chicken Burger Lettuce & Tomatoes Fries	Vegetarian Mushroom Burger Lettuce & Tomatoes Fries	Crisy Lemon Fish Chinese Style Fried Cabbage Jasmine Rice		
6/10/2025	Nasi Lemak Condiments	Vegetarian Nasi Lemak Condiments	Chicken Masala Aloo Gobi & Pappadam Ghee Rice	Chicken Chili Con Carne Shreedeed Lettuce & Cheese Corn Tortilla Chips	Tofu & Chickpea Masala Aloo Gobi & Pappadam Ghee Rice
7/10/2025	Chicken Porridge And Cut Fruits	Vegetarian Chicken Porridge And Cut Fruits	Mild Korean Fried Chicken Sauteed Benasprouts Kimchi Fried Rice	Beef Stroganoff Fettucchini Grilled Pumpkin & Carrots	Korean Tofu Cutlets Satueed Beansprouts Kinchii Fired Rice
8/10/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber, egg,)	Honey Roasted Chicken Cucumber & Tomatoes Chicken Rice	Breaded Fish Fingers Steamed Buttfred Green Peas Homemade Potato Wedges	Braised Tofu & Egg Stir-Fried Spinach Jasmine Rice
9/10/2025	French Toast with Jam and Cut Fruits	French Toast with Jam and Cut Fruits	Chicken Katsu Japanese Vegetable Curry Japanese Rice	Chicken Lasagna Roasted Cauliflower & Cherry Tomatoes Herb Bread	Tofu & Tempeh Katsu Japanese Vegetable Curry Japanese Rice
10/10/2025	Chicken Bibimbap Fried Egg Steamed Rice	Stir Fired Mock Meat w. Spring Onion Wok Fried Cabbage Jasmine Rice	Baked Salmon w. Lemon Cream Sauce Grelled Eggplant Roasted Baby Potatoes		
13/10/2025	Nasi Lemak Condiments	Vegetarian Nasi Lemak Condiments	Malaysian Fish Curry Vegetable Dhal Jasmine Rice	Creamy Chicken Stew Steamed Broccoli Penne Pasta	Creamy Chickpea & Mushroom Stew Steamed Broccoli Penne Pasta
14/10/2025	Singapore Beehoon With Fruit Juice	Vegetarian Singapore Beehoon With Fruit Juice	Salted Egg Chicken Steamed Pak Choi Jasmine Rice	Morocan Beef Stew Steamed Corn on Cob w. Shreedeed Lettuce Pita Bread	Mix Bean Stew Steamed Corn on Cob w. Shreedeed Lettuce Pita Bread
15/10/2025	PARENT-TEACHER MEETING DAY				
16/10/2025	Toast Bread with Kaya, Butter and Juice	Toast Bread with Kaya, Butter and Juice	Chicken Kaarage w. Teriyaki Sauce Satueed Beansprouts Japanese Rice	Peri-Peri Chicken Grilled Zucchini & Capsicum Jollof Rice	Tofu Kaarage w. Teriyaki Sauce Sauteed Beansprouts Jaanese Rice
17/10/2025	Grilled Chicken Corn Salad Mac & Cheese	Mushroom Fritters Corn Salad Mac & Cheese	Chinese Style Steamed Fish Stir-Fried Mix vegetables Jasmine Rice		
20/10/2025	DEEPAVALI/MID TERM BREAK				
27/10/2025		Fried Noodles with Cut Fruits (Vegetarian)	Tandoori Chicken Cucumber Raita Turmeric Basmati Rice	Beef Bolognaise Fresh Garden Salad Spaghetti	Vegetarian Bologniase Fresh Garden Salad Spaghheti
28/10/2025	Chicken Porridge With Cut Fruits	Vegetarian Chicken Porridge With Cut Fruits	Kam Hiong Fish Sauteed Cabbage & Carrots Jasmine Rice	Provencial Lamb Stew Cucumber & Olive & Tomato Salad Pilaf Rice	Sauteed Tomato & Egg Stir-Fried Cabbage & Carrots Jasmine Rice
29/10/2025	Paratha and Curry with Fruit Juice	Paratha and Vegetarian Curry with Fruit Juice	Herbal Steamed Chicken Sauteed Baby Romaine Ginger & Garlic Rice	Fish Fingers Coleslaw Handcut Fries	Tofu Butter Masala Vegetable & Potato Dhal Steamed Rice
30/10/2025	French Toast with Jam and Cut Fruits	French Toast with Jam and Cut Fruits	Chicken Bulgogi Stir-Fried Spinach Short Grain Rice	Herb Crusted Seabass Steamed Broccoli & Cauliflower Mash Potatoes	Korean Tofu Stew Stir-Fried Spinach Short Grain Rice
31/10/2025	Fish Burger Lettuce & Tomatoes Fries	Vegetarian Mushroom Burger Lettuce & Tomatoes Fries	Chicken in Coconut Sauce Eggplant Sambal Nasi Minyak		

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>					
3/11/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Crispy Lemon Chicken serve with Rice And Sauted capsicum	Chiken Spagetti Bolognese with Mix Salad	Sesame Tofu Broccoli with Rice
4/11/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Friut Juice	Cantoneese Egg Droop Noodles With Crispy Fish	Maryland Chicken With Baked potato And Coleslaw	Sweet & Sour Broccoli Cauliflower And Tofu& Corn Rice
5/11/2025	Nan Bread with Dhall, Chicken Curry and Juice	Nan Bread with Dhall, potato Curry and Juice	Chicken Rendang with Butter Rice and Pickle Vegetables	Creamy Tomato Fish with pasta and roasted Cauliflower	Vegetarian Fajitas With Rice And beans
6/11/2025	Chicken Singapore BeeHoon With cut Fruit	Vegetarian Singapore BeeHoon With cut Fruit	Fish Curry Serve With Steam Rice And Lady finger & Brinjal	Chicken Alfreado Pasta With Garden Salad	Aloo Gobi With Butter Rice
7/11/2025	Chicken Lasagna With Garden Salad	Mock Chicken Lasagna With Garden Salad	Chicken Soya Fried Rice with salad		
10/11/2025	Mamak Fried Noodles with Cut Fruits	Mamak Fried Noodles with Cut Fruits (Vegetarian)	Crispy Orange Fish serve with Rice And Sauted capsicum	Chicken Chasseur with Garlic Rice	Vegetables and Beans stew serve with pasta
11/11/2025	Toast Bread with Kaya, Butter and Juice	Toast Bread with Kaya, Butter and Juice	Hainanese Chicken rice serve with condiment	Roasted BBQ Fish with Pasta and Steam Broccoli & Carrot	Vegetables Tempura With Rice and Sauce
12/11/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber,egg,.)	Buttter Fish With Roasted Brinjal and potato And Steam Rice	Roasted Chicken with Pasta and Steam Broccoli & Carrot	Pasta with Garlic Sauce & Roasted Vegetables and Vegetarian Chicken
13/11/2025	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Scalion Chicken With Noodles and Sauted Cabbage & Pak choy	Chicken Peperoni Pizza with Salad	Vegetarian Pizza with Salad
14/11/2025	Salmon Fried Rice With Garden Salad	Vegetarian Fried Rice With Garden Salad	Chicken Chow Mien with Capsicum and Carrot		
17/11/2025	French Toast With cut fruits	French Toast With cut fruits	Ayam Masak Merah With Jelatah And Tomato Rice	Oven Baked Fish Served with Ratatouille & Pasta	Pesto Pasta with Marinated Tempeh
18/11/2025	Kampung Fried Rice With Fruit Juice	Vegetarian kampung Fried Rice With Friut Juice	Crispy Fish serve with Rice, Sauted capsicum and Lemon Sauce	Chicken Stroganof with Aglio Olio Pasta And Salad	Kimchi and Tofu Stew With Rice
19/11/2025	Paratha and Curry with Fruit Juice	Paratha and Vegetarian Curry with Fruit Juice	Spicy Soya Chicken With Rice And Cabbage	Lamb Tagine With Seasonal Vegetables And Chickpea Rice	Soya Mock Chicken With Rice And Cabbage
20/11/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Salted Egg Fish With Vegetables And steam Rice	Baked Chicken Mushroom with Carrot Fettucine	Lodeh with Nasi Impit (Vegetarian)
21/11/2025	Fish & Chip With salad	Vegetarian Fish & Chip With salad	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
24/11/2025	Fried yee mee with Cut Fruits	Fried Yee Mee with Cut Fruits (Vegetarian)	Teriyaki Chicken with Soya Cabbage & Fried Rice	Creamy Tomato Fish with pasta and roasted Cauliflower	Aglio Olio Pasta with Roasted Cauliflower & Tofu
25/11/2025	French Toast with Jam and Cut Fruits	French Toast with Jam and Cut Fruits	Sweet & Sour Fish with Rice capsicum and cucumber	Black Pepper Chicken With Zhucinni, Capsicum And Pasta	Vegetarian Chicken Fried rice with fruits
26/11/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	Nasi Lemak with Condiment (vegetarian) (cucumber,egg,.)	Roasted Chicken rice serve with condiment	Fish Burger With Fries And Salad	Vegetarian Chickpea Burger With Fries and Salad
27/11/2025	Chicken BeeHoon With cut Fruit	Vegetarian BeeHoon With cut Fruit	Fish Varuval with Tumeric Cabbage & Rice	Chicken Adobo serve With Rice and steam vegetables	Teriyaki Tofu with Soya Cabbage & Fried Rice
28/11/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Thai Chicken Fried Rice with salad		

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>					
1/12/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Ayam Goreng Berempah With Rice, Sambal ,Salad And Soup	Oven Hearbs Fish Serve With Pasta And Steam Carrot and zhucini	Pesto Pasta with Marinated Tempeh
2/12/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Teriyaki Fish with Soya Cabbage & Fried Rice	Chiken Spagetti Bolognese with Mix Salad	Falafel Wrap with Salad
3/12/2025	Paratha and Curry with Fruit Juice	Paratha and Vegetarian Curry with Fruit Juice	Hainanese Chicken rice serve with condiment	Fish Marinara with Garlic Pasta and butter Broccoli and carrot	Tempeh Katsu Curry with Rice
4/12/2025	Toast Bread with Kaya, Butter and Juice	Toast Bread with Kaya, Butter and Juice	Cantoneese Egg Droop Noodles With Crispy Fish	Baked Chicken Mushroom with Carrot Fettucine	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
5/12/2025	Chicken Shepared Pie With Salad	Vegetarian Shepared Pie With Salad	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
8/12/2025	French Toast With cut fruits	French Toast With cut fruits	Black Pepper Fish Fried Yee Mee with Stir fry Capsicum	Chicken Stroganof with Aglio Olio Pasta And Salad	Genaral Tso Tofu With Rice and Stir Pak choy
9/12/2025	Chicken Singapore BeeHoon With cut Fruit	Vegetarian Singapore BeeHoon With cut Fruit	Lamb Curry Serve With Butter Rice potato and carrot	Chicken Peperoni Pizza with Salad	Vegetarian Pizza with Salad
10/12/2025	Chicken Bibimbap Fried Egg Steamed Rice	Stir Fired Mock Meat w. Spring Onion Wok Fried Cabbage Jasmine Rice	Baked Salmon w. Lemon Cream Sauce Grelled Eggplant Roasted Baby Potatoes		