SOUTH SHE	Hot Meal Menu: JAN 2026 Hot Meal Menu: JAN 2026						
	Morning Snack / Brunch			Lunch			
Day/Date	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian		
	Students shou	uld know your classroom i	s a safe and an open spac	e for questions and discuss	sion		
5/1/2026	Teacher Only Day						
6/1/2026	Fried Rice	Fried Rice Vegetarian	Kam Heong Fish	Chicken Chasseur	Mapo Tofu		
	Chinese Style	Chinese Style	Stir Fried Cabbage	Garlic Pasta	Rice		
	Cut Fruits	Cut Fruits	Fried Rice	Butter Carrot Broccoli	Steam Vegetables		
7/4/2026	Nasi Lemak	Nasi Lemak	Sesame Chicken	Lamb Tagine	Vegetarian Chicken Curry		
7/1/2026	(cucumber,egg,anchovies)	Vegetarian	Fried Yee Mee	Roasted Zhucinni	Potato Carrot Stew		
	Condiment French Toast	Condiment French Toast	Oyster Pak choy Ayam Masak Merah	Chickpea Rice Jumbo Sausage Brown Sauce	Rice Aglio Olio Pasta		
8/1/2026	Jam	Jam	Jelatah	Mash Potato	Tomato Sauce		
0/1/2020	Cut Fruits	Cut Fruits	Tomato Rice	Garden salad	Roasted Carrot Tofu		
	Roast Black Pepper Chicken	Vegetarian Skewer	Siamese Chicken	manozo	TIMI D		
9/1/2026	Fries	Fries	Bee Hoon	Delischool	INTERNATIONAL		
0, -, -0-0	Salad	Salad	Carrot & Cabbage	by SHF Services	SCHOOL		
	Hailam Noodles	Hailam Noodles	Oyster Fish	Chicken Chili Con Carne	Corn Tortilla Chips		
12/1/2026	Vegetables	(Vegetarian)	, Noodles	Shreeded Letuce & Cheese	Chicpea Salsa		
	Cut Fruit	Cut Fruit	Saute Carrot & cabbage	Corn Tortilla Chips	Shreeded Letuce & Cheese		
	Scrambled Eggs, Sausage	Scrambled Eggs (Vegetarian)	Korean Style Chicken	Lemon Crust Fish	Braised Mushroom		
13/1/2026	Baked Beans	Baked Beans	Kimchi With Soup	Tomato Sauce Pasta	Chickpea Salad		
	Cut Fruits	Cut Fruits	Garlic Rice	and Salad	Rice		
	Hokiean Chicken	Hokien (Vegetarian)	Buttter Fish	Roasted Chicken	Coconut Dhal		
14/1/2026	Noodles	Noodles	Roasted Brinjal and potato	Tomato Pasta	Cauliflower		
	Cut Fruits	Cut Fruits	And Steam Rice	Steam Broccoli & Carrot	Briyani Rice (Vegetarian)		
	Paratha	Paratha	Hong Kong Steam Fish	Chicken Alfreado	Vegetarian Chicken		
15/1/2026	Curry	(Vegetarian) Curry	Stir Fried Kailan	Creamy Pasta	Alfreado Pasta		
	Fruit Juice	Fruit Juice	White Rice	Green Garden Salad	Green Garden Salad		
16/1/2026	Salmon Fried Rice Mixed Vegetables	Vegetarian Fried Rice Mixed Vegetables	Baked Soya Chicken Fried Rice	HELP INTERNATIONA SCHOOL	⊥ ⊅elis chool		
	Garden Salad	Garden Salad	Garden Salad		by Shr Services		
19/1/2026	Mix Vegetables	Vegetarian Mix Vegetables	Crispy Thai Style Fish Fried Yee Mee	Cajun Chicken	Brinjal Aloo Gobi		
19/1/2020	Fried rice with Fruit Juice	Fried rice with Fruit Juice	Stir Fried Water Spinach	Pasta & Sauce Steamed Brocoli Cauliflower	with Pickle Vegetables and Rice		
	Singapore Bee Hoon	Singapore Bee Hoon	Ayam Percik	Fish Burger	Vegetarian Burger		
20/1/2026	Chicken	(Vegetarian) Chicken	Pajeri Brinjal & Sauce	French Fries	French Fries		
, _,	Cut Fruits	Cut Fruits	Butter Rice	Tomato And Salad	Tomato And Salad		
21/1/2026	Nasi Lemak	Nasi Lemak	Ginger Lamb	Maryland Chicken	Chana Massala		
	(cucumber, egg, anchovies)	Vegetarian	Stir Fried Vegetables	Coleslaw	Acar		
	Condiment	Condiment	White Rice	Baked Potato	Ghee Rice		
	French Toast	French Toast	Hainanese Chicken Rice	Roasted BBQ Fish	Mushroom		
22/1/2026	Sauce	Sauce	Lettuce Tomato	Rosted Vegetables	Tofu Stew		
	Cut Fruits	Cut Fruits	Clear Soup	Pilaf Rice	With Rice		
22/4/2026	Fish & Chip	Fish & Chip (vegetarian)	Crispy Lemon Fish	HELP INTERNATIONA	⊥ ⊅elis chool		
23/1/2026	Tartar Sauce	Tartar Sauce	Chinese Style Cabbage	SCHOOL	L DEIISCHOOL by SHE Services		
	Mix Salad Chicken	Mix Salad Chicken (Vegetarian)	Jasmine Rice Herbal Steamed Chicken	Roasted Fish	Potato And Tomato Stew		
26/1/2026	Kuey Teow	Kuey Teow	Sauteed Baby Kailan	Marinara Pasta	with Pasta		
20/1/2020	Fruit Juice	Fruit Juice	Garlic Rice	Roasted Vegetables	and Salad		
	Fried Rice	Vegetarian Fried Rice	Creamy Butter Fish	Chicken Pizza	Vegetarian Pizza		
27/1/2026	Kampung Style	Kampung Style	Vegtables	Mushroom Soup	Mushroom Soup		
	with Cut Fruits	with Cut Fruits	and Rice	Mix Salad	with Salad		
28/1/2026	Paratha	Paratha	Chicken Katsu	Baked Fish	Vegetables Quesadilla		
	Curry	(Vegetarian) Curry	Japanese Vegetable Curry	Mushroom Pasta	Tomato Sauce		
	Fruit Juice	Fruit Juice	Japanese Rice	and Salad	Chicpea Salad		
29/1/2026	Fried Hokian	Vegetarian Hokian	Ayam Penyet	Roasted Barbeque Fish	Cauliflower & Coconut		
	Noodles	Noodles	Fried Tempeh & Tofu	Rosted Carrot Zhucinni	Dhal with		
	with Cut Fruits	with Cut Fruits	Rice, Soup & Cabbage	Carrot Rice	Briyani Rice (Vegetarian)		
20/1/225	Chicken Shepared Pie	Vegetarian Shepared Pie	Thai Chicken	Malicchaol	HELP		
30/1/2026	Sauce	Sauce	Fried Rice	Delischool	INTERNATIONAL SCHOOL		
	with Salad	with Salad	with Salad	by SHF Services	SOLIOOL		

Hot Meal Menu: FEB 2026 Hot Meal Menu: FEB 2026								
Day/Date	Morning Snack / Brunch			Lunch				
Day/ Date	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian			
Students should know your classroom is a safe and an open space for questions and discussion								
	Toast Bread	Toast Bread	Ginger Chicken	Grill Fish	Pasta			
3/2/2026	Kaya & Butter	Kaya & Butter	Fried Yee Mee	with Tomato Pasta	& Roasted Vegetables			
	Milo & Cut Fruits	Milo & Cut Fruits	with Vegetables	And Salad	with Garlic Sauce			
	Chinese Bee Hoon	Vegetarian Bee Hoon	Assam Fish	Chicken Bolognese	Vegetarian Chicken			
4/2/2026	Vegetables	Vegetables	Lady Finger & Brinjal	Pasta	Tomato Pasta			
	with Fruit Juice	with Fruit Juice	Rice	with Salad	with Salad			
	Paratha	Paratha	Beef Curry	CaJun Style Chicken	Vegetarian Fajitas			
5/2/2026	Curry	(Vegetarian) Curry	Potato & Carrot	Roasted Capsicum Carrot	with Beans			
	Fruit Juice	Fruit Juice	Steam Rice	Pilaf Rice	and Rice			
	Chicken Shepared Pie	Vegetarian Shepared Pie	Stir fry Chicken	HELP Delischool				
6/2/2026	Vegetables	Vegetables	Noodle					
	with Salad	with Salad	Pak Choy and Cabbage	SCHOOL by SHF Services				
	Chicken	Fried Tofu (Vegetarian)	Black Pepper Fish	Chicken Stroganoff	Pasta with Garlic Sauce			
9/2/2026	Fried Noodles	Fried Noodles	Fried Yee Mee	with Aglio Olio Pasta	Roasted Vegetables			
	with Cut Fruits	with Cut Fruits	Long Cabbage & Capsicum	Coleslaw	and Coleslaw			
	Chicken Fried Rice	Vegetarian Fried Rice	Ayam Goreng Berempah	Oven Baked Fish	Braised Mushroom			
10/2/2026	Mixed Vegetables	Mixed Vegetables	Cucumber & Pineaple Pickle	Served with Pasta	Tofu Bok Choy Cauliflower			
	with Fruit Juice	with Fruit Juice	Rice & Soup	and Ratatouille	and Steamed Rice			
	Nasi Lemak	Nasi Lemak	Assam Fish Fillet	Chicken Alfreado	Vegetarian Chicken			
11/2/2026	(cucumber,egg,anchovies)	Vegetarian	and Vegetables	Pasta	Sweet & Sour Vegetables			
	Condiment	Condiment	Ginger Rice	with Garden Salad	& Corn Rice			
	English Breakfast	English Breakfast	Hainanese Chicken Rice	Roasted BBQ Fish	Braised Mushroom			
12/2/2026	(Egg, Beans and Toast)	(Egg, Beans and Toast)	Lettuce Tomato	Rosted Potato Carrot	Salad			
	with Fruits	with Fruits	Clear Soup	Pilaf Rice	Carrot Rice			
	Baked Chicken	Vegetarian Chicken	Chicken	IIIID				
13/2/2026	Macaroni & Cheese	Macaroni & Cheese	Dry Noodle	Delischool international SCHOOL				
	Mix salad	Mix salad	with Pak Choy and Cabbage					
	Sauted Chicken	(Vegetarian)	Balinese Chicken	Roasted BBQ Fish	Marinated Tofu			
23/2/2026	Hokiean Noodles	Hokiean Noodles	Stir Fried Water Spinach	Rosted Carrot & Cauliflower	Pesto Pasta			
	with Cut Fruits	with Cut Fruits	Steam Rice	and Pilaf Rice	with Salad			
	Chinese	Chinese	Lamb Kurma	Chicken Pizza	Vegetarian Pizza			
24/2/2026	Fried Rice	Fried Rice	Potato & Carrot	Mushroom Soup	Mushroom Soup			
	with Fruit Juice	with Fruit Juice	Briyani Rice Rice	Mix Salad	Mix Salad			
	Paratha	Paratha	Kam Heong Fish	Roasted Chicken	Mapo Tofu			
25/2/2026	Curry	(Vegetarian) Curry	Stir Fried Cabbage	Creamy Pasta	Sauted Vegetables			
-	Fruit Juice	Fruit Juice	Fried Rice	Garlic Breadcrumbs	and White Rice			
26/2/2026	Sauted Chicken	Vegetarian Meat	Koreaan Style Chicken	Roasted Fish Mushrooms,	Aloo Gobi			
	Lor Mee	Lor Mee	Kimchi & stir Fried Cabbage	Agli Oglio Pasta	Acar			
	with Cut Fruits	with Cut Fruits	Garlic Rice	Butter Brocoli	Ghee Rice			
	Roasted Chicken	Vegetarian Fish	Chinese Style Fish	HELP				
27/2/2026	Aglio Olio Pasta	Aglio Olio Pasta	Fried Noodles	INTERNATIONAL DEISCHOO				
	and Gravy with Salad	and Gravy with Salad	with Vegetables	SCHOOL	by SHF Services			

F SHE	SERVICES (M) SDN BHD (822648-A) [Person beautria in of CATEMON SERVES and And]	leal Menu: MAR	2026		SHF SERVICES (M) SDN BHD (822648-A) (https://doi.org/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/10.1006/1
Day/Date	Morning Snack / Brunch Lunch				
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
	Students should kn	ow your classroom is a safe	and an open space for quest	tions and discussion	
2/3/2026	Chinese Bee Hoon	Vegetarian Bee Hoon	Chicken Masala	Lemon Fish	Tofu & Chickpea Masala
	Vegetables	Vegetables	Aloo Gobi & Pappadam	Spaghetti	Aloo Gobi & Pappadam
	with Fruit Juice	with Fruit Juice	Ghee Rice	Roasted Vegetables	Ghee Rice
3/3/2026	Chicken Fried Rice	Vegetarian Fried Rice	Kam Heong Fish	Chicken Chili Con Carne	Corn Tortilla Chips
	Mixed Vegetables	Mixed Vegetables	Stir Fried Cabbage	Shreeded Lettuce & Cheese	Chicpea Salsa
	with Fruit Juice	with Fruit Juice	Fried Rice	Corn Tortilla Chips	Shreeded Letuce & Cheese
	Paratha	Paratha	Ayam Penyet	Grilled Seabass Mango Salsa	Vegetables Quesadilla
4/3/2026	Curry	(Vegetarian) Curry	Fried Tempeh & Tofu	Ratatouille	Tomato Sauce
	Fruit Juice	Fruit Juice	Rice, Soup & Cabbage	Rice Pilaf	Chicpea Salad
5/3/2026	Sauted Chicken	(Vegetarian)	Lamb Kurma	Chicken Pizza	Vegetarian Pizza
	Hokiean Noodles	Hokiean Noodles	Potato & Carrot	Mushroom Soup	Mushroom Soup
	with Cut Fruits	with Cut Fruits	Briyani Rice Rice	Mix Salad	Mix Salad
6/3/2026	Grilled Chicken Burger	Vegetarian Mushroom Burger	Crispy Lemon Fish	Delischool #ELP INTERNATIONAL SCHOOL	
	Lettuce & Tomatoes	Lettuce & Tomatoes	Chinese Fried Cabbage		
	Fries	Fries	Jasmine Rice		
9/3/2026	Toast Bread	Toast Bread	Hoi Sin Sauce Chicken	Roasted Fish	Hoi Sin Vegetarian Meat
	Kaya & Butter	Kaya & Butter	Stir-Fried Pak Choi	Marinara Pasta	Stir-Fried Pak Choi
	Cut Fruits	Cut Fruits	Jasmine Rice	Roasted Vegetables	Jasmine Rice
	Chicken	Chicken (Vegetarian)	Assam Fish Fillet	Chicken Alfreado	Vegetarian Chicken
10/3/2026	Kuey Teow	Kuey Teow	and Vegetables	Pasta	Sweet & Sour Vegetables
	Fruit Juice	Fruit Juice	Ginger Rice	with Garden Salad	& Corn Rice
	Nasi Lemak	Nasi Lemak	Beef Curry	Chicken Chasseur	Mapo Tofu
11/3/2026	cucumber,egg,anchovies	Vegetarian	Potato & Carrot	Garlic Pasta	Rice
	Condiment	Condiment	Steam Rice	Butter Carrot Broccoli	Steam Vegetables
12/3/2026	Sauted Chicken	Vegetarian Meat	Hainanese Chicken Rice	Fish Burger	Vegetarian Burger
	Lor Mee	Lor Mee	Lettuce Tomato	French Fries	French Fries
	with Cut Fruits	with Cut Fruits	Clear Soup	Tomato And Salad	Tomato And Salad
13/3/2026	Salmon Fried Rice	Vegetarian Fried Rice	Baked Soya Chicken	HELP	<u> </u>
	Mixed Vegetables	Mixed Vegetables	Fried Rice	(INTERNATIONAL	Delis chool
	Garden Salad	Garden Salad	Garden Salad	SCHOOL	by SHF Services
16/3/2026	Chicken	Fried Tofu (Vegetarian)	Koreaan Style Chicken	Roasted Fish Mushrooms,	Aloo Gobi
	Fried Noodles	Fried Noodles	Kimchi & stir Fried Cabbage	Agli Oglio Pasta	Acar
	with Cut Fruits	with Cut Fruits	Garlic Rice	Butter Brocoli	Garlic Rice
17/3/2026	Paratha	Paratha	Crispy Thai Style Fish	Jumbo Sausage Brown Sauce	Braised Mushroom
	Curry	(Vegetarian) Curry	Fried Yee Mee	Mash Potato	Tofu Bok Choy Cauliflower
	Fruit Juice	Fruit Juice	Stir Fried Water Spinach	Garden salad	and Steamed Rice