

Hot Meal Menu: APR 2026

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					
6/4/2026	Sauteed Chicken Hokiekian Noodles with Cut Fruits	(Vegetarian) Hokiekian Noodles with Cut Fruits	Malaysian Fish Curry Vegetable Dhal Jasmine Rice	Creamy Chicken Stew Steamed Broccoli Penne Pasta	Creamy Chickpea & Mushroom Stew Steamed Broccoli Penne Pasta
7/4/2026	Chinese Fried Rice with Fruit Juice	Chinese Fried Rice with Fruit Juice	Salted Egg Chicken Steamed Pak Choi Jasmine Rice	Morocan Beef Stew Steamed Corn on Cob w. Shredded Lettuce Pita Bread	Mix Bean Stew Steamed Corn on Cob w. Shredded Lettuce Pita Bread
8/4/2026	Chicken Kuey Teow Fruit Juice	(Vegetarian) Kuey Teow Fruit Juice	Green Curry Perch Fish Stir-Fried Kai Lan Jasmine Rice	Rosemary Baked Chicken Creamy Spinach Mash Potatoes	Green Curry Vegetables Stir-Fried Kai Lan Jasmine Rice
9/4/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit 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 Japanese Rice
10/4/2026	Grilled Chicken Corn Salad Mac & Cheese	Mushroom Fritters Corn Salad Mac & Cheese	Chinese Style Steamed Fish Stir-Fried Mix vegetables Jasmine Rice		
13/4/2026	French Toast with Jam And Cut Fruits	French Toast with Jam And Cut Fruits	Korean Style Chicken Kimchi & stir Fried Cabbage Garlic Rice	Roasted Fish Mushrooms, Agllo Oglio Pasta Butter Broccoli	Aloo Gobi Acar Garlic Rice
14/4/2026	Singapore Bee Hoon Chicken Cut Fruits	Singapore Bee Hoon (Vegetarian) Chicken Cut Fruits	Malaysian Fish Curry Vegetable Dhal Jasmine Rice	Creamy Chicken Stew Steamed Broccoli Penne Pasta	Vegetables Stew serve with pasta
15/4/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Salted Egg Chicken Steamed Pak Choi Jasmine Rice	Morocan Beef Stew Chickpea Salad Pita Bread	Chickpea & Mushroom Stew Broccoli & Carrot Jasmine Rice
16/4/2026	Hailam Noodles Chicken Fruits Juice	Hailam Noodles Vegetarian Fruits Juice	Honey Roasted Chicken Cucumber & Tomatoes Chicken Rice	Breaded Fish Fingers Steamed Buttrfed Green Peas Homemade Potato Wedges	Braised Tofu & Egg Stir-Fried Spinach Jasmine Rice
17/4/2026	Roasted Chicken Agllo Olio Pasta and Gravy with Salad	Vegetarian Fish Agllo Olio Pasta and Gravy with Salad	Chinese Style Fish Fried Noodles with Vegetables		
20/4/2026	Toast Bread with Kaya, Butter and Juice	Toast Bread with Kaya, Butter and Juice	Assam Fish Fillet Brinjal , Lady Finger Jasmine Rice	Chicken Stroganoff Pasta Roasted Vegetables	Creamy Tomato pasta and roasted Cauliflower
21/4/2026	Mamak Fried Noodles Chicken with Cut Fruits	Mamak Fried Noodles Vegetarian with Cut Fruits	Ayam Penyet w. Sambal Tempeh, Tofu & Longbean White Rice	Roasted Fish Marinara Pasta Roasted Vegetables	Vegetarian Alfredo Pasta With Garden Salad
22/4/2026	Hokiekian Chicken Noodles Cut Fruits	Hokiekian (Vegetarian) Noodles Cut Fruits	Buttter Fish Roasted Brinjal and potato And Steam Rice	Roasted Chicken Tomato Pasta Steam Broccoli & Carrot	Coconut Dhal Cauliflower Briyani Rice (Vegetarian)
23/4/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Chicken Rendang with Pickle Vegetables Butter Rice	Creamy Tomato Fish Pasta Roasted Cauliflower	Vegetarian Chicken Tomato Pasta with Salad
24/4/2026	Chicken Bibimbap Fried Egg Steamed Rice	Stir Fried Mock Meat w. Spring Onion Wok Fried Cabbage Jasmine Rice	Chicken Dry Noodle with Pak Choy and Cabbage		
27/4/2026	Scrambled Eggs, Sausage Baked Beans Cut Fruits	Scrambled Eggs (Vegetarian) Baked Beans Cut Fruits	Chicken Curry Serve Lady finger & Brinjal Steam Rice	Oven Baked Chicken Alfredo Pasta With Garden Salad	Agllo Olio Pasta Sauteed Cauliflower Tofu
28/4/2026	Chicken Porridge Spring onions And Cut Fruits	Vegetarian Porridge Spring onions And Cut Fruits	Oven-Baked Panko Fish Japanese Vegetable Curry Japanese Rice	Chicken Lasagna Roasted Cauliflower & Tomatoes Herb Bread	Tofu & Tempeh Katsu Japanese Vegetable Curry Japanese Rice
29/4/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Crispy Fish Egg Drop Noodles Stir Fried Vegetables	Beef Stroganoff Pasta Roasted Vegetables	Marinated Tempeh Pesto Pasta with Garlic Bread
30/4/2026	Fried Rice Kampung Style with Cut Fruits	Vegetarian Fried Rice Kampung Style with Cut Fruits	Mild Korean Chicken Sauteed Beansprouts Kimchi Fried Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad

Hot Meal Menu: MAY 2026

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					
4/5/2026	Chicken Bee Hoon Cut Fruits	Fried Vegetarian Chicken Bee Hoon Cut Fruits	Chicken 65 White Rice Vegetables Curry	Lemon Fish Spaghetti Tomato Coulis Roasted Broccoli Carrot	Tofu Pasta Garlic Sauce Roasted Broccoli Carrot
5/5/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Sesame Chicken Fried Yee Mee Oyster Pak choy	Lamb Tagine Roasted Zucchini Chickpea Rice	Vegetarian Chicken Curry Potato Carrot Stew Rice
6/5/2026	Fried Rice Chinese Style Cut Fruits	Fried Rice Vegetarian Chinese Style Cut Fruits	Kam Heong Fish Stir Fried Cabbage Fried Rice	Chicken Chasseur Garlic Pasta Butter Carrot Broccoli	Mapo Tofu Rice Steam Vegetables
7/5/2026	Chicken Bee Hoon Cut Fruits	Fried Vegetarian Chicken Bee Hoon Cut Fruits	Chicken 65 White Rice Vegetables Curry	Lemon Fish Spaghetti Tomato Coulis Roasted Broccoli Carrot	Tofu Pasta Garlic Sauce Roasted Broccoli Carrot
8/5/2026	Roast Black Pepper Chicken Fries Salad	Vegetarian Skewer Fries Salad	Siamese Chicken Bee Hoon Carrot & Cabbage	 	
11/5/2026	French Toast Jam Cut Fruits	French Toast Jam Cut Fruits	Ayam Masak Merah Jelatah Tomato Rice	Jumbo Sausage Brown Sauce Mash Potato Garden salad	Aglio Olio Pasta Tomato Sauce Roasted Carrot Tofu
12/5/2026	Hailam Noodles Vegetables Cut Fruit	Hailam Noodles (Vegetarian) Cut Fruit	Oyster Fish Noodles Saute Carrot & cabbage	Chicken Chili Con Carne Shredded Letuce & Cheese Corn Tortilla Chips	Corn Tortilla Chips Chicpea Salsa Shredded Letuce & Cheese
13/5/2026	Scrambled Eggs, Sausage Baked Beans Cut Fruits	Scrambled Eggs (Vegetarian) Baked Beans Cut Fruits	Korean Style Chicken Kimchi With Soup Garlic Rice	Lemon Crust Fish Tomato Sauce Pasta and Salad	Braised Mushroom Chickpea Salad Rice
14/5/2026	Hokian Chicken Noodles Cut Fruits	Hokien (Vegetarian) Noodles Cut Fruits	Buttter Fish Roasted Brinjal and potato And Steam Rice	Roasted Chicken Tomato Pasta Steam Broccoli & Carrot	Coconut Dhal Cauliflower Briyani Rice (Vegetarian)
15/5/2026	Salmon Fried Rice Mixed Vegetables Garden Salad	Vegetarian Fried Rice Mixed Vegetables Garden Salad	Baked Soy Chicken Fried Rice Garden Salad	 	
18/5/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Creamy Butter Fish Vegetables and Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup with Salad
19/5/2026	Mix Vegetables Fried rice with Fruit Juice	Vegetarian Mix Vegetables Fried rice with Fruit Juice	Crispy Thai Style Fish Fried rice Stir Fried Water Spinach	Cajun Chicken Pasta & Sauce Steamed Brocoli Cauliflower	Brinjal Aloo Gobi with Pickle Vegetables and Rice
20/5/2026	Singapore Bee Hoon Chicken Cut Fruits	Singapore Bee Hoon (Vegetarian) Chicken Cut Fruits	Ayam Percik Pajeri Brinjal & Sauce Butter Rice	Fish Burger French Fries Tomato And Salad	Vegetarian Burger French Fries Tomato And Salad
21/5/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Ginger Lamb Stir Fried Vegetables White Rice	Maryland Chicken Coleslaw Baked Potato	Chana Massala Acar Ghee Rice
22/5/2026	Fish & Chip Tartar Sauce Mix Salad	Fish & Chip (vegetarian) Tartar Sauce Salad	Crispy Lemon Fish Chinese Style Cabbage Jasmine Rice	 	
25/5/2026	French Toast Sauce Cut Fruits	French Toast Sauce Cut Fruits	Hainanese Chicken Rice Lettuce Tomato Clear Soup	Roasted BBQ Fish Rosted Vegetables Pilaf Rice	Mushroom Tofu Stew With Rice
26/5/2026	Chicken Kuey Teow Fruit Juice	Chicken (Vegetarian) Kuey Teow Fruit Juice	Ayam Penyet Fried Tempeh & Tofu Rice, Soup & Cabbage	Roasted Fish Marinara Pasta Roasted Vegetables	Vegetables Quesadilla Tomato Sauce Chicpea Salad
28/5/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Chicken Katsu Japanese Vegetable Curry Japanese Rice	Baked Barbeque Fish Mushroom Pasta and Salad	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
29/5/2026	Chicken Shepherd's Pie Sauce with Salad	Vegetarian Shepherd's Pie Sauce with Salad	Thai Chicken Fried Rice with Salad	 	

Hot Meal Menu: JUN 2026

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					
3/6/2026	Chinese Fried Rice with Fruit Juice	Chinese Fried Rice with Fruit Juice	Salted Egg Chicken Steamed Pak Choi Jasmine Rice	Morocan Beef Stew Steamed Corn on Cob w. Shredded Lettuce Pita Bread	Mix Bean Stew Steamed Corn on Cob w. Shredded Lettuce Pita Bread
4/6/2026	Chicken Kuey Teow Fruit Juice	Chicken (Vegetarian) Kuey Teow Fruit Juice	Green Curry Perch Fish Stir-Fried Kai Lan Jasmine Rice	Rosemary Baked Chicken Creamy Spinach Mash Potatoes	Green Curry Vegetables Stir-Fried Kai Lan Jasmine Rice
5/6/2026	Grilled Chicken Corn Salad Mac & Cheese	Mushroom Fritters Corn Salad Mac & Cheese	Chinese Style Steamed Fish Stir-Fried Mix vegetables Jasmine Rice		
8/6/2026	French Toast with Jam And Cut Fruits	French Toast with Jam And Cut Fruits	Korean Style Chicken Kimchi & stir Fried Cabbage Garlic Rice	Roasted Fish Mushrooms, Aglio Oglio Pasta Butter Broccoli	Aloo Gobi Acar Garlic Rice
9/6/2026	Singapore Bee Hoon Chicken Cut Fruits	Singapore Bee Hoon (Vegetarian) Chicken Cut Fruits	Malaysian Fish Curry Vegetable Dhal Jasmine Rice	Creamy Chicken Stew Steamed Broccoli Penne Pasta	Vegetables Stew and Beans serve with pasta
10/6/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Salted Egg Chicken Steamed Pak Choi Jasmine Rice	Morocan Beef Stew Chickpea Salad Pita Bread	Chickpea & Mushroom Stew Broccoli & Carrot Jasmine Rice
11/6/2026	Hailam Noodles Chicken Fruits Juice	Hailam Noodles Vegetarian Fruits Juice	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
12/6/2026	Roasted Chicken Aglio Olio Pasta and Gravy with Salad	Vegetarian Fish Aglio Olio Pasta and Gravy with Salad	Chinese Style Fish Fried Noodles with Vegetables		
15/6/2026	Toast Bread with Kaya, Butter and Juice	Toast Bread with Kaya, Butter and Juice	Assam Fish Fillet Brinjal , Lady Finger Jasmine Rice	Chicken Stroganoff Pasta Roasted Vegetables	Creamy Tomato pasta and roasted Cauliflower
17/6/2026	Hokian Chicken Noodles Cut Fruits	Hokien (Vegetarian) Noodles Cut Fruits	Buttfer Fish Roasted Brinjal and potato And Steam Rice	Roasted Chicken Tomato Pasta Steam Broccoli & Carrot	Coconut Dhal Cauliflower Briyani Rice (Vegetarian)
18/6/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Chicken Rendang with Pickle Vegetables Butter Rice	Creamy Tomato Fish Pasta Roasted Cauliflower	Vegetarian Chicken Tomato Pasta with Salad
19/6/2026	Chicken Bibimbap Fried Egg Steamed Rice	Stir Fried Mock Meat w. Spring Onion Wok Fried Cabbage Jasmine Rice	Chicken Dry Noodle with Pak Choy and Cabbage		
22/6/2026	Scrambled Eggs, Sausage Baked Beans Cut Fruits	Scrambled Eggs (Vegetarian) Baked Beans Cut Fruits	Chicken Curry Serve Lady finger & Brinjal Steam Rice	Chicken Alfredo Pasta With Garden Salad	Aglio Olio Pasta Sauted Cauliflower Tofu
23/6/2026	Chicken Porridge Spring onions And Cut Fruits	Vegetarian Porridge Spring onions And Cut Fruits	Chicken Katsu Japanese Vegetable Curry Japanese Rice	Chicken Lasagna Roasted Cauliflower & Tomatoes Herb Bread	Tofu & Tempeh Katsu Japanese Vegetable Curry Japanese Rice
24/6/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Crispy Fish Egg Drop Noodles Stir Fried Vegetables	Beef Stroganoff Pasta Roasted Vegetables	Marinated Tempeh Pesto Pasta with Garlic Bread
25/6/2026	Fried Rice Kampung Style with Cut Fruits	Vegetarian Fried Rice Kampung Style with Cut Fruits	Mild Korean Chicken Sauteed Beansprouts Kimchi Fried Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad
26/6/2026	Fish & Chip Tartar Sauce Mix Salad	Fish & Chip (vegetarian) Tartar Sauce Salad	Siamese Chicken Bee Hoon with Carrot & Cabbage		
29/6/2026	Hailam Noodles Malaysian Style With Fruit Juice	Vegetarian Hailam Noodles Malaysian Style With Fruit Juice	Soy Chicken with Stir Fried Vegetables and Onion Rice	Lemon Crust Fish with Tomato Sauce Pasta and Salad	Oven Baked Vegetarian Fish Tomato Sauce Pasta with Roasted Vegetables
30/6/2026	English Breakfast Egg, Sausage, Baked Beans with Cut Fruits	English Breakfast Egg, Tofu, Baked Beans with Cut Fruits	Assam Fish Local Vegetables Lemongrass Steamed Rice	Spaghetti Bolognese Chicken with Salad	Aloo Gobi Sautéed Cabbage & Carrot Lemongrass Steamed Rice

Hot Meal Menu: JUL 2026

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					
1/7/2026	Chinese Bee Hoon Vegetables with Fruit Juice	Vegetarian Bee Hoon Vegetables with Fruit Juice	Assam Fish Lady Finger & Brinjal Rice	Chicken Bolognese Pasta with Salad	Vegetarian Chicken Tomato Pasta with Salad
2/7/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Beef Curry Potato & Carrot Steam Rice	Cajun Style Chicken Roasted Capsicum Carrot Pilaf Rice	Vegetarian Fajitas with Beans and Rice
3/7/2026	Chicken Shepared Pie Vegetables with Salad	Vegetarian Shepared Pie Vegetables with Salad	Dry fried Chicken Noodle Pak Choy and Cabbage	 HELP INTERNATIONAL SCHOOL 	
6/7/2026	Chicken Fried Noodles with Cut Fruits	Fried Tofu (Vegetarian) Fried Noodles with Cut Fruits	Black Pepper Fish Fried Yee Mee Long Cabbage & Capsicum	Chicken Stroganoff with Aglio Olio Pasta Coleslaw	Pasta with Garlic Sauce Roasted Vegetables and Coleslaw
7/7/2026	Chicken Fried Rice Mixed Vegetables with Fruit Juice	Vegetarian Fried Rice Mixed Vegetables with Fruit Juice	Ayam Goreng Berempah Cucumber & Pineapple Pickle Rice & Soup	Oven Baked Fish Served with Pasta and Ratatouille	Braised Mushroom Tofu Bok Choy Cauliflower and Steamed Rice
8/7/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Assam Fish Fillet and Vegetables Ginger Rice	Chicken Alfreaddo Pasta with Garden Salad	Vegetarian Chicken Sweet & Sour Vegetables & Corn Rice
9/7/2026	English Breakfast (Egg, Beans and Toast) with Fruits	English Breakfast (Egg, Beans and Toast) with Fruits	Hainanese Chicken Rice Lettuce Tomato Clear Soup	Roasted BBQ Fish Rosted Potato Carrot Pilaf Rice	Braised Tofu with Choy Sum Cucumber Tomato Salad Carrot Rice
10/7/2026	Baked Chicken Macaroni & Cheese Mix salad	Vegetarian Chicken Macaroni & Cheese Mix salad	Chicken Dry Noodle with Pak Choy and Cabbage	 HELP INTERNATIONAL SCHOOL 	

