

Hot meal menu: APRIL 2024

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
TERM BREAK (6th APRIL 2024 - 21th APRIL 2024)					
Mon, 22 April, 2024	Dry Fried Noodle & Fruits	Dry Fried Noodle & Fruits (Vegetarian)	Curry Chicken with Spices, Okra, Carrot & Corn Rice	Fish Blanquette with Tri Color Pasta	Tomato Stew with Potato & Cauliflower (Vegetarian)
Tue, 23 April, 2024	Chicken Porridge & Fruit Juice	Porridge with Cut Fruits (Vegetarian)	Chicken Rendang with Corn Rice & Raita	Aglio Olio Chicken with Roasted Vegetables & Salad	Brinjal Aloo Gobi & Rice (Vegetarian)
Wed, 24 April, 2024	Nasi Lemak & Condiments	Nasi Lemak & Condiments (Vegetarian)	Ginger Fish with Bok Choy & Noodles	Chicken Carbonara Pasta with Salad	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Thu, 25 April, 2024	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Biryani Chicken with Rice and Vegetables	Oven Baked Fish Served with Ratatouille & Pilaf Rice	Potato, Broccoli, Cauliflower & Carrot Curry (Vegetarian)
Fri, 26 April, 2024	Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Vegetarian Chicken Tortiglioni with Sauce & Vegetables			
Mon, 29 April, 2024	Sambal Fried Noodles & Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Kung Pow Chicken with Vegetables & Rice	Marinated Dory Fish with Valenciennes Rice	Brinjal Aloo Gobi & Rice (Vegetarian)
Tue, 30 April, 2024	Fried Yee Mee with Chicken & Fruits Juice	Fried Yee Mee & Fruits Juice (Vegetarian)	Ayam Goreng Berempah with Rice & Vegetables	Oven Roasted Fish with Lemon Herbs, Spices & Light Sauce with Rice	Vegetarian Chicken Pasta with Vegetables, Cranberry & Breadcrumbs (Vegetarian)



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

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ALWAYS FOLLOW YOUR DREAM					

Hot meal menu: May 2024

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Welcome back and Keep Studying hard to follow your dream					
Mon, 29 April, 2024	  				
Tue, 30 April, 2024					
LABOUR DAY					
Thu, 2 May, 2024	Singapore Fried Mee Hoon & Cut Fruits	Singapore Mee Hoon & Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Oven Baked Fish Served with Ratatouille & Pasta	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
Fri, 3 May, 2024	Macaroni & Cheese	Macaroni & Cheese (Vegetarian)	 SHF SERVICES (M) SDN BHD (822648-A)		
Mon, 6 May, 2024	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Assam Fish Fillet & Ginger Rice	Baked Chicken Pasta with Sautéed Vegetables	Aglio Olio Pasta with Roasted Vegetables & Tomato Sauce (Vegetarian)
Tue, 7 May, 2024	Tom Yam Noodles & Fruit Juice	Vegetarian Hailam Noodles & Cut Fruit (Vegetarian)	Chicken Curry with Glass Noodles	Chicken & Cheese Pizza with Fries Salad	Vegetarian Pizza with Tomato Sauce & Fries (Vegetarian)
Wed, 8 May, 2024	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans with Cut Fruits (Vegetarian)	Braised Soy Chicken, Okra, Carrot & Rice	Oven Roasted Fish & Spices Sauce with Rice	Braised Mushroom with Bok Choy Cauliflower & Steamed Rice (Vegetarian)
Thu, 9 May, 2024	Paratha with Curry & Cut Fruits	Paratha with Curry & Cut Fruits (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Blanquette with Mushroom & Pasta	Brinjal Aloo Gobi & Rice (Vegetarian)
Fri, 10 May, 2024	Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Aglio Olio Pasta (Vegetarian)			
Mon, 13 May, 2024	Chinese Bee Hoon & Fruit Juice	Chinese Bee Hoon & Fruit Juice (Vegetarian)	Dalca Curry Chicken with Long Bean, Cauliflower & Corn Rice	Barbecue Fish with Sautéed Vegetables & Valencienne Rice	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)

Hot meal menu: May 2024

Day/Date	Morning Snack / Brunch		Lunch		
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Best Wishes for all THE Students. May the wind be always at your back!					
Tue, 14 May, 2024	Fried Yee Mee & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Korean Style Chicken & Garlic Fried Rice	Oven Baked Fish Served with Ratatouille & Pasta	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
Wed, 15 May, 2024	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Tandoori Fish Shredded Vegetables & Rice	Chicken Stroganoff with Aglio Olio Pasta	Vegetarian Fish Sauté Vegetables & Cheese Wrap (Vegetarian)
Thu, 16 May, 2024	Nasi Lemak & Condiments	Nasi Lemak & Condiments (Vegetarian)	Sweet & Sour Fish Oyster Kailan with Ginger Rice	Chicken Spaghetti Bolognese with Salad	Lady Finger Curry & Corn Rice (Vegetarian)
Fri, 17 May, 2024	Macaroni & Cheese with Chicken & Salad	Macaroni & Cheese with Salad (Vegetarian)	 SHF SERVICES (M) SDN BHD (822648-A)		
Mon, 20 May, 2024	Tom Yam Noodles & Fruit Juice	Tom Yam Noodles & Cut Fruits (Vegetarian)	Biryani Chicken with Rice and Vegetables	Roasted Fish with Mushrooms, Sautéed Vegetables & Pasta	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
Tue, 21 May, 2024	Kampung Fried Rice with Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Butter Fish with Rice & Stir Fried Vegetable	Jumbo Sausage with Sauerkraut, Mash Potato & Brown Sauce	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
WESAK DAY					
Thu, 23 May, 2024	Paratha with Curry & Cut Fruits	Paratha with Curry & Cut Fruits (Vegetarian)	Fish Curry with Acar & Rice	Chicken Blanquette with Mushroom & Pasta	Creamy Pasta Spinach with Spiced Breadcrumbs (Vegetarian)
Fri, 24 May, 2024	Salmon Kedgeree Summer Style with Snap Peas	Vegetarian Kedgeree Summer Style with Snap Peas (Vegetarian)			
Mon, 27 May, 2024	Korean Rice Bowl & Cut Fruits	Korean Rice Bowl & Cut Fruits (Vegetarian)	Black Pepper Fish Fried Yee Mee with Capsicum	Mushroom Chicken with Carrots & Potato Gratin	Dry Aloo Gobi with Rice & Salad (Vegetarian)
Tue, 28 May, 2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	Ayam Penyet, Fried Tempeh Vegetables & Rice	Lemon Crust Fish with Tomato & Spaghetti	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Wed, 29 May, 2024	Fried Yee Mee & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Lamb Curry with Briyani Rice & Vegetables	Chicken Carbonara Pasta with Salad	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Thu, 30 May, 2024	Paratha with Curry & Cut Fruits	Paratha with Curry & Cut Fruits (Vegetarian)	Fish Curry with Acar & Rice	Chicken Blanquette with Mushroom & Pasta	Creamy Pasta Spinach with Spiced Breadcrumbs (Vegetarian)
Fri, 31 May, 2024	Chicken Lasagna with Salad	Vegetarian Lasagna with Salad (Vegetarian)			

Hot meal menu: JUNE 2024

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					
Mon, 3 June, 2024	AGONG BIRTHDAY				
Tue, 4 June, 2024	SCHOOL BREAK				
Wed, 5 June, 2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Lemon Crust Fish with Tomato & Spaghetti	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Thu, 6 June, 2024	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans & Fruit Juice (Vegetarian)	Hainanese Chicken Rice with Ginger Rice	Barbecue Fish with Sautéed Vegetables & Pasta	Aglio Olio Pasta with Roasted Root Vegetables (Vegetarian)
Fri, 7 June, 2024	Macaroni Cheese with Salad & Fruits (Vegetarian)	Macaroni Cheese with Salad (Vegetarian)			
Mon, 10 June, 2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	Cantonese Fish with Yee Mee Egg Drop Noodles	Baked Chicken Pasta with Sautéed Vegetables	Creamy Pasta Spinach with Spiced Breadcrumbs (Vegetarian)
Tue, 11 June, 2024	English Breakfast with Bun & Chicken Ham	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Butter Chicken with Rice & Salad	Chicken Chasseur with Garlic Pasta	Cauliflower & Coconut Dhal with Biryani Rice (Vegetarian)
Wed, 12 June, 2024	Fried Rice with Chicken & Fruit Juice	Fried Rice & Fruit Juice (Vegetarian)	Assam Poached Fish Rice & Seasonal Vegetables	Baked Fish Mushroom with Carrot Fettucine	Roasted Pumpkin with Bak Choy & Caramelised Onions (Vegetarian)
Thu, 13 June, 2024	Paratha with Curry	Paratha with Curry (Vegetarian)	Beef Kurma with Potato, Carrot & Rice	Barbecue Fish with Sautéed Vegetables & Aglio Olio Pasta	Spiced Aubergine & Potato with Pasta (Vegetarian)
Fri, 14 June, 2024	Fish & Chips with Mix Salad	Vegetarian Fish & Chips with Green Salad (Vegetarian)	 SHF SERVICES (M) SDN BHD (822648-A)		
Mon, 17 June, 2024	HARI RAYA QURBAN (HAJI)				

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WELCOME BACK					
Tue, 18 June, 2024	Hailam Noodles & Cut Fruit	Vegetarian Hailam Noodles & Cut Fruit (Vegetarian)	Chicken Rendang with Acar & Tomato Rice	Barbecue Fish with Sautéed Vegetables & Aglio Olio Pasta	Lontong with Nasi Impit (Vegetarian)
Wed, 19 June, 2024	Kampung Fried Rice (with Chicken) & Fruit Juice	Kampung Fried Rice & Fruit Juice (Vegetarian)	Chinese Style Fish Fried Noodles with Vegetables & Rice	Cajun Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Braised Mushroom with Bok Choy Cauliflower & Steamed Rice (Vegetarian)
Thu, 20 June, 2024	Nasi Lemak & Condiments	Nasi Lemak & Condiments (Vegetarian)	Lamb Curry with Rice & Vegetables	Creamy Chicken Pasta with Garlic Breadcrumbs	Chicken Vegetarian Fried Rice & Salad (Vegetarian)
Fri, 21 June, 2024	Chicken Lasagna with Salad	Vegetarian Lasagna with Salad (Vegetarian)			
Mon, 24 June, 2024	Singapore Fried Mee Hoon & Cut Fruits	Singapore Mee Hoon & Cut Fruits (Vegetarian)	Cantonese Fish with Yee Mee Egg Drop Noodles	Chicken Spaghetti Bolognese with Salad	Lady Finger Curry & Corn Rice (Vegetarian)
Tue, 25 June, 2024	Tom Yam Noodles & Fruit Juice	Fried Noodle with Vegetarian Fish (Vegetarian)	Ayam Percik, Pajeri Brinjal & Sauce with Rice	Roasted Fish with Mushrooms, Sautéed Vegetables & Pasta	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
Wed, 26 June, 2024	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Chicken Briyani & Mixed Vegetables	Oven Roasted Fish with Bread Crumbs with Pasta	Vegetarian Fish Sauté Vegetables & Cheese Wrap (Vegetarian)
Thu, 27 June, 2024	Paratha with Curry & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Korean Style Chicken with Onion Fried Rice & Kimchi	Fish Blanquette with Mushroom & Rice Valencienne	Vegetarian Gremolata Pasta & Salad (Vegetarian)
Fri, 28 June, 2024	Aglio Olio Pasta	Aglio Olio Pasta (Vegetarian)	 SHF SERVICES (M) SDN BHD (822648-A)		
					

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SUMMER BREAK (13Th JULY 2024 - 26Th August 2024)					
Mon, 1 July, 2024	Noodles Kampung Style with Cut Fruits	Noodles Kampung Style with Cut Fruits (Vegetarian)	Chinese Style Fish Fried Noodles	Roasted Fish with Mushrooms, Sautéed Vegetables & Pasta	Lady Finger Curry & Corn Rice (Vegetarian)
Tue, 2 July, 2024	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Korean Style Chicken with Onion Fried Rice & Kimchi	Fish Blanquette with Mushroom & Rice Valencienne	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Wed, 3 July, 2024	Paratha with Curry & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Beef Masala with Butter Rice & Acar	Oven Baked Fish Served with Ratatouille & Pasta	Stuffed Provençal Tomato with Pilaf Rice & Tofu (Vegetarian)
Thu, 4 July, 2024	Kerabu Fried Rice & Fruit Juice	Kampung Fried Rice & Fruit Juice (Vegetarian)	Chinese Fish Black Pepper Sauce with Rice	Roast Black Pepper Chicken with Chips & Salad	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Fri, 5 July, 2024	Fish & Chips with Mix Salad	Vegetarian Fish & Chips with Green Salad (Vegetarian)			
Mon, 8 July, 2024	REPLACEMENT PUBLIC HOLYDAY (AWAL MUHARAM)				
Tue, 9 July, 2024	Chinese Bee Hoon & Fruit Juice	Chinese Bee Hoon & Cut Fruit (Vegetarian)	Egg Drop Fish with Fried Yee Mee	Chicken Blanquette with Mushroom & Pasta	Vegetarian Gremolata Pasta & Salad (Vegetarian)
Wed, 10 July, 2024	Nasi Lemak & Condiments	Nasi Lemak & Condiments (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Pasta Bolognese with Salad	Brinjal Aloo Gobi & Rice (Vegetarian)
Thu, 11 July, 2024	Sambal Fried Noodles & Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Hainanese Chicken Rice with Ginger Rice	Chicken Basquaise with Pasta & Vegetables	Creamy Pasta with Garlic Breadcrumbs (Vegetarian)
Fri, 12 July, 2024	Chicken Lasagna with Salad	Vegetarian Lasagna with Salad (Vegetarian)			
SUMMER BREAK (13Th JULY 2024 - 26Th August 2024)					