

Term 3 2024/2025 Meal Plans


Category	Meal Options	Price per day	Total Days for Term 3 (21 Apr 2025 - 11 July 2025)	Subtotal for Term 3 (21 Apr 2025 - 11 July 2025)	Total for Term 3 (21 Apr 2025 - 11 July 2025)
Preschool (55 days)	<u>Morning Snack and Lunch</u>				
	Mon – Thurs	MYR 14.50	44	MYR 638.00	MYR 731.50
	Friday	MYR 8.50	11	MYR 93.50	
	<u>Lunch Only</u>				
	Mon – Thurs	MYR 10.50	44	MYR 462.00	MYR 555.50
	Friday	MYR 8.50	11	MYR 93.50	
Primary (54 days)	<u>Morning Snack and Lunch</u>				
	Mon – Thurs	MYR 14.50	43	MYR 623.50	MYR 717.00
	Friday	MYR 8.50	11	MYR 93.50	
	<u>Lunch Only</u>				
	Mon – Thurs	MYR 11.00	43	MYR 473.00	MYR 566.50
	Friday	MYR 8.50	11	MYR 93.50	
Secondary (54 days)	<u>Morning Snack and Lunch</u>				
	Mon – Thurs	MYR 17.00	43	MYR 731.00	MYR 846.50
	Friday	MYR 10.50	11	MYR 115.50	
	<u>Lunch Only</u>				
	Mon – Thurs	MYR 11.50	43	MYR 494.50	MYR 610.00
	Friday	MYR 10.50	11	MYR 115.50	
Staff (54 days)	<u>Lunch Only</u>				
	Mon – Thurs	MYR 10.00	45	MYR 450.00	MYR 540.00
	Friday	MYR 10.00	9	MYR 90.00	











***Term 3 meal plan purchases close on 17th April 2025 11:00pm**

Daily Meal Plans		
Category	Meal Options	Price
Preschool	Breakfast	MYR 6.50
	Lunch	MYR 10.50
	Brunch (Friday)	MYR 8.50
	Afternoon snack	MYR 6.50
Primary	Breakfast	MYR 6.50
	Lunch	MYR 11.00
	Brunch (Friday)	MYR 8.50
	Afternoon snack	MYR 6.50
Secondary	Breakfast	MYR 6.50
	Lunch	MYR 11.50
	Brunch (Friday)	MYR 10.50
	Afternoon snack	MYR 6.50









***All daily meal orders are to be made online via MSP one day (by 8am) before meal collection day**

Hot Meal Menu: APRIL 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					
1/4/2025	HARI RAYA				
2/4/2025	START HOLIDAYS				
21/4/2025	Chicken Mamak Fried Noodles with Cut Fruits	Mamak Fried Noodles with Cut Fruits (Vegetarian)	Sweet & Sour Chicken with Cucumber, Capsicum serve with Rice	Lemon Crust Fish with Tomato sauce pasta and Salad	Pesto Pasta with Marinated Tofu
22/4/2025	Chicken Porridge With Cut Fruits	Vegetarian Chicken Porridge With Cut Fruits	Chicken Rendang with Butter Rice and Pickle Cucumber and Carrot	Creamy Tomato Fish with pasta and roasted Cauliflower	Lodeh with Nasi Impit (Vegetarian)
23/4/2025	Paratha and curry with fruit juice	Paratha and Vegetarian curry with fruit juice	Chicken Pongteh With Rice And Oyster Pak choy	Roasted Fish Mushrooms, Sautéed Capsicum , carrot And Pilaf Rice	Chicpea Aloo Gobi With Butter Rice
24/4/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Teriyaki Fish with Soya Cabbage & Fried Rice	Chicken Stroganoff with Aglio Olio Pasta	Vegetables and Beans stew serve with pasta
25/4/2025	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
28/4/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Chinese Style Fish Fried Noodles with Vegetables	Roasted Cajun Chicken With Rice and Brokoli Capsicum and sauce	Fry Tempeh & tofu Fajitas With Rice And beans
29/4/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Friut Juice	Chicken Tandori Butter Rice Gravy and Tumeric Cabbage	Oven Hearbs Fish Serve With Pasta And Steam Carrot and zhucini	Pesto Pasta with Grill Tofu and Salad
30/4/2025	English breakfast (egg, beans and sausage) with fruits	English breakfast (egg, beans and tofu) with fruits	Chinese Style Chicken Fried Noodles with Cabbage and Bean sprout	Chicken Pizza with Salad	Vegetarian Pizza with Salad

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					
1/5/2025	LABOR DAY				
2/5/2025	Roast Black Pepper Chicken with Chips & Salad	Vegetarian Skewer with Chips & Salad (Vegetarian)	Chicken and Kimchi Fried Rice with salad		
5/5/2025	Waffle with Jam And Cut fruits	Waffle with Jam And Cut fruits	Light Chicken Curry With Steam Rice And Pickel Cabbage	Fish Marinara with Garlic Pasta and butter Broccoli and carrot	Sweet & Sour Broccoli Cauliflower And Tofu& Corn Rice
6/5/2025	French Toast With cut fruits	French Toast With cut fruits	Steam Ginger Fish With Rice and Oyster Pak choy	Maryland Chicken With Baked potato And Coleslaw	Mock Chicken stew serve with pasta
7/5/2025	Nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Chicken Rice serve with Cucumber, Tomato and soup	Chicken Pizza with Salad	Vegetarian Pizza with Salad
8/5/2025	Chicken Singapore BeeHoon With cut Fruit	Vegetarian Singapore BeeHoon With cut Fruit	Lemongras Chicken With Tomato Rice And Steam Broccoli Cauliflower	Oven Baked Fish Served with Ratatouille & Pasta	Dry Tofu Curry & Roasted Potato and Carrot
9/5/2025	Salmon Fried Rice With Garden Salad	Vegetarian Fried Rice With Garden Salad	Chicken Chow Mien with Capsicum and Carrot		
12/5/2025	WESAK DAY				
13/5/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Grill Chilli Fish with Rice And Sauted Carrot Pakchoy	Baked Chicken Mushroom with Carrot Fettucine	Vegetables Quesadilla With Salad
14/5/2025	Chicken Fried Rice With Fruits Juice	Mock Chicken Fried Rice With Fruits Juice	Creamy Butter Chicken With Rice Broccoli and carrot	Peri-Peri Fish With Rice And Vegetables	Vegetables and Beans stew serve with pasta
15/5/2025	paratha and curry with fruit juice	paratha and Vegetarian curry with fruit juice	Cantoneese Egg Droop Noodles With Crispy Fish	Garlic Mushroom Chicken pasta and Sauted Broccoli And Carrot	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
16/5/2025	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
19/5/2025	Chicken Lor Mee With Cut Fruits	Vegitarian Lor Mee With 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
20/5/2025	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Fish Curry Serve With Rice Brinjal and lady finger	Chiken Spagetti Bolognese with Mix Salad	Tomato Pasta With Vegetarian Chicken with Salad
21/5/2025	Nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Korean Style Chicken With Garlic Fried Rice And Kimchi	Roasted Cajun Fish with Butter Rice and Steam Broccoli & Carrot	Tofu & Tempeh Fried rice with fruits
22/5/2025	Chicken Fried Yee Mee With Cut Fruits	Vegetarian Fried Yee Mee With Cut Fruits	Assam Fish Fillet & Ginger Rice with Brinjal and Lady finger	Creamy Chicken Pasta with Garlic Breadcrumbs	Mapo Tofu With White Rice
23/5/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Thai Chicken Fried Rice with salad		
26/5/2025	Fried Chicken Noodles with Cut Fruits	Fried Noodles with Cut Fruits (Vegetarian)	Teriyaki Fish with Soya Cabbage & Fried Rice	Chicken Stroganof with Aglio Olio Pasta And Salad	Korean Tofu Stew With Rice
27/5/2025	Chicken Fried Rice With Fruit Juice	Mock Chicken Fried Rice with fruit Juice	Roasted Chicken , Brinjal Curry with Rice	Fish Burger With Fries And Salad	Vegetarian Chickpea Burger With Fries and Salad
28/5/2025	paratha and curry with fruit juice	paratha and Vegetarian curry with fruit juice	Lamb Kurma with Briyani Rice and Pickle Cucumber	Creamy Tomato Fish with pasta and rosted vegetables	Pesto Pasta with Marinated Tempeh
29/5/2025	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Scalion Fish With Noodles and Sauted Cabbage & Pak choy	Chicken Chasseur with Garlic Rice	Mock Chicken Fried rice with fruits
30/5/2025	Chicken & Chip With salad and Brown Sauce	Mock Chicken & Chip With Salad and Brown Sauce	Siamese Chicken Beehoon with Carrot & Cabbage		

Hot Meal Menu: JUNE 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						
2/6/2025	AGONG BIRTHDAY					
3/6/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Kung Pow Chicken with Sesame pakchoy & Rice	Roasted Fish Mushrooms, Sautéed Vegetables And Pasta	Korean Tofu Stew with rice	
4/6/2025	Singapore Beehoon With Fruit Juice	Vegetarian Singapore Beehoon With Fruit Juice	Assam Fish with Rice and Brinjal & lady finger	Chicken Spaghetti Bolognese with Salad	Tomato Pasta With Vegetarian Chicken with Salad	
5/6/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Fish Curry Serve With Steam Rice And Lady finger & Brinjal	CaJun Style Chicken With Roasted Vegetables And Pilaf Rice	Tofu Quesadilla With Salad	
6/6/2025	Butter 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			
9/6/2025	Chicken Fried Noodles with Cut Fruits	Fried Noodles with Cut Fruits (Vegetarian)	Black Pepper Fish Fried Yee Mee with Stir fry Capsicum	Chicken Stroganoff with Aglio Olio Pasta	Spinach Pasta With Sauted Tempeh & Roasted Potato, carrot and Broccoli	
10/6/2025	French Toast With cut fruits	French Toast With cut fruits	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	
11/6/2025	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Teriyaki Chicken with Soya Cabbage & Fried Rice	Chicken Alfredo Pasta With Garden Salad	Sweet & Sour Broccoli Cauliflower And Mock Chicken& Corn Rice	
12/6/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Korean Style Chicken With Garlic Fried Rice And Kimchi	Roasted BBQ Fish with Pilaf Rice and Steam Broccoli & Carrot	Tofu & Tempeh Fried rice with fruits	
13/6/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Thai Chicken Fried Rice with salad			
16/6/2025	Fried yee mee with Cut Fruits	Fried Yee Mee with Cut Fruits (Vegetarian)	Dalca Curry Chicken with Long Bean, Cauliflower & Corn Rice	Roasted BBQ Fish with Pilaf Rice and Steam Broccoli & Carrot	Tofu & Tempeh Fried rice with fruits	
17/6/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Scalioan Chicken With Noodles and Sauted Cabbage & Pak choy	Barbecue Fish with Sautéed Broccoli , cauliflower & Aglio Olio Pasta	Pesto Pasta with Grill Marinated Tofu	
18/6/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Salted Egg Fish With Oyster Cabbage And steam Rice	Peri-Peri Chicken With Rice And Stir fry Capsicum	Mapo Tofu With White Rice	
19/6/2025	Chicken Lor Mee With Cut Fruits	Vegetarian Lor Mee With Cut Fruits	Chicken Pongteh With Rice And Sesame Pak choy	Roasted Fish Mushrooms, Sautéed Capsicum, carrot And Pasta	Aloo Gobi With Chickpea Rice	
20/6/2025	Chicken & Chip With salad and Brown Sauce	Mock Chicken & Chip With Salad and Brown Sauce	Siamese Chicken Beehoon with Carrot & Cabbage			
23/6/2025	Chicken Hokiean with Cut Fruits	Hokien Noodles with Cut Fruits (Vegetarian)	soya chicken with Boil Pak choy and white rice	Fish Marinara Pasta With Roasted Broccoli & Cauliflower	Pasta with Garlic Sauce & Roasted tomato And grill Tempeh	
24/6/2025	Chicken Fried Rice With Fruit Juice	Mock Chicken Fried Rice with fruit Juice	Indian Butter Fish with steam rice and sauted Cabbage	Roasted Chicken Mushrooms, steam Zhuchini ,Broccoli And Pasta	Mock Fish Fried rice with fruits	
25/6/2025	Chicken Lor Mee With Cut Fruits	Vegetarian Lor Mee With Cut Fruits	Chicken Palembang with Butter Rice and Pickle Cucumber and Carrot	Creamy Tomato Fish with pasta and roasted Cauliflower	Lodeh with Nasi Impit (Vegetarian)	
26/6/2025	Nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Chicken Rice serve with Cucumber, Tomato and soup	Roasted BBQ Fish with pilaf Rice and rosted Carrot & Capsicum	Mock Chicken stew serve with pasta	
27/6/2025	AWAL MUHARAM					
30/6/2025	Waffle with Jam And Cut fruits	Waffle with Jam And Cut fruits	Crispy Lemon Chicken serve with Rice And Sauted vegetables	Black Pepper Fish With Pasta And Roasted Vegetables	Mushroom Pasta With Tofu And Grill vegetables	

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					
1/7/2025	Fried rice with Fruit juice	Vegetarian Fried rice with Fruit juice	Sweet & Sour Fish with Rice And VEgtables	Peri-Peri Chicken With Rice And Vegetables	Vegetables Quesadilla With Salad
2/7/2025	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)
3/7/2025	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)
4/7/2025	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
7/7/2025	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
8/7/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Ayam Masak Merah With Jelatah And Tomato Rice	Tomato Fish Stew With Rice And Steam Vegie	Vegetarian Chiken Noodles With Gravy
9/7/2025	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
10/7/2025	Chicken Fried Rice With Fruits Juice	Mock Chicken Fried Rice With Fruits Juice	Balinese Chicken With Rice And Vegetables	Chicken And Cheese Pizza And Frisce Salad	Vegetarian Pizza And Frisce Salad
11/7/2025	Chicken Lasagna With Garden Salad	Mock Chicken Lasagna With Garden Salad	Chicken Soya Fried Rice with salad		
14/7/2025	START SCHOOL HOLYDAYS				
SEE YOU GUYS NEXT TERM					