




# WEEKLY MENU

	Monday 27 <sup>th</sup> August 2018	Tuesday 28 <sup>th</sup> August 2018	Wednesday 29 <sup>th</sup> August 2018	Thursday 30 <sup>th</sup> August 2018	Friday 31 <sup>st</sup> August 2018
<b>SANDWICHES OPTION 1:</b>	Mango Chutney Chicken Wrap	Tuna Salad Sandwich	Teriyaki Chicken Sandwich	Beef BLT Sandwich	NATIONAL DAY HOLIDAY
<b>SANDWICHES OPTION 2:</b>	Cucumber & Cream Cheese Sandwich	Hummus with Grilled Vegetable Wrap	Grilled Pepper with Cream Cheese Wrap	Melted Cheddar Cheese Sandwich	NATIONAL DAY HOLIDAY
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Grilled Chicken with Mushroom Sauce</b> Served with baked potato and vegetables	<b>Chicken Bolognise</b> Served with pasta and vegetables	<b>Roast Beef with Rosemary Sauce</b> Served with boiled potato and vegetables	<b>Crispy Fish with Tomato Salsa</b> served carrot rice and vegetables	NATIONAL DAY HOLIDAY
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Sweet &amp; Sour Fish</b> Served with Chinese fried rice and vegetables	<b>Spiced Fried Fish</b> Served with steamed rice and vegetables	<b>Lemon Grass Fish</b> Served with steamed rice and vegetables	<b>Indian Butter Chicken</b> Served with Roti Canai and vegetables	NATIONAL DAY HOLIDAY
<b>OPTION 5: VEGETARIAN</b>	<b>Moussaka</b> Served with Lebanese bread vegetables	<b>Green Peas Dhal Curry</b> Served with bread and vegetables	<b>Omelette</b> Served with stir-fried noodles and vegetables	<b>Chick Peas Dhal</b> Served with steamed rice and vegetables	NATIONAL DAY HOLIDAY
					NATIONAL DAY HOLIDAY
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

## Food Traffic Light Indicators:

 Healthier Choice (Everyday)

 OK Choice (4 times / week)

 Nice to have once a while

# WEEKLY MENU

	Monday 3 <sup>rd</sup> September 2018	Tuesday 4 <sup>th</sup> September 2018	Wednesday 5 <sup>th</sup> September 2018	Thursday 6 <sup>th</sup> September 2018	Friday 7 <sup>th</sup> September 2018
<b>SANDWICHES OPTION 1:</b>	Hawaiian Chicken Wrap	Grilled Chicken Sandwich	BBQ Pulled Chicken Sandwich	Chicken Fajitas Wrap	Moroccan Lamb Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Chick Peas Sandwich	Melted Cheese Sandwich	Feta Cheese & Grilled Vegetables Wrap	Roast Vegetables & Pesto Sandwich	Falafel Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Chicken Ratatouille</b> Served with pasta and vegetables	<b>Baked Peri-Peri Fish</b> Served with pasta and vegetables	<b>Fish Pie</b> Served with mashed potato and vegetables	<b>Roast Lamb</b> Served with potato wedges and vegetables	<b>Chicken and Leek Stew</b> Served with corn rice and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Lemon Fish</b> Served with steamed rice and vegetables	<b>Chicken Varuval</b> Served with Roti Canai and vegetables	<b>Crispy Chicken</b> Served with flavoured rice and vegetables	<b>Chicken Kurma</b> Served with steamed rice and vegetables	<b>Char Siew Chicken</b> Served steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Dhal and Tofu Curry</b> Served with pita bread and vegetables	<b>Creamy Spinach Lasagna</b> Served with vegetables	<b>Cauliflower &amp; Carrots Dhal</b> Served bread and vegetables	<b>Homemade Vegetarian Pizza</b> Served with vegetables	<b>Aloo Ghoobi</b> Served with bread and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

**Food Traffic Light Indicators:**



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

# WEEKLY MENU

	Monday 10 <sup>th</sup> September 2018	Tuesday 11 <sup>th</sup> September 2018	Wednesday 12 <sup>th</sup> September 2018	Thursday 13 <sup>th</sup> September 2018	Friday 14 <sup>th</sup> September 2018
<b>SANDWICHES OPTION 1:</b>	KING'S BIRTHDAY HOLIDAY	AWAL MUHARAM HOLIDAY	Caramelized Honey Chicken Sandwich	Mexican Chicken & Salsa Wrap	Chicken & Avocado Sandwich
<b>SANDWICHES OPTION 2:</b>	KING'S BIRTHDAY HOLIDAY	AWAL MUHARAM HOLIDAY	Grilled Pineapple & Cream Cheese Sandwich	Hard-Boiled Egg Sandwich	Roasted Pumpkin and Cheddar Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	KING'S BIRTHDAY HOLIDAY	AWAL MUHARAM HOLIDAY	<b>Grilled Mexican Chicken</b> Served with sweet potato and vegetables	<b>Baked Fish With Honey and Garlic Aioli</b> Served with potato wedges and vegetables	<b>Roast Beef with Mixed Herbs Sauce</b> served with roasted potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	KING'S BIRTHDAY HOLIDAY	AWAL MUHARAM HOLIDAY	<b>Fish Masala</b> Served with steamed rice and vegetables	<b>Chicken Rogan Josh</b> Served with steamed rice and vegetables	<b>Kelantanese Fish Curry (Low Fat milk)</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	KING'S BIRTHDAY HOLIDAY	AWAL MUHARAM HOLIDAY	<b>Pesto Pasta Bake</b> Served with vegetables	<b>Palak Dhal</b> Served with bread and vegetables	<b>Parmesan Eggplant Bake</b> Served with pita bread and vegetables
					<b>Friday's Special Dessert</b>

For any dietetic or allergy concerns , kindly email to Service Department at [service@britishschool.edu.my](mailto:service@britishschool.edu.my)

## Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

# WEEKLY MENU

	Monday 17 <sup>th</sup> September 2018	Tuesday 18 <sup>th</sup> September 2018	Wednesday 19 <sup>th</sup> September 2018	Thursday 20 <sup>th</sup> September 2018	Friday 21 <sup>st</sup> September 2018
<b>SANDWICHES OPTION 1:</b>	MALAYSIA DAY HOLIDAY	Chicken Meatball Sub Sandwich	Chicken Waldorf Sandwich	Jalapeno and Grilled Chicken Panini Sandwich	Braised Tomato Chicken Sandwich
<b>SANDWICHES OPTION 2:</b>	MALAYSIA DAY HOLIDAY	Grilled Beetroot and Cream Cheese Wrap	Hard-Boiled Egg and Garlic Aioli Sandwich	Hummus with Vegetables Wrap	Grilled Peppers and Pesto Sandwich
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	MALAYSIA DAY HOLIDAY	<b>Garlic &amp; Parsley Chicken with Onion Sauce</b> Served with mashed potato and vegetables	<b>Baked Fish with Herbs</b> served with pasta and vegetable	<b>Lemon, Honey &amp; Thyme Roast Chicken</b> Served with pasta and vegetables	<b>Swedish Meat Ball in Brown Sauce</b> Served with boiled potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	MALAYSIA DAY HOLIDAY	<b>Goan Fish</b> Served with flavoured rice and vegetables	<b>Hainanese Chicken Rice</b> Served with vegetables	<b>Padang Fish</b> Served with steamed rice and vegetables	<b>Opor Chicken</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	MALAYSIA DAY HOLIDAY	<b>Mixed Beans Dhal</b> Served with Roti Canai and vegetables	<b>Mushroom Leek Pie</b> Served with vegetables	<b>Aubergine Dhal</b> Served with bread and vegetables	<b>Broccoli and Peas Quiche</b> Served with pasta and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

## Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)






Nice to have once a while

# WEEKLY MENU

	Monday 24 <sup>th</sup> September 2018	Tuesday 25 <sup>th</sup> September 2018	Wednesday 26 <sup>th</sup> September 2018	Thursday 27 <sup>th</sup> September 2018	Friday 28 <sup>th</sup> September 2018
<b>SANDWICHES OPTION 1:</b>	Turkey Ham & Cheese Sandwich	Black Pepper Chicken Wrap	Tuna & Olives Sandwich	Teriyaki Beef Wrap	Italian Herbs Chicken Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Eggplant with Parmesan Cheese Wrap	Cream Cheese & Tomato Panini	Grilled Zucchini & Beancurd Wrap	Alfalfa Sprout with Hard-Boiled Egg sandwich	Mozarella & Tomato Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Braised Chicken with Mushroom &amp; Onions</b> Served with mashed potato and vegetables	<b>Tomato and Garlic Grilled Fish</b> Served with pasta and vegetables	<b>Cajun Roast Chicken</b> Served with pasta and vegetables	<b>Chicken With Creamy Onion Sauce</b> Served with baked potato and vegetables	<b>Roast Lamb with Rosemary &amp; Garlic</b> Served with Herbs rice and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Mamak Fried Fish</b> Served with steamed rice and vegetables	<b>Lemon Chicken</b> Served with steamed rice and vegetables	<b>Fish Malabar</b> Served with pita bread and vegetables	<b>Fish Biryani</b> Served with Jeera rice and vegetables	<b>Chinese Chicken, Potato &amp; Carrot Stew</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Chickpeas Dhal</b> Served with bread and vegetables	<b>Ratatouille Penne Bake</b> Served with vegetables	<b>Pumpkin and Eggplant Dhal</b> Served with steamed rice and vegetables	<b>Vegetables and Chick Peas Dhal</b> Served with bread and vegetables	<b>Baked Lentils with Tomato &amp; Cheese</b> Served with bread and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					




## Food Traffic Light Indicators:

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 1 <sup>st</sup> October 2018	Tuesday 2 <sup>nd</sup> October 2018	Wednesday 3 <sup>rd</sup> October 2018	Thursday 4 <sup>th</sup> October 2018	Friday 5 <sup>th</sup> October 2018
<b>SANDWICHES OPTION 1:</b>	Oregano Roast Chicken Sandwich	Chicken Pepperoni & Olives Sandwich	Baked Chicken & Jalapenos Sandwich	Chicken with Mango Salsa Wrap	Beef Pepperoni Sandwich
<b>SANDWICHES OPTION 2:</b>	Cheddar Cheese & Tomato Panini	Falafel Wrap	Mashed Chick Peas & Grilled Pepper Wrap	Melted Cheese Sandwich	Mediterranean Grilled Vegetables and Hummus Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Cheesy Tomato Basil Baked Chicken</b> Served with pasta and vegetables	<b>Chicken Schnitzel</b> Served with baked potato and vegetables	<b>Grilled Chicken with Mushroom Sauce</b> Served with mashed potato and vegetables	<b>Baked Salmon with Lemon Butter Sauce</b> Served with baked potato and vegetables	<b>BBQ Chicken</b> Served with mashed potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Steamed Fish with Ginger and Soy Sauce</b> Served with onion garlic rice and vegetables	<b>Fish with Turmeric Coconut Curry</b> Served with steamed rice and vegetables	<b>Ginger And Scallion Beef</b> Served with steamed rice and vegetables	<b>Chinese Butter Chicken</b> Served with steamed rice and vegetables	<b>Malay Style Soy Sauce Chicken</b> Served with steamed rice and vegetable
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Potato &amp; Peas Dhal</b> Served with Roti Canai & vegetables	<b>Chawanmushi</b> Served with garlic fried rice and vegetables	<b>Eggplant Moussaka</b> Served with Lebanese bread and vegetables	<b>Pumpkin &amp; Chick Peas Dhal</b> Served with pita bread and vegetables	<b>Vegan Pot Pie</b> Served with vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					




## Food Traffic Light Indicators:

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 8 <sup>th</sup> October 2018	Tuesday 9 <sup>th</sup> October 2018	Wednesday 10 <sup>th</sup> October 2018	Thursday 11 <sup>th</sup> October 2018	Friday 12 <sup>th</sup> October 2018
<b>SANDWICHES OPTION 1:</b>	Grilled Chicken Sandwich	Tuna & Cherry Tomato Wrap	Chicken Slice & Cheese Wrap	Mexican Chicken Wrap	Tuna & Corn Salad Sandwich
<b>SANDWICHES OPTION 2:</b>	Feta Cheese & Olives Wrap	Guacamole and Mashed Chick Peas Sandwich	Melted Cheese & Marinated Tomato Sandwich	Hummus Sandwich	Cheddar & Egg Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Grilled Orange Chicken</b> Served with pasta and vegetables	<b>Chicken Pot Pie</b> Served with mashed potato and vegetables	<b>Rosemary and Thyme Roast Chicken</b> Served with pasta and vegetables	<b>Creamy Herbs and Lemon Baked Fish</b> Served with potato wedges and vegetables	<b>Lemon And Honey Baked Chicken</b> Served with pasta and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Steam Garlic and Ginger Fish</b> Served with steamed rice and vegetables	<b>Fish Teriyaki</b> Served with Garlic fried rice and vegetables	<b>Nyonya Assam Fish</b> Served with steamed rice and vegetables	<b>Lamb Varuvel</b> Served with flavoured rice and vegetables	<b>Fish Tempura</b> Served with flavoured rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Creamy Mushroom Quiche</b> Served with vegetables	<b>Mixed Beans Dhal</b> served with Lebanese bread and vegetables	<b>Mac &amp; Cheese</b> Served with vegetables	<b>Yellow Lentil and Peas Dhal</b> Served with bread and vegetables	<b>Homemade Vegetarian Pizza</b> Served with vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					




**Food Traffic Light Indicators:**

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 15 <sup>th</sup> October 2018	Tuesday 16 <sup>th</sup> October 2018	Wednesday 17 <sup>th</sup> October 2018	Thursday 18 <sup>th</sup> October 2018	Friday 19 <sup>th</sup> October 2018
<b>SANDWICHES OPTION 1:</b>	Teriyaki Chicken Sandwich	BBQ Pulled Chicken Sandwich	Honey & Cumin Chicken Sandwich	Grilled Chicken Sandwich	Chicken Slice Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Zucchini with Hummus Sandwich	Cream Cheese & Cucumber Sandwich	Avocado & Egg Sandwich	Sliced Eggplant with Tomato & Cheese Sandwich	Falafel Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Beef Bolognese</b> Served with pasta and vegetables	<b>Fish Pomodoro</b> Served with pasta and vegetables	<b>Oregano and Sweet Onions Chicken</b> Served with pasta and vegetables	<b>Baked Fish in Curried Pumpkin Sauce</b> Served with baked potato and vegetables	<b>Chicken Shepherd's Pie</b> Served with mashed potato and vegetables
<b>LUNCH OPTION 4: SPECIAL OF THE DAY</b>	<b>Chicken Kima</b> Served with steamed rice and vegetables	<b>Malay Style Roast Chicken</b> Served with steamed rice and vegetables	<b>Braised Chicken in Ginger Sauce</b> Served with garlic rice and vegetables	<b>Baked Fish with Garlic &amp; Lime Aoli</b> Served with pasta and vegetables	<b>Sweet &amp; Sour Chicken</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Pumpkin and Potato Dhal</b> Served with bread and vegetables	<b>Eggplant Parmigiana</b> Served with bread and vegetables	<b>Broccoli Dhal</b> served with Roti Canai and vegetables	<b>Vegan Shepherd's Pie</b> Served with vegetables	<b>Chick Peas Dhal</b> Served with Pita bread
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

**Food Traffic Light Indicators:**

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while



# WEEKLY MENU

	Monday 22 <sup>nd</sup> October 2018	Tuesday 23 <sup>rd</sup> October 2018	Wednesday 24 <sup>th</sup> October 2018	Thursday 25 <sup>th</sup> October 2018	Friday 26 <sup>th</sup> October 2018
<b>SANDWICHES OPTION 1:</b>	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
<b>SANDWICHES OPTION 2:</b>	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
<b>LUNCH OPTION 5: VEGETARIAN</b>	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
					HALF TERM HOLIDAY

For any dietetic or allergy concerns , kindly email to Service Department at [service@britishschool.edu.my](mailto:service@britishschool.edu.my)

## Food Traffic Light Indicators:

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 29 <sup>th</sup> October 2018	Tuesday 30 <sup>th</sup> October 2018	Wednesday 31 <sup>st</sup> October 2018	Thursday 1 <sup>st</sup> November 2018	Friday 2 <sup>nd</sup> November 2018
<b>SANDWICHES OPTION 1:</b>	Teriyaki Tuna & Onion Sandwich	Chicken Pepperoni & Mozzarella Sandwich	Roast Beef Sandwich	Hawaiian Chicken Wrap	Curried Chicken Sandwich
<b>SANDWICHES OPTION 2:</b>	Cheddar Cheese & Tomato Sandwich	Cilantro & Salsa Tofu Sandwich	Cream Cheese with Vegetables Wrap	Falafel Wrap	Shredded Cheese & Jalapenos Sandwich
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Parmesan Baked Chicken</b> Served with pasta and vegetables	<b>Garlic &amp; Parsley Chicken</b> Served with baked potato and vegetables	<b>Baked Fish with Italian Herbs</b> Served with potato wedges and vegetables	<b>Lemon &amp; Thyme and Honey Roast Chicken</b> Served with pasta and vegetables	<b>Roast Beef with Brown Sauce</b> Served with baked potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Sweet &amp; Sour Fish</b> Served with steamed rice and vegetables	<b>Butter Fried Fish</b> Served with steamed rice and vegetables	<b>Chicken Masak Rose</b> Served with flavoured rice and vegetables	<b>Honey Garlic Glazed Salmon</b> Served with flavoured rice and vegetables	<b>Thai Basil Chicken</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Tempeh &amp; Potato Sambal</b> Served with Pita bread and vegetables	<b>Ratatouille</b> Served with bread and vegetables	<b>Palak Paneer</b> with Pita bread and vegetables	<b>Three-Cheese Italian Penne Pasta</b> Served with vegetables	<b>Green Peas Dhal</b> Served with Lebanese bread and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

**Food Traffic Light Indicators:**



Healthier Choice (Everyday)



OK Choice (4 times / week)






Nice to have once a while

# WEEKLY MENU

	Monday 5 <sup>th</sup> November 2018	Tuesday 6 <sup>th</sup> November 2018	Wednesday 7 <sup>th</sup> November 2018	Thursday 8 <sup>th</sup> November 2018	Friday 9 <sup>th</sup> November 2018
<b>SANDWICHES OPTION 1:</b>	Mango Chutney Chicken Wrap	DEEPAVALI HOLIDAY	DEEPAVALI FOOD PROMOTION DAY	Beef BLT Sandwich	Tuna Salad Sandwich
<b>SANDWICHES OPTION 2:</b>	Cucumber & Cream Cheese Sandwich	DEEPAVALI HOLIDAY	DEEPAVALI FOOD PROMOTION DAY	Melted Cheddar Cheese Sandwich	Hummus with Grilled Vegetable Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Breaded Chicken with Tartar Sauce</b> Served with baked potato and vegetables	DEEPAVALI HOLIDAY	DEEPAVALI FOOD PROMOTION DAY	<b>Beef Goulash</b> served with potato wedges and vegetables	<b>Parsley Grilled Fish</b> served with baked potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Thai Steamed Fish with Sweet Lime Sauce</b> Served with steamed rice and vegetables	DEEPAVALI HOLIDAY	DEEPAVALI FOOD PROMOTION DAY	<b>Chicken Biryani</b> Served with flavoured rice and vegetables	<b>Soy Sauce Chicken</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Mexican Bean Stew</b> Served with bread and vegetables	DEEPAVALI HOLIDAY	DEEPAVALI FOOD PROMOTION DAY	<b>Palak Dhal</b> Served Pita bread and vegetables	<b>Margarita Pizza</b> Served with vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

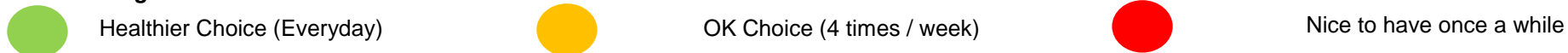
**Food Traffic Light Indicators:**

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 12 <sup>th</sup> November 2018	Tuesday 13 <sup>th</sup> November 2018	Wednesday 14 <sup>th</sup> November 2018	Thursday 15 <sup>th</sup> November 2018	Friday 16 <sup>th</sup> November 2018
<b>SANDWICHES OPTION 1:</b>	Hawaiian Chicken Wrap	Grilled Chicken Sandwich	BBQ Pulled Chicken Sandwich	Chicken Fajitas Wrap	Moroccan Lamb Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Chick Peas Sandwich	Melted Cheese Sandwich	Feta Cheese & Grilled Vegetables Wrap	Roast Vegetables & Pesto Sandwich	Falafel Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Chicken Ratatouille</b> Served with pasta and vegetables	<b>Baked Peri-Peri Fish</b> Served with pasta and vegetables	<b>Fish Stew</b> Served with mashed potato and vegetables	<b>Roast Lamb</b> Served with potato wedges and vegetables	<b>Chicken and Leek Stew</b> Served with corn rice and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Lemon Fish</b> Served with steamed rice and vegetables	<b>Chicken Varuval</b> Served with Roti Canai and vegetables	<b>Crispy Chicken</b> Served with flavoured rice and vegetables	<b>Chicken Kurma</b> Served with steamed rice and vegetables	<b>Char Siew Chicken</b> Served steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Dhal and Tofu Curry</b> Served with pita bread and vegetables	<b>Mixed Beans Stew</b> Served with bread and vegetables	<b>Creamy Spinach Lasagna</b> Served with vegetables	<b>Homemade Vegetarian Pizza</b> Served with vegetables	<b>Aloo Ghobi</b> Served with bread and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					




## Food Traffic Light Indicators:



# WEEKLY MENU

	Monday 19 <sup>th</sup> November 2018	Tuesday 20 <sup>th</sup> November 2018	Wednesday 21 <sup>st</sup> November 2018	Thursday 22 <sup>nd</sup> November 2018	Friday 23 <sup>rd</sup> November 2018
<b>SANDWICHES OPTION 1:</b>	Tuna with Corn Kernels Sandwich	PROPHET MOHAMMED BIRTHDAY HOLIDAY	Caramelized Honey Chicken Sandwich	Mexican Chicken & Salsa Wrap	Chicken & Avocado Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Beetroot and Cream Cheese Wrap	PROPHET MOHAMMED BIRTHDAY HOLIDAY	Grilled Pineapple & Cream Cheese Sandwich	Hard-Boiled Egg Sandwich	Roasted Pumpkin and Cheddar Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Garlic &amp; Parsley Chicken with Onion Sauce</b> Served with mashed potato and vegetables	PROPHET MOHAMMED BIRTHDAY HOLIDAY	<b>Baked Fish with Herbs</b> served with pasta and vegetable	<b>Lemon, Honey &amp; Thyme Roast Chicken</b> Served with pasta and vegetables	<b>Swedish Meat Ball in Brown Sauce</b> Served with boiled potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Goan Fish</b> Served with flavoured rice and vegetables	PROPHET MOHAMMED BIRTHDAY HOLIDAY	<b>Hainanese Chicken Rice</b> Served with vegetables	<b>Padang Fish</b> Served with steamed rice and vegetables	<b>Opor Chicken</b> Served with steamed rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Mixed Beans Dhal</b> Served with Roti Canai and vegetables	PROPHET MOHAMMED BIRTHDAY HOLIDAY	<b>Mushroom Leek Pie</b> Served with vegetables	<b>Aubergine Dhal</b> Served with bread and vegetables	<b>Broccoli and Peas Quiche</b> Served with pasta and vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

**Food Traffic Light Indicators:**

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 26 <sup>th</sup> November 2018	Tuesday 27 <sup>th</sup> November 2018	Wednesday 28 <sup>th</sup> November 2018	Thursday 29 <sup>th</sup> November 2018	Friday 30 <sup>th</sup> November 2018
<b>SANDWICHES OPTION 1:</b>	Turkey Ham & Cheese Sandwich	Black Pepper Chicken Wrap	Tuna & Olives Sandwich	Teriyaki Beef Wrap	Italian Herbs Chicken Sandwich
<b>SANDWICHES OPTION 2:</b>	Roasted Eggplant with Parmesan Cheese Wrap	Cream Cheese & Tomato Panini	Grilled Zucchini & Beancurd Wrap	Alfalfa Sprout with Hard-Boiled Egg sandwich	Mozarella & Tomato Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Braised Chicken with Mushroom &amp; Onions</b> Served with mashed potato and vegetables	<b>Tomato and Garlic Grilled Fish</b> Served with pasta and vegetables	<b>Cajun Roast Chicken</b> Served with pasta and vegetables	<b>Chicken With Creamy Onion Sauce</b> Served with baked potato and vegetables	<b>Roast Lamb with Rosemary &amp; Garlic</b> Served with Herbs rice and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Mamak Fried Fish</b> Served with steamed rice and vegetables	<b>Lemon Chicken</b> Served with steamed rice and vegetables	<b>Fish Malabar</b> Served with pita bread and vegetables	<b>Fish Biryani</b> Served with Jeera rice and vegetables	<b>Chinese Chicken, Potato &amp; Carrot Stew</b> Served with steamed rice and vegetables
<b>OPTION 5: VEGETARIAN</b>	<b>Chickpeas Dhal</b> Served with bread and vegetables	<b>Ratatouille Penne Bake</b> Served with vegetables	<b>Pumpkin and Eggplant Dhal</b> Served with steamed rice and vegetables	<b>Vegetables and Chick Peas Dhal</b> Served with bread and vegetables	<b>Baked Lentils with Tomato &amp; Cheese</b> Served with bread and vegetables
					<b>Friday's Special Dessert</b>

For any dietetic or allergy concerns , kindly email to Service Department at [service@britishschool.edu.my](mailto:service@britishschool.edu.my)

## Food Traffic Light Indicators



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

# WEEKLY MENU




	Monday 3 <sup>rd</sup> December 2018	Tuesday 4 <sup>th</sup> December 2018	Wednesday 5 <sup>th</sup> December 2018	Thursday 6 <sup>th</sup> December 2018	Friday 7 <sup>th</sup> December 2018
<b>SANDWICHES OPTION 1:</b>	Oregano Roast Chicken Sandwich	Chicken Pepperoni & Olives Sandwich	Baked Chicken & Jalapenos Sandwich	Chicken with Mango Salsa Wrap	Beef Pepperoni Sandwich
<b>SANDWICHES OPTION 2:</b>	Cheddar Cheese & Tomato Panini	Falafel Wrap	Mashed Chick Peas & Grilled Pepper Wrap	Melted Cheese Sandwich	Mediterranean Grilled Vegetables and Hummus Wrap

**LUNCH:** All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits

<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Cheesy Tomato Basil Baked Chicken</b> Served with pasta and vegetables	<b>Chicken Schnitzel</b> Served with baked potato and vegetables	<b>Grilled Chicken with Mushroom Sauce</b> Served with mashed potato and vegetables	<b>Baked Salmon with Lemon Butter Sauce</b> Served with baked potato and vegetables	<b>BBQ Chicken</b> Served with mashed potato and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Steamed Fish with Ginger and Soy Sauce</b> Served with onion garlic rice and vegetables	<b>Fish with Turmeric Coconut Curry</b> Served with steamed rice and vegetables	<b>Ginger And Scallion Beef</b> Served with steamed rice and vegetables	<b>Chinese Butter Chicken</b> Served with steamed rice and vegetables	<b>Malay Style Soy Sauce Chicken</b> Served with steamed rice and vegetable
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Potato &amp; Peas Dhal</b> Served with Roti Canai & vegetables	<b>Chawanmushi</b> Served with garlic fried rice and vegetables	<b>Eggplant Moussaka</b> Served with Lebanese bread and vegetables	<b>Pumpkin &amp; Chick Peas Dhal</b> Served with pita bread and vegetables	<b>Vegan Pot Pie</b> Served with vegetables
					<b>Friday's Special Dessert</b>

For any dietetic or allergy concerns , kindly email to Service Department at [service@britishschool.edu.my](mailto:service@britishschool.edu.my)

**Food Traffic Light Indicators:**

-  Healthier Choice (Everyday)
-  OK Choice (4 times / week)
-  Nice to have once a while

# WEEKLY MENU

	Monday 10 <sup>th</sup> December 2018	Tuesday 11 <sup>th</sup> December 2018	Wednesday 12 <sup>th</sup> December 2018	Thursday 13 <sup>th</sup> December 2018	Friday 14 <sup>th</sup> December 2018
<b>SANDWICHES OPTION 1:</b>	Grilled Chicken Sandwich	Tuna & Cherry Tomato Wrap	Chicken Slice & Cheese Wrap	Mexican Chicken Wrap	Tuna & Corn Salad Sandwich
<b>SANDWICHES OPTION 2:</b>	Feta Cheese & Olives Wrap	Guacamole and Mashed Chick Peas Sandwich	Melted Cheese & Marinated Tomato Sandwich	Hummus Sandwich	Cheddar & Egg Wrap
<b>LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits</b>					
<b>LUNCH OPTION 3: WESTERN CUISINE</b>	<b>Grilled Orange Chicken</b> Served with pasta and vegetables	<b>Chicken Pot Pie</b> Served with mashed potato and vegetables	<b>Rosemary and Thyme Roast Chicken</b> Served with pasta and vegetables	<b>Creamy Herbs and Lemon Baked Fish</b> Served with potato wedges and vegetables	<b>Lemon And Honey Baked Chicken</b> Served with pasta and vegetables
<b>LUNCH OPTION 4: ASIAN CUISINE</b>	<b>Steam Garlic and Ginger Fish</b> Served with steamed rice and vegetables	<b>Fish Teriyaki</b> Served with Garlic fried rice and vegetables	<b>Nyonya Assam Fish</b> Served with steamed rice and vegetables	<b>Lamb Varuvel</b> Served with flavoured rice and vegetables	<b>Fish Tempura</b> Served with flavoured rice and vegetables
<b>LUNCH OPTION 5: VEGETARIAN</b>	<b>Creamy Mushroom Quiche</b> Served with vegetables	<b>Mixed Beans Dhal</b> served with Lebanese bread and vegetables	<b>Mac &amp; Cheese</b> Served with vegetables	<b>Yellow Lentil and Peas Dhal</b> Served with bread and vegetables	<b>Homemade Vegetarian Pizza</b> Served with vegetables
					<b>Friday's Special Dessert</b>
For any dietetic or allergy concerns , kindly email to Service Department at <a href="mailto:service@britishschool.edu.my">service@britishschool.edu.my</a>					

## Food Traffic Light Indicators:

