

WEEKLY MENU

	Monday 7 th Jan 2019	Tuesday 8 th Jan 2019	Wednesday 9 th Jan 2019	Thursday 10 th Jan 2019	Friday 11 th Jan 2019
SANDWICHES OPTION 1:	Chicken Pepperoni Sandwich	Tuna & Olives Wrap	Chicken with Mango Salsa Wrap	BBQ Chicken Sandwich	Teriyaki Chicken Wrap
SANDWICHES OPTION 2:	Mediterranean Grilled Vegetables & Feta Cheese Wrap	Hummus & Vegetables Sandwich	Roasted Eggplant & Cheese Sandwich	Falafel Wrap	Tomato & Cheese Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Honey Citrus Fish Served with roasted pumpkin and vegetables	BBQ Chicken Served with corn on cob and vegetables	Lemon Herbs Fish Served with pasta and vegetables	Chicken Supreme Served with mashed potato and vegetables	Grilled Peri-Peri Fish Served with sweet potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Lemongrass Chicken Served with steamed rice and vegetables	Goan Fish Curry Served with Roti Canai and vegetables	Three Flavoured Chicken Served with steamed rice and vegetables	Fish Kurma (low fat milk) Served with carrot rice and vegetables	Green Curry Chicken Served with lemongrass rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Cauliflower Gobi Manchurian Served with bread and vegetables	Tofu with Green Peas & Egg Drop Sauce Served with steamed rice and vegetables	Pumpkin Dhal Served with pita bread and vegetables	Vegetarian Moussaka Served with Lebanese bread and vegetables	Chickpea Masala Served with steamed rice and vegetables
					Friday's Special Dessert
For any dietetic or allergy concerns, kindly email to Service Department at 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 14 th Jan 2019	Tuesday 15 th Jan 2019	Wednesday 16 th Jan 2019	Thursday 17 th Jan 2019	Friday 18 th Jan 2019
SANDWICHES OPTION 1:	Tuna & Roasted Tomato Sandwich	Chicken & Jalapeno Wrap	Italian Herbs Chicken Sandwich	Beef Pepperoni Sandwich	Mexicana Chicken Wrap
SANDWICHES OPTION 2:	Egg & Cheddar Wrap	Roasted Pumpkin & Cheese Sandwich	Roasted Zucchini & Hummus Wrap	Melted Cheddar Cheese Wrap	Roasted Chickpeas & Vegetables Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Crockpot Chicken Served with pasta and vegetables	Fish & Chips Served with vegetables	Chicken Ratatouille Served with pasta and vegetables	Chicken Mushroom & Leek Stew Served with baked potato and vegetables	Fish Piccata Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Thai Baked Fish Served with steamed rice and vegetables	Sweet & Sour Chicken Served with steamed rice and vegetables	Assam Fish Served with steamed rice and vegetables	Fish Gulai Served with spiced rice and vegetables	Oatmeal Butter Chicken Served with steamed rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Mixed Beans Stew Served with bread and vegetables	Potato & Lentils Masala Served with Lebanese bread and vegetables	Vegetarian Aglio Olio Pasta Served with vegetables	Carrot & Peas Dhal Served with pita bread and vegetables	Tofu & Tempeh Sambal Served with bread and vegetables
					Friday's Special Dessert
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Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

WEEKLY MENU

	Monday 21 th Jan 2019	Tuesday 22 th Jan 2019	Wednesday 23 th Jan 2019	Thursday 24 th Jan 2019	Friday 25 th Jan 2019
SANDWICHES OPTION 1:	THAIPUSAM PUBLIC HOLIDAY	THAIPUSAM FOOD PROMOTION	Chicken Caesar Wrap	Chicken Shawarma Sandwich	Chicken & Caramelized Onion Sandwich
SANDWICHES OPTION 2:	THAIPUSAM PUBLIC HOLIDAY	THAIPUSAM FOOD PROMOTION	Hard-Boiled Egg and Garlic Aioli Sandwich	Roasted Eggplant & Parmesan Cheese Wrap	Grilled Peppers & Pesto Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	THAIPUSAM PUBLIC HOLIDAY	THAIPUSAM FOOD PROMOTION	Honey Baked Chicken Served with baked potato and vegetables	Beef Bolognese Served with pasta and vegetables	Baked Fish with Lemon & Dill Sauce Served with baked pumpkin and vegetables
LUNCH OPTION 4: ASIAN CUISINE	THAIPUSAM PUBLIC HOLIDAY	THAIPUSAM FOOD PROMOTION	Ginger Soy Sauce Steamed Fish Served with steamed rice and vegetables	Chicken Tandoori Served with steamed rice and vegetables	Chicken Rendang Served with Jeera rice and vegetables
LUNCH OPTION 5: VEGETARIAN	THAIPUSAM PUBLIC HOLIDAY	THAIPUSAM FOOD PROMOTION	Chana Dhal Served with Lebanese bread and vegetables	Aloo Methi Served with pita bread and vegetables	Vegetarian Hawaiian Pizza Served with vegetables
					Friday's Special Dessert
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Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

WEEKLY MENU

	Monday 28 th Jan 2019	Tuesday 29 th Jan 2019	Wednesday 30 th Jan 2019	Thursday 31 th Jan 2019	Friday 1 st Feb 2019
SANDWICHES OPTION 1:	Honey Roast Chicken Wrap	Chicken Slice & Cheese Sandwich	Mediterranean Chicken Wrap	Teriyaki Chicken Sandwich	Tuna & Cucumber Wrap
SANDWICHES OPTION 2:	Cheddar Cheese & Tomato Sandwich	Vegetable Salsa & Chickpeas Wrap	Cream Cheese & Cucumber Sandwich	Shredded Cheese & Jalapeno Wrap	Falafel Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Fish Fingers Served with potato wedges and vegetables	Rosemary & Lemon Grilled Chicken Served with pasta and vegetables	Baked Salmon with Cream Sauce Served with baked potato and vegetables	Cajun Roast Chicken Served with pasta and vegetables	Fish Pie Served with vegetables
LUNCH OPTION 4: ASIAN CUISINE	Turmeric Chicken Served with steamed rice and vegetables	Fish with Plum Sauce Served with steamed rice and vegetables	Chicken Malabar Served with Jeera rice and vegetables	Southern Indian Fish Curry (low fat milk) Served with bread and vegetables	Char Siew Chicken Served with flavoured rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Omelette Served with stir fried noodles and vegetables	Mixed Beans Dhal Served with Lebanese bread and vegetables	Eggplant Moussaka Served with Lebanese bread and vegetables	Tempeh and Bean Curd Sambal Served with steamed rice and vegetables	Cauliflower and Leek Gratin Served with pasta and vegetables
					Friday's Special Dessert
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Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

WEEKLY MENU




	Monday 4 th Feb 2019	Tuesday 5 th Feb 2019	Wednesday 6 th Feb 2019	Thursday 7 th Feb 2019	Friday 8 th Feb 2019
SANDWICHES OPTION 1:	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
SANDWICHES OPTION 2:	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
LUNCH OPTION 3: WESTERN CUISINE	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
LUNCH OPTION 4: ASIAN CUISINE	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
LUNCH OPTION 5: VEGETARIAN	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY	HALF TERM HOLIDAY
					HALF TERM HOLIDAY

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WEEKLY MENU

	Monday 11 th Feb 2019	Tuesday 12 th Feb 2019	Wednesday 13 ^h Feb 2019	Thursday 14 th Feb 2019	Friday 15 th Feb 2019
SANDWICHES OPTION 1:	Turkey Slice & Cheddar Sandwich	Caramelized Honey Chicken Wrap	CHINESE NEW YEAR FOOD PROMOTION	Black Pepper Chicken Wrap	Chicken Waldorf Sandwich
SANDWICHES OPTION 2:	Grilled Zucchini & Bean Curd Wrap	Grilled Pumpkin & Feta Cheese Sandwich	CHINESE NEW YEAR FOOD PROMOTION	Falafel Wrap	Mozzarella & Tomato Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Cilantro Lime Chicken Served with baked pumpkin and vegetables	Chicken Burger Served with potato wedges and vegetables	CHINESE NEW YEAR FOOD PROMOTION	Bouillabaisse Fish Served with boiled potato and vegetables	Chicken Lasagna Served with vegetables
LUNCH OPTION 4: ASIAN CUISINE	Ginger & Scallion Steamed Fish Served with steamed rice and vegetables	Braised Chicken with Mushroom Served with steamed rice and vegetables	CHINESE NEW YEAR FOOD PROMOTION	Chicken Padrik Served with steamed rice and vegetables	Crispy Baked Fish Served with onion herbs rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Ratatouille Pasta Bake Served with vegetables	Palak Dhal served with pita bread and vegetables	CHINESE NEW YEAR FOOD PROMOTION	Chawanmushi Served with garlic rice and vegetables	Chickpeas & Cauliflower Dhal Served with Lebanese bread and vegetables
					Friday's Special Dessert
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Food Traffic Light Indicators:

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

WEEKLY MENU

	Monday 18th Feb 2019	Tuesday 19 th Feb 2019	Wednesday 20 th Feb 2019	Thursday 21 th Feb 2019	Friday 22 th Feb 2019
SANDWICHES OPTION 1:	Chicken & Avocado Sandwich	Tuna Salad Sandwich	Honey Oregano Sandwich	Grilled Chicken with Mango Salsa Wrap	Lemon & Herbs Chicken Sandwich
SANDWICHES OPTION 2:	Teriyaki Tempeh Wrap	Melted Cheese Sandwich	Falafel Wrap	Hummus & Vegetables Sandwich	Hard-Boiled Egg & Cheese Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Tomato & Basil Baked Fish Served with pasta and vegetables	Rosemary & Thyme Roast Lamb Served with potato wedges and vegetables	Cajun Baked Fish Served with baked sweet potato and vegetables	Lemon Chicken Served with pasta and vegetables	Chicken Cottage Pie Served with vegetables
LUNCH OPTION 4: ASIAN CUISINE	Fried Spiced Chicken Served with flavoured rice and vegetables	Fish Makani Served with steamed rice and vegetables	Chicken Vindaloo Served with pita bread and vegetables	Fish Sambal Served with flavoured rice and vegetables	Sweet & Sour Fish Served with steamed rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Dhal & Tofu Curry Served with bread and vegetables	Italian Vegetables Casserole Served with bread vegetables	Leek & Mushroom Pie Served with vegetables	Chickpeas Dhal Served with steamed rice and vegetables	Pesto Pasta Bake Served with vegetables
					Friday's Special Dessert
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Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)




Nice to have once a while


WEEKLY MENU

	Monday 25 th Feb 2019	Tuesday 26 th Feb 2019	Wednesday 27 th Feb 2019	Thursday 28 th Feb 2019	Friday 1st March 2019
SANDWICHES OPTION 1:	Chicken Fajitas Wrap	Cajun Chicken Sandwich	Mango Chutney Chicken Sandwich	Teriyaki Beef Wrap	Black Pepper Tuna Wrap
SANDWICHES OPTION 2:	Honey Soy Tofu Sandwich	Falafel Wrap	Guacamole & Cream Cheese Sandwich	Roasted Zucchini with Hummus Wrap	Cheese Panini Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Tuscan Chicken Served with pasta and vegetables	Crispy Fish with Salsa Served with pasta and vegetables	Fish & Leek Stew Served with potato wedges and vegetables	Grilled Fish with Dill & Lemon Served with pasta and vegetables	Roasted Parmesan Chicken Served with mashed potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Goan Fish Served with steamed rice and vegetables	Chicken Tikka Served with herbs rice and vegetables	Indian Butter Chicken Served with rice and vegetables	Tom Yam Fish Served with pandan rice and vegetables	Fish Opor Served with steamed rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Broccoli Dhal Served with Roti Canai and vegetables	Vegetarian Lasagna Served with vegetables	Mushroom Frittata Served with pasta and vegetables	Egg Masala Served with bread and vegetables	Eggplant Dhal Served with Lebanese bread and vegetables
					Friday's Special Dessert
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Food Traffic Light Indicators:

 Healthier Choice (Everyday)


 OK Choice (4 times / week)


 Nice to have once a while


WEEKLY MENU

	Monday 4 th March 2019	Tuesday 5 th March 2019	Wednesday 6 th March 2019	Thursday 7 th March 2019	Friday 8 th March 2019
SANDWICHES OPTION 1:	Turkey Ham & Cheese Sandwich	Tuna & Olives Wrap	Chicken with Mango Salsa Wrap	BBQ Chicken Sandwich	Teriyaki Chicken Wrap
SANDWICHES OPTION 2:	Mediterranean Grilled Vegetables & Feta Cheese Wrap	Hummus & Vegetables Sandwich	Roasted Eggplant & Cheese Sandwich	Falafel Wrap	Tomato & Cheese Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Crispy Fish with Tomato Salsa Served with baked potato and vegetables	Beef Lasagna Served with vegetables	Baked Fish with Lemon Cream Sauce Served with pasta and vegetables	Moroccan Chicken Served with baked sweet potato and vegetables	Baked Fish Fingers Served with mashed potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Chicken Rendang Served with flavoured rice and vegetables	Turmeric Coconut Fish Served with steamed rice and vegetables	Chicken Pad Krapow Served with steamed rice and vegetables	Pindang Style Fish Served with flavoured rice and vegetables	Sweet & Sour Chicken Served with fried rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Egg Kurma Served with pita bread and vegetables	Ratatouille Served with Lebanese bread and vegetables	Cauliflower & Carrot Dhal Served with Roti Canai and vegetables	Chilli Con Carne Served with bread and vegetables	Tempeh Curry Served with pita bread and vegetables
					Friday's Special Dessert
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 Healthier Choice (Everyday)




 OK Choice (4 times / week)

 Nice to have once a while

WEEKLY MENU

	Monday 11 th March 2019	Tuesday 12 th March 2019	Wednesday 13 th March 2019	Thursday 14 th March 2019	Friday 15 th March 2019
SANDWICHES OPTION 1:	Tuna & Roasted Tomato Sandwich	Chicken & Jalapeno Wrap	Italian Herbs Chicken Sandwich	Mexicana Chicken Sandwich	ST PATRICK'S DAY FOOD PROMOTION
SANDWICHES OPTION 2:	Egg & Cheddar Wrap	Melted Cheese Sandwich	Roasted Zucchini & Hummus Wrap	Feta Cheese Wrap	ST PATRICK'S DAY FOOD PROMOTION
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Honey Citrus Fish Served with pasta and vegetables	BBQ Chicken Served with corn on cob and vegetables	Lemon Herbs Fish Served with pasta and vegetables	Chicken Supreme Served with mashed potato and vegetables	ST PATRICK'S DAY FOOD PROMOTION
LUNCH OPTION 4 ASIAN CUISINE	Lemongrass Chicken Served with steamed rice and vegetables	Goan Fish Curry Served with Roti Canai and vegetables	Three Flavoured Chicken Served with steamed rice and vegetables	Fish Kurma Served with carrot rice and vegetables	ST PATRICK'S DAY FOOD PROMOTION
LUNCH OPTION 5: VEGETARIAN	Cauliflower Gobi Manchurian Served with bread and vegetables	Tofu with Green Peas & Egg Drop Sauce Served with steamed rice and vegetables	Pumpkin Dhal Served with pita bread and vegetables	Vegetarian Moussaka Served with Lebanese bread and vegetables	ST PATRICK'S DAY FOOD PROMOTION
					ST PATRICK'S DAY FOOD PROMOTION
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-  Healthier Choice (Everyday)
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WEEKLY MENU

	Monday 18 th March 2019	Tuesday 19 th March 2019	Wednesday 20 th March 2019	Thursday 21 th March 2019	Friday 22 nd March 2019
SANDWICHES OPTION 1:	Honey Roast Chicken Wrap	Chicken Slice & Cheese Sandwich	Mediterranean Chicken Wrap	Teriyaki Chicken Sandwich	Tuna & Cucumber Wrap
SANDWICHES OPTION 2:	Cheddar Cheese & Tomato Sandwich	Roasted Chickpeas & Mixed Vegetables Wrap	Cream Cheese & Cucumber Sandwich	Shredded Cheese & Jalapeno Wrap	Grilled Pesto Tofu Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Cilantro Lime Chicken Served with pasta and vegetables	Chicken Burger Served with potato wedges and vegetables	Slow-Cooked Lamb Ragu Served with pasta and vegetables	Bouillabaisse Fish Served with boiled potato and vegetables	Chicken Lasagna Served with vegetables
LUNCH OPTION 4: ASIAN CUISINE	Ginger & Scallion Steamed Fish Served with steamed rice and vegetables	Braised Chicken with Mushroom Served with steamed rice and vegetables	Chinese Lemon Fish Served with butter rice and vegetables	Chicken Padprik Served with steamed rice and vegetables	Crispy Baked Fish Served with onion herbs rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Ratatouille Pasta Bake Served with vegetables	Palak Paneer served with pita bread and vegetables	Mushroom Quiche Served with mashed potato and vegetables	Chawanmushi Served with garlic rice and vegetables	Chickpeas & Cauliflower Dhal Served with Lebanese bread and vegetables
					Friday's Special Dessert
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 OK Choice (4 times / week)

 Nice to have once a while

WEEKLY MENU

	Monday 25 th March 2019	Tuesday 26 th March 2019	Wednesday 27 th March 2019	Thursday 28 th March 2019	Friday 29 th March 2019
SANDWICHES OPTION 1:	Chicken Fattoush Sandwich	Chicken Caesar Wrap	Chicken Shawarma Sandwich	Chicken & Caramelized Onion Sandwich	Cajun Chicken Wrap
SANDWICHES OPTION 2:	Olives & Cheese Wrap	Hard-Boiled Egg and Garlic Aioli Sandwich	Roasted Eggplant & Parmesan Cheese Wrap	Grilled Peppers & Pesto Wrap	Cucumber Cream Cheese Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Fish Pomodoro Served with pasta and vegetables	Creamy Tomato Chicken Served with pasta and vegetables	Fish Pie Served with mashed potato and vegetables	Chicken Bolognese Served with pasta and vegetables	Grilled Fish with Lime Aioli Served with roasted pumpkin and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Asian Chicken Stew Served with steamed rice and vegetables	Fish Teriyaki Served with steamed rice and vegetables	Hainanese Chicken Served with flavoured rice and vegetables	Thai Steamed Fish Served with lemongrass rice and vegetables	Chicken Vindaloo Served with bread and vegetables
LUNCH OPTION 5: VEGETARIAN	String Beans Omelette Served with stir-fried noodle and vegetables	Green Peas Dhal Served with Lebanese bread and vegetables	Stir-Fried Tempeh Served with steamed rice and vegetables	Vegetarian Lasagna Served vegetables	Pumpkin Dhal Served with steamed rice and vegetables
					Friday's Special Dessert
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Healthier Choice (Everyday)



OK Choice (4 times / week)





Nice to have once a while


WEEKLY MENU

	Monday 1 st Apr 2019	Tuesday 2 nd Apr 2019	Wednesday 3 rd Apr 2019	Thursday 4 th Apr 2019	Friday 5 th Apr 2019
SANDWICHES OPTION 1:	Mango Chutney Chicken Sandwich	Hawaiian Chicken Wrap	Lemon & Herbs Chicken Sandwich	Peri-Peri Chicken Wrap	Honey Lime Chicken Sandwich
SANDWICHES OPTION 2:	Mozzarella Cheese & Tomato Wrap	Grilled Pepper & Pesto Sandwich	Cilantro & Salsa Tofu Wrap	Grilled Bean Curd & Salsa Sandwich	Soy Tempeh Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Tuscan Chicken Served with pasta and vegetables	Honey Soy Salmon Served with pasta and vegetables	Fish & Leek Stew Served with potato wedges and vegetables	Grilled Fish with Dill & Lemon Served with pasta and vegetables	Roasted Parmesan Chicken Served with mashed potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Goan Fish Served with steamed rice and vegetables	Chicken Tikka Served with herbs rice and vegetables	Indian Butter Chicken Served with rice and vegetables	Tom Yam Fish Served with pandan rice and vegetables	Fish Opor Served with steamed rice and vegetables
LUNCH OPTION 5: VEGETARIAN	Broccoli Dhal Served with Roti Canai and vegetables	Moussaka Served with Lebanese bread and vegetables	Mushroom Frittata Served with pasta and vegetables	Egg Masala Served with bread and vegetables	Eggplant Dhal Served with Lebanese bread and vegetables
					Friday's Special Dessert
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