

WEEKLY MENU

CHILD'S FULL NAME: _____ CLASS : _____

Please select **ONE** of the seven options for each day by ticking the box and returning to school.

Disclaimer: The menu has been modified to offer a healthier choice for the kids



	Monday 06/01/2020	Tuesday 07/01/2020	Wednesday 08/01/2020	Thursday 09/01/2020	Friday 10/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Oven Baked Fish Fillet with Pomodoro served with Seasoned Vegetable and Pasta	Roasted Grilled Chicken with Rosemary Sauce served with Garlic Butter Vegetable and Pasta	Fish Papillote served with Boiled Vegetable and Pasta	Chicken Bolognese served with Sautéed Trio Vegetable and Pasta	Baked Lemon Herb Fish served with Toasted Vegetable and Pasta
Option 3: Asian Cuisine	Authentic Chicken Korma served with Vegetable Pickle and Lemongrass Rice	Steam Fish with Julienne Ginger & Garlic served with Stir Fried Green Vegetable and White Rice	Tomato Chicken Curry served with Stir Fried Bean Sprout and White Rice	Non-Spicy and Sour Fish served with Stir Fried Marrow and White Rice	Aromatic Chicken Vindaloo served with Stir fried Green Vegetable and White Rice
Option 4: Vegan Cuisine	Hard Bean Curd with Sweet Thai Sauce served with Vegetable and White Rice	Chana Dhal Masala served with Vegetables and Pita Bread	Mix Bean Stew served with Vegetable and Garlic Rice	Tofu Korma served with Vegetable and White Rice	Chick Peas Curry served with Vegetable and White Rice

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

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	Monday 13/01/2020	Tuesday 14/01/2020	Wednesday 15/01/2020	Thursday 16/01/2020	Friday 17/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Herb Crusted Fish served with Steamed Vegetable and Pasta	Chicken Stroganoff served with Sautéed Color Vegetables and Pasta	Oven Baked Fish Marinara Sauce served with Boiled Vegetable and Pasta	Chicken Lasagna served with Baked Vegetable	Irish Lamb Stew served with Butter Vegetable and Pasta
Option 3: Asian Cuisine	Thai Tom Yam Chicken Stew served with Stir Fried Marrow and White Rice	Steam Fish with Garlic & Scallion served with Stir Fried Vegetables and White Rice	Chicken "Kom Poh" served with Green Vegetable and White Rice	Fried Fish with preserved Soy Bean served with Braised Vegetables and White Rice	Crispy Lemon Chicken served with Mixed Chinese Style Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetables Dhal Curry served with Vegetable and White Rice	Creamy Chickpea Curry served With Vegetable and White Rice	Pumpkin Masala with Chick Pea served with Vegetable and White Rice	Tempe & Tofu in Spicy Sambal served with Vegetable and White Rice	Moong Dhal served with Vegetable and White Rice
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	Monday 20/01/2020	Tuesday 21/01/2020	Wednesday 22/01/2020	Thursday 23/01/2020	Friday 24/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Picatta with Italian White Sauce served with Butter Vegetable and Pasta	Crispy Oatmeal Fish served with Baked Vegetable and Pasta	Grilled Chicken With Black Pepper Sauce served with Steam Vegetable and Pasta	Pan Seared Fish with Coriander Sauce served with Color Vegetable and Pasta	Grilled Hawaiian Chicken Barbeque Sauce served with Sautéed Vegetable and Pasta
Option 3: Asian Cuisine	Tomato Fish Curry served with Stir Fried Lady Finger and White Rice	Chicken Rendang served with Stir fried Vegetable and White Rice	Aromatic Ginger Steam Fish served with Vegetable Stew and White rice	Spicy Tomato Chicken served with Pickle Vegetable and Tomato Rice	Roasted Chicken served with Bean Sprout in Soy Sauce and Chinese Ginger Rice
Option 4: Vegetarian Cuisine	Mock Mutton Rogan Josh served with Vegetable and White Rice	Steamed Soft Tofu with Szechuan Sauce served with Vegetable and White Rice	Curry Tomato Lentils served with Vegetable and White Rice	Crispy Sweet and Sour Tofu served with Vegetable and White Rice	Aloo Phujia with Cauliflower served with Vegetarian and White Rice
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	Monday 27/01/2020	Tuesday 28/01/2020	Wednesday 29/01/2020	Thursday 30/01/2020	Friday 31/01/2020
Option 1: Sandwiches	P.H Chinese New Year	P.H Chinese New Year	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	P.H Chinese New Year	P.H Chinese New Year	Spanish Oven Baked Fish Bouillabaisse Sauce served with Grilled Vegetable and Pasta	Breaded Chicken served with Au-Jus, Toast Vegetable with Herb and Pasta	Poached Salmon with Tomato Sauce served with Butter Vegetable and Pasta
Option 3: Asian Cuisine	P.H Chinese New Year	P.H Chinese New Year	Spices Chicken Kerutub served with Mixed Vegetable Pickle and Coriander Rice	Steam Fish with Garlic Ginger Sauce served with Stir Fried Vegetable and White Rice	Slow Cook Mongolian Chicken served with Braised Mixed Vegetable and White Rice
Option 4: Vegetarian Cuisine	P.H Chinese New Year	P.H Chinese New Year	Bean Curd with Soy Sauce served with Vegetable and White Rice	Chick Pea Sambal served with Vegetable and White Rice	Green Gram Dhal Masala served with Vegetable and White Rice
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	Monday 03/02/2020	Tuesday 04/02/2020	Wednesday 05/02/2020	Thursday 06/02/2020	Friday 07/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Brunswick Chicken Stew served with Butter Vegetable and Pasta	Veracruz-Style Fish served with Steam Vegetable and Pasta	Roasted Parmesan Herb Chicken with Tomato Sauce served with Colour Vegetable and Pasta	Lemon Dill Baked Fish With Lemon Sauce served with Trio Steamed Vegetable and Pasta	Crispy Chicken with Rosemary Sauce served with Baked Vegetable and Pasta
Option 3: Asian Cuisine	Aromatic Fish Sambal served with Stir Fried Green Vegetable and White Rice	Chicken Manchurian served with Stir Fried Brassica Garlic and White Rice	Roasted Fish Tikka with Raita served with Vegetable Stew and White Rice	Aromatic Chicken Chettinad served with Sautéed Green Vegetable and Lentil Rice	Lamb Masala served with Turmeric Sautéed Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Skillet Sweet Chili with Mix Bean served with Vegetable and Bread	Vegetable Dhal Curry served with Vegetable and White Rice	Crispy Fried Tempe served with Vegetable and Pilaf Rice	Mock Fish Ball in Blackpepper Sauce served with Vegetable and Pasta	Kung Pow Bean Curd served with Vegetable and White Rice
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	Monday 10/02/2020	Tuesday 11/02/2020	Wednesday 12/02/2020	Thursday 13/02/2020	Friday 14/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Mushroom Pie served with Steam Vegetable and Pasta	Herb Crusted Fish served With Baked Vegetable And Pasta	Chicken Picante served with Roasted Vegetable and Pasta	Oven Baked Salmon with Coriander Sauce served with Poached Vegetable and Pasta	Roasted Barbeque Chicken with Hickory served with Butter Vegetable with Pasta
Option 3: Asian Cuisine	Fried Fish with Preserved Soy Bean served with Braised Vegetables and White Rice	Non-Spicy Chili Chicken served with Vegetable Stew and White Rice	Sweet and Sour Fish served with Stir fried Vegetable and White Rice	Malay Chicken Green Curry served with Long Bean & Steam Rice	Authentic Beef Curry served with Stir Fried Green Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Hard Bean Curd Korma served with Vegetable and Garlic Butter Rice	Citrusy Twist General Tso's Tempeh served with Vegetable and White Rice	Vegetarian Paprik Chick Pea served with Vegetable And White Rice	Vegetarian Brinjal "Pajeri" served with Vegetable and White Rice	Kung Pow Tofu served with Vegetable and White Rice
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	Monday 17/02/2020	Tuesday 18/02/2020	Wednesday 19/02/2020	Thursday 20/02/2020	Friday 21/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Meat Ball with Pomodoro Sauce served with Steams Color Vegetable and Pasta	Crispy Oatmeal Fish served with Vegetable Ratatouille and Pasta	Oven Baked Chicken With Mushroom Sauce served with Butter Herb Vegetable and Pasta	Mexican Chicken Stew served Garlic Butter Vegetable and Pasta	Baked Salmon with Honey Lemon Glaze served with Grilled Vegetable and Pasta
Option 3: Asian Cuisine	Stir Fried Black Pepper Fish served with Braised Mix Vegetable and White Rice	Chicken Kalio served with Sautéed Green Vegetable and White Rice	Thai Basil Chicken served with Stir Fried Green Vegetable and White Rice	Baked Fish with Tamarind Sauce served with Stir Fried Cabbage and White Rice	Non-Spicy Tomato Chicken served with Vegetable Pickle and Tomato Rice
Option 4: Vegetarian Cuisine	Fragrant Garlic Flakes BBQ Tempeh served with Vegetable and White Rice	Stuffed Vegetarian Pita served with Vegetable	Vegetarian Dhal Curry served with Vegetable and White Rice	Stuffing Baked Bean Curd served with Vegetable and White Rice	Sweet Potato Curry with Chickpea served with Vegetable and White Rice
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	Monday 24/02/2020	Tuesday 25/02/2020	Wednesday 26/02/2020	Thursday 27/02/2020	Friday 28/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	School Holiday	School Holiday
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Grilled Chicken with Spinach Salsa served with Toasted Vegetable and pasta	Oven Baked Fish With Burn Butter Sauce served with Trio Vegetable and Pasta	Irish Chicken Stew Baked served with Color Vegetable and Pasta	School Holiday	School Holiday
Option 3: Asian Cuisine	Sambal Chicken served with Stir Fried Cabbage and White Rice	Tomato Fish Curry served with Mix Vegetable and White Rice	Chicken Varutha Curry served with Stir Fried Green Vegetable and Kashmiri Rice	School Holiday	School Holiday
Option 4: Vegetarian Cuisine	Dhal Maharini served with Vegetable and White Rice	Vegetarian Japanese Bean Curd Stew served with Vegetable and White Rice	Chickpea And Potato Dhal Curry served with Vegetable and White Rice	School Holiday	School Holiday
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	Monday 02/03/2020	Tuesday 03/03/2020	Wednesday 04/03/2020	Thursday 05/03/2020	Friday 06/03/2020
Option 1: Sandwiches	School Holiday	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	School Holiday	Roasted Rosemary Chicken with Rosemary Au-Jus served with Trio Vegetable and Pasta	Poached Fish served with Tomato Sauce, Butter Vegetable and Pasta	Greek Garlic Chicken with Herb Au-Jus served with Baked Vegetable and Pasta	Grilled Herb Fish Fillet with Lemon Butter Sauce served with Poached Vegetable and Pasta
Option 3: Asian Cuisine	School Holiday	Baked Fish Tandoori served with Vegetable Curry and White Rice	Masala Chicken served with Sautéed Cabbage Indian Style and White Rice	Chinese Ginger Chicken served with Stir Fried Kailan And White Rice	Mutton Varuval served with Mix Vegetable Stew and White Rice
Option 4: Vegetarian Cuisine	School Holiday	Pumpkin Dhal served with Vegetable and White Rice	Chick Pea Stew served with Vegetable and White Rice	Sambal Tofu and Tempe served with Vegetable and White Rice	Sweet and Sour Japanese Tofu served with Vegetable and White Rice
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	Monday 9/03/2020	Tuesday 10/03/2020	Wednesday 11/03/2020	Thursday 12/03/2020	Friday 13/03/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Baked Fish with Lemon Cream Sauce served with Medley Vegetable and Pasta	Chicken Goulash served with Mix Root Vegetable and Pasta	Pan Fried Fish with Special Fish Broth served with Steam Vegetable and Pasta	Irish Chicken Pie served with Creamy Garlic Butter Vegetable and Pasta	Orange Glazed Fish Fillet served with Grilled Vegetable and Pasta
Option 3: Asian Cuisine	Chicken Curry with Potato served with Turmeric Cabbage and White Rice	Stir Fried Black Pepper Fish served with Braised Mix Vegetable and White Rice	Spiced Chicken Soup served with Stir Fried Mix Vegetable and White Rice	Thai Sweet and Sour Fish served with Stir Fried Kailan and White Rice	Chicken Stew In Turmeric Sauce Served with Stir Fried Green Vegetable And White Rice
Option 4: Vegetarian Cuisine	Steamed Tofu in Garlic Soy Sauce served with Vegetable and White Rice	Vegetarian Mock Mutton Korma served with Vegetable and Garlic Butter Rice	Vegetarian Tomato Bean Curd served with Vegetable and Tomato Rice	Black Pepper Chick Pea served Vegetable and Pasta	Hard Bean Curd with Sweet Thai Sauce served with Vegetable and White Rice
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	Monday 16/03/2020	Tuesday 17/03/2020	Wednesday 18/03/2020	Thursday 19/03/2020	Friday 20/03/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Honey Garlic Glazed Fish served with Roasted Vegetable and Pasta	Chicken Fricassee served with Trio Vegetable and Pasta	Garlic Parmesan Fish Fillet served with Toast Vegetable and Pasta	Minced Chicken in Tomato Sauce served with Mixed Vegetable and Pasta	Grilled Fish with Mango Salsa served with Baked Vegetable and Pasta
Option 3: Asian Cuisine	Opor Chicken served with Stir Fried Green Vegetable and White Rice	Portuguese Baked Fish Lemon Grass Sauce served with Stir Fried Eggplant and White Rice	Spiced Fried Chicken served with Vegetable Stew and White Rice	Fried Fish with Sweet Thai Sauce served with Stir Fried Vegetable and White Rice	Chicken Rogan Josh served with Stir fried Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Bean Curd Paprik served with Stir Fried Vegetable and White Rice	Moong Dhal served with Stir Fried Vegetable and White Rice	Mexican Mixed Beans Stew served with Vegetable and Mashed Potato	Vegetable Kung Pow with Tempe served with Vegetable and White Rice	Chickpea and Potato Sambal served with Sautéed Vegetable and White Rice
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	Monday 23/03/2020	Tuesday 24/03/2020	Wednesday 25/03/2020	Thursday 26/03/2020	Friday 27/03/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Italian Chicken Stew served with Boiled Vegetable and Pasta	Crispy Batter Fish Fillet with Tartar Sauce served with Steam Vegetable and Pasta	Roasted Chicken with Miso Au-jus served with Butter Vegetable and pasta	Avon Baked Fish with Mexican Salsa served with Grilled Vegetable and Pasta	Beef Bourguignon with Potato and Carrot served with Color Vegetable and Pasta
Option 3: Asian Cuisine	Nyonya Fish Curry Kapitan served with Stir Fried Marrow and White Rice	Braised Chicken and Mushroom served with Stir Fried Green Vegetable and White Rice	Steam Fish with Singgang Sauce served with Mix Vegetable and White Rice	Chicken Korma served with Vegetable Stew and White Rice	Fish Curry Tomato served with Stir Fried Vegetable and White Rice
Option 4: Vegetarian Cuisine	Pumpkin and Spinach Dhal served with Vegetable and Dhal Rice	Stir Fried Bean Curd with Soy Sauce served with Vegetable and White Rice	Stuffing Bean Curd with Sweet Thai sauce served with Vegetable and White Rice	Chana Dhal Masala served with Vegetable and Pita Bread	Vegetable Tofu in Turmeric Stew served with Stir Fried Green Vegetable and White Rice
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	Monday 30/03/2020	Tuesday 31/03/2020	Wednesday 01/04/2020	Thursday 02/04/2020	Friday 03/04/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	End of Term 2
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Brazilian Paprika Chicken Stew served with Oven Baked Root and Pasta	Italian Baked Fish With Tomatoes served with Grilled Vegetable And Pasta	French Onion Chicken served with Trio Color Vegetable and Pasta	Crispy Fish Fingers served with Garlic Butter Vegetable and Pasta	End of Term 2
Option 3: Asian Cuisine	Aromatic Fish Sambal served with Stir Fried Green Vegetable and White Rice	Fried Crispy Lemongrass Chicken served with Vegetable Stew and White Rice	Fish with Lemon sauce served with Mixed Chinese Style Vegetable and White Rice	Chicken Tandoori served with Stir Fried Vegetable and White Rice	End of Term 2
Option 4: Vegetarian Cuisine	Non-Spicy Fried Tempeh served with Vegetable and White Rice	Bean Curd In Onion Sauce served with Vegetable and Butter Rice	Sweet Potato & Lentils Green Curry served with Vegetables and White Rice	Stir-Fried Hard Bean Curd with Sweet Thai Sauce served with Vegetable and White Rice	End of Term 2
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