



		THURSDAY 1-Oct-26	T	V	D	E	G	FRIDAY 2-Oct-26	T	V	D	E	G
WESTERN	CHOICE OF CEREALS	CHICKEN SIEW MAI	●				a	QUICHE LORRAINE	●				a a
		JUICE	●	a				JUICE	●	a			
		2 CHOICES OF CEREALS	●	a	a		a	2 CHOICES OF CEREALS	●	a	a		a
ASIAN		FRIED NOODLES	●				a a	CHICKEN FRIED RICE	●				a
SALAD BAR		ICEBERG LETTUCE	●	a									
		BLACK OLIVE	●	a									
		CUCUMBER, CELERY	●	a									
		CARROT, TOMATO	●	a									
		PAPAYA SALAD	●	a			a						
		2 CHOICES OF BREAD	●	a			a						
		2 CHOICES OF FILLING	●				a						
		4 CHOICES OF VEGETABLES	●	a									
								SPECIAL OF THE DAYS					
		CURRY NOODLES	●				a a						
WESTERN		PERI PERI CHICKEN	●					KOREAN DAY	●				a a
		MEDITERRANEAN RICE	●	a			a	MAEUN-TANG(FISH STEW)	●	a			a
		ROASTED CARROT	●	a				STEAMED RICE AND STIR FRY VEGETABLE WITH SASAME	●	a			
ASIAN		FISH GASSI	●					KOREAN SESAME CHICKEN	●				a
		NAAN BREAD	●	a			a	JAPCHAE	●	a			
		STIR FRY OKRA	●	a			a	BEANSPOUTS WITH CARROT AND CHIVES	●	a			
VEGETARIAN		VEGETARIAN BOLOGNESE	●	a				BIMBIMBAP VEGETABLE	●	a			a
		SPAGHETTI	●	a			a	BROWN RICE	●	a			
		CORN KERNEL	●	a				FRIED EGG	●	a			
DESSERT		FRUITS OF THE DAYS	●	a				DORAYAKI BLUEBERRY	●	a			a

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GREEN

BEST CHOICE



AMBER

CHOOSE CAREFULLY



RED

LIMIT CONSUMPTION



XCL Education Group - Internal



		MONDAY 5-Oct-26	T V D E G	TUESDAY 6-Oct-26	Z V D E G	WEDNESDAY 7-Oct-26	T V D E G	THURSDAY 8-Oct-26	T V D E G	FRIDAY 9-Oct-26	T V D E G
	WESTERN	MEXICAN BUN	•		a	FRENCH TOAST WITH SCRAMBLED EGG	• a a a	POTATO CURRY PUFF	• a a	BBQ CHICKEN PAU	• a a
		JUICE	• a			JUICE	• a	JUICE	• a	JUICE	a
	CHOICE OF CEREALS	2 CHOICES OF CEREALS	• a a a	2 CHOICES OF CEREALS	• a a a	2 CHOICES OF CEREALS	• a a a	2 CHOICES OF CEREALS	• a a a	2 CHOICES OF CEREALS	• a a a
	ASIAN	FRIED EGG NOODLES	•		a	CHINESE FRIED RICE	• a	NASI LEMAK WITH CONDIMENT	• a	SINGAPORE MEEHOON	• a a
	SALAD BAR	ICEBERG LETTUCE	• a			ROMAINE LAETTUCE	• a	RED AND GREEN CORAL LETTUCE	• a	ICEBERG LETTUCE	• a
		TOMATO, CUCUMBER	• a			TOMATO, CUCUMBER	• a	TOMATO, CUCUMBER	• a	TOMATO, CUCUMBER	• a
		BELL PEPPER, CELERY	• a			BELL PEPPER, CELERY	• a	BELL PEPPER, CELERY	• a	BELL PEPPER, CELERY	• a
		ASSORTED LETTUCE	• a			ASSORTED LETTUCE	• a	ASSORTED LETTUCE	• a	ASSORTED LETTUCE	• a
		EDAMAME	• a			CHICKEN SLICE	•	POTATO SALAD	• a a	BOILED EGG	• a
	SANDWICH BAR	2 CHOICES OF BREAD	• a		a	2 CHOICES OF BREAD	• a a	2 CHOICES OF BREAD	• a a	2 CHOICES OF BREAD	• a a
		2 CHOICES OF FILLING	• a			2 CHOICES OF FILLING	• a	2 CHOICES OF FILLING	• a	2 CHOICES OF FILLING	• a
		4 CHOICES OF VEGETABLES	• a			4 CHOICES OF VEGETABLES	• a	4 CHOICES OF VEGETABLES	• a	4 CHOICES OF VEGETABLES	• a
	PASTA STATION	SPECIAL OF THE DAYS				SPAGHETTI CHICKEN BOLOGNESE SAUCE	• a			SPECIAL OF THE DAYS	
	NOODLE SOUP BAR					WANTAN NOODLES SOUP	• a			YEE MEE CANTONESE	• a a
	WESTERN	CHICKEN GRILLED WITH BROWN SAUCE	•		a	PAN FRIED FISH FILLET	• a	CHICKEN STROGANOFF	• a a	GRILLED FISH PESTO	• a
		PASTA AL BURRO	• a		a	MASHED POTATO	• a	BUTTER RICE	• a a	PENNE PESTO	• a a
		CAULIFLOWER AU GRATIN	• a			ROASTED ZUCHINNI AND CARROT	• a	GREEN PEAS WITH CARROT	• a	FRENCH BEAN WITH THYME	• a
	ASIAN	TILAPIA FISH KUNG POA	•		a	CHICKEN KAM HEONG	•	FISH PERATAL	•	DRY CHILI CHICKEN	• a
		WHITE RICE	• a			WHITE RICE	• a	PITA BREAD	• a a	WHITE RICE	• a
		KAILAN WITH JULIEN CARROT	• a			CHOY TAM WITH OYSTER SAUCE	• a a	SAUTEED CABBAGE WITH CARROT	• a	CHAP CHAI VEGETABLE	• a a
	VEGETARIAN	INDIAN BUTTER TOFU	• a			MACARONI AND CHEESE	• a a	CANTONESE YEE MEE	• a a	CHICKPEAS BURITTO	• a
		FRIED MANTOU	• a		a	GARLIC CHEESE BREAD	• a a a	FRIED TOFU AND TEMPE	• a	TORTILLA CHIP	• a
		BROCCOLI AND MUSHROOM	• a			EDAMAME	• a	BROCCOLI AND CAULIFLOWER	• a a a a	CORN SALSA	• a a
	DESSERT	FRUITS OF THE DAYS	• a			FRUITS OF THE DAYS	• a	FRUITS OF THE DAYS	• a	FRUITS OF THE DAYS	• a
										CHOCOLATE VANILLA PALMIER	• a a

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SRI KDU
 International School
 SUBANG JAYA

OCTOBER 2026



		MONDAY 19-Oct-26					TUESDAY 20-Oct-26					WEDNESDAY 21-Oct-26					THURSDAY 22-Oct-26					FRIDAY 23-Oct-26				
		T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G	T	V	D	E	G
CHOICE OF CEREALS	WESTERN	SCRAMBLE EGG W BAKED BEANS					PIZZA CROSTINI					MUSHROOM SOUP WITH GARLIC BREAD					FRITATA					EGG MAYO SANDWICH				
		JUICE					JUICE					JUICE					JUICE					JUICE				
		2 CHOICES OF CEREALS					2 CHOICES OF CEREALS					2 CHOICES OF CEREALS					2 CHOICES OF CEREALS					2 CHOICES OF CEREALS				
CHOICE OF CEREALS	ASIAN	FRIED YELLOW NOODLE					LONG BEAN FRIED RICE					NASI LEMAK WITH CONDIMENT					CHEE CHEONG FUN					THAI FRIED RICE				
SALAD BAR		ICEBERG LETTUCE					ROMAINE LAETTUCE					RED AND GREEN CORAL LETTUCE					ICEBERG LETTUCE									
		TOMATO, CUCUMBER					TOMATO, CUCUMBER					TOMATO, CUCUMBER					TOMATO, CUCUMBER									
		BELL PEPPER, CELERY					BELL PEPPER, CELERY					BELL PEPPER, CELERY					BELL PEPPER, CELERY									
		ASSORTED LETTUCE					ASSORTED LETTUCE					ASSORTED LETTUCE					ASSORTED LETTUCE									
		EDAMAME					CHICKEN SLICE					POTATO SALAD					GREEN BEANS SALAD									
SANDWICH BAR		2 CHOICES OF BREAD					2 CHOICES OF BREAD					2 CHOICES OF BREAD					2 CHOICES OF BREAD									
		2 CHOICES OF FILLING					2 CHOICES OF FILLING					2 CHOICES OF FILLING					2 CHOICES OF FILLING									
		4 CHOICES OF VEGETABLES					4 CHOICES OF VEGETABLES					4 CHOICES OF VEGETABLES					4 CHOICES OF VEGETABLES									
PASTA	STATIO N	SPECIAL OF THE DAYS										SPIRAL AGLIO OLIO										SPECIAL OF THE DAYS				
NOODLE SOUP BAR							CURRY NOODLES SOUP										BEE HOON SOTO									
WESTERN		BAKED PERCH FISH WITH TOMATO CONCASEE					SMOKED DUCK WITH BBQ SAUCE					PAN FRIED FISH FILLET					CHICKEN BOLOGNESE					BREADED PERCH FISH				
		PASTA					BUTTER RICE					ROASTED POTATO WITH ROSEMARY					SPAGHETTI					MASHED POTATO				
		CARROT VINCHY					STEAMED VEGETABLE					ROASTED VEGETABLE					CARROT VINCHY					MIXED VEGATABLE				
ASIAN		MONGOLIAN CHICKEN					SWEET AND SOUR FISH					CHICKEN VINDALOO					ASAM PEDAS PERCH FISH					CHICKEN TERIYAKI				
		WHITE RICE					FRIED NOODLES					TURMERIC RICE					WHITE RICE					JAPANESE RICE				
		BROCCOLI AND DRY MUSHROOM					CHINESE CABBAGE AND CARROT					STIR FRIED LONG BEAN WITH TURMERIC AND TOFU					KAILAN					BEANSPOUTS AND CARROT				
VEGETARIAN		CHICKPEAS AND POTATO VARUVAL					CREAMY MUSHROOM SPINACH AND LEEK					SINGAPORE FRIED NOODLES					POTATO, CARROT AND CHICKPEAS STEW					STIR FRIED EGGS WITH TOMATOES				
		NAAN BREAD					FETTUCCINE					SAMOSA					BAGUETTE					WHITE RICE				
		GOBI MASALA					GARLIC BREAD					SAUTEED SPINACH AND MUSHROOM					VEGETABLE MIX WITH TOFU					STIR FRY POTATO LEAF				
DESSERT		FRUITS OF THE DAYS					FRUITS OF THE DAYS					FRUITS OF THE DAYS					FRUITS OF THE DAYS					MUFFIN				

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		MONDAY 26-Oct-26					TUESDAY 27-Oct-26					WEDNESDAY 28-Oct-26					THURSDAY 29-Oct-26					FRIDAY 30-Oct-26				
	WESTERN	WAFFLE W HONEY	●	a		a	CHEESE TOAST	●	a	a	a	CHICKEN CAJUN SANDWICH	●	a	a	a	PARATHA W CHICKEN CURRY	●	a	a	a	TUNA BAGUETTE PIZZA	●	a	a	a
	CHOICE OF CEREALS	JUICE	●	a			JUICE	●	a			JUICE	●	a			JUICE	●	a			JUICE	●	a		
	ASIAN	2 CHOICES OF CEREALS	●	a	a	a	2 CHOICES OF CEREALS	●	a	a	a	2 CHOICES OF CEREALS	●	a	a	a	2 CHOICES OF CEREALS	●	a	a	a	2 CHOICES OF CEREALS	●	a	a	a
	SALAD BAR	ICEBERG LETTUCE	●	a			ROMAINE LAETTUCE	●	a			RED AND GREEN CORAL LETTUCE	●	a			ICEBERG LETTUCE	●	a							
	SANDWICH BAR	TOMATO, CUCUMBER	●	a			TOMATO, CUCUMBER	●	a			TOMATO, CUCUMBER	●	a			TOMATO, CUCUMBER	●	a							
		BELL PEPPER, CELERY	●	a			BELL PEPPER, CELERY	●	a			BELL PEPPER, CELERY	●	a			BELL PEPPER, CELERY	●	a							
		ASSORTED LETTUCE	●	a			ASSORTED LETTUCE	●	a			ASSORTED LETTUCE	●	a			ASSORTED LETTUCE	●	a							
		EDAMAME	●	a			CHICKEN SLICE	●				THAI GLASS NOODLES SALAD	●	a	a		MANGO SALAD	●	a							
	PASTA STATION	2 CHOICES OF BREAD	●	a		a	2 CHOICES OF BREAD	●	a		a	2 CHOICES OF BREAD	●	a		a	2 CHOICES OF BREAD	●	a		a					
	NOODLE SOUP BAR	2 CHOICES OF FILLING	●		a		2 CHOICES OF FILLING	●		a		2 CHOICES OF FILLING	●		a		2 CHOICES OF FILLING	●		a						
		4 CHOICES OF VEGETABLES	●	a			4 CHOICES OF VEGETABLES	●	a			4 CHOICES OF VEGETABLES	●	a			4 CHOICES OF VEGETABLES	●	a							
	WESTERN	SPECIAL OF THE DAYS										FETUCCINE AF FREDO										SPECIAL OF THE DAY				
	ASIAN	CURRY NOODLES SOUP						●		a							CHICKEN NOODLE SOUP									
		CAJUN HONEY MUSTARD PERCH FILLET	●			a	MARINARA CHICKEN MEATBALL	●		a		GRILLED FISH WITH LEMON CAPERS SAUCE	●			a	CHICKEN LASAGNA	●				FISH STEW	●			
		MASHED POTATO	●	a	a		SPAGHETTI	●	a		a	ROASTED POTATO	●	a			GARLIC BREAD	●	a	a		MASHED POTATO	●	a		
	VEGETARIAN	GREEN SALAD	●	a			HONEY GLAZED CARROT	●	a			FRENCH BEAN AND CARROT	●	a			BLANCHED BROCCOLI AND CAULIFLOWER	●	a			THYME FRENCH BEAN	●	a		
	ASIAN	CHICKEN BUTTER MILK	●				SINGAPORE TAMARIND COCONUT FISH CURRY	●		a		ROASTED CHICKEN	●			a	THAI LIME GARLIC FISH WITH FRESH CILANTRO AND CHILI	●			a	AYAM GORENG BEREMPAH	●			
	VEGETARIAN	WHITE RICE	●			a	WHITE RICE	●		a		CHICKEN RICE	●			a	WHITE RICE	●			a	NASI LEMAK WITH CONDIMENT	●	a	a	
		STIR FRY TURMERIC CAULIFLOWER WITH GREEAN PEAS	●	a			STIR FRIED BRINJAL WITH SOY	●	a			SOYA SOY BEANSPROUTS	●	a			TAI PAK CHOY WITH GARLIC SAUCE	●	a		a	STIR FRY KANGKONG	●	a		
		BRAISED YEE MEE WITH MUSHROOM	●	a		a	MUSHROOM AND EGG WRAP	●	a		a	WANTAN NOODLES	●	a	a	a	CHICKPEAS MASALA	●	a	a		BAKED MACARONI WITH PUMPKIN	●	a	a	
		STIR FRIED LONG BEAN WITH BEANCURD	●	a		a	HASHBROWN	●	a			STEAMED SOFT TOFU SOY SAUCE	●	a		a	FRIED MANTOU	●	a			SLICED FOCCACCIA BREAD	●	a		
	DES SER T	CHOY SUM	●	a			PICO DE GALLO	●	a			SIEW PAK CHOY	●	a		a	STIR FRY SWEET POTATO LEAF	●	a			MIXED SALAD	●	a		
		FRUITS OF THE DAYS	●	a			FRUITS OF THE DAYS	●	a			FRUITS OF THE DAYS	●	a			FRUITS OF THE DAYS	●	a			YOGHURT	●	a	a	

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