



INVICTUS
INTERNATIONAL SCHOOL

CAFETERIA LUNCH MENU

2024 – 2025

WEEK 1

	02 MONDAY	03 TUESDAY	04 WEDNESDAY	05 THURSDAY	06 FRIDAY
WESTERN	<ul style="list-style-type: none">Roasted Chicken with Black Pepper SauceSauteed CarrotRoasted Potato with Bell Pepper	<ul style="list-style-type: none">Gratinated FishBaked Cauliflower with PaprikaPesto Pasta	<ul style="list-style-type: none">Honey BBQ ChickenColeslawButter Rice	<ul style="list-style-type: none">Roasted Lamb LegButtered BroccoliMashed Potato	<ul style="list-style-type: none">Grilled Chicken with Herbs ButterGratinated EggplantToasted Bread
ASIAN	<ul style="list-style-type: none">Turmeric FishStir Fried Okra with EggWhite Rice	<ul style="list-style-type: none">Teriyaki ChickenWafu SaladEgg Fried Rice	<ul style="list-style-type: none">Prawn RendangBraised Pak ChoyFried Singapore Vermicelli Noodle	<ul style="list-style-type: none">Roasted Chicken with Satay SpiceStir Fried Long Bean with TofuWhite Rice	<ul style="list-style-type: none">Salted Egg FishBraised Tofu with Mushroom SauceWhite Rice
VEGETARIAN	<ul style="list-style-type: none">Vegetable WrapSauteed CarrotRoasted Potato with Bell Pepper	<ul style="list-style-type: none">Tofu with Teriyaki SauceWafu SaladWhite Rice	<ul style="list-style-type: none">Vege PizzaColeslawButter Rice	<ul style="list-style-type: none">Spring RollStir Fried Long Bean with TofuWhite Rice	<ul style="list-style-type: none">Spiced Potato CakeBraised Tofu with Mushroom SauceWhite Rice

WEEK 2

	09 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
WESTERN	<ul style="list-style-type: none">Crusted fish with Tartar SauceSauteed Green PeasPotato Wedges	<ul style="list-style-type: none">Creamy Chicken PieRed Radish Salad	<ul style="list-style-type: none">Fish & ChipsCaesar Salad	<ul style="list-style-type: none">Oven-baked Honey ChickenShredded Salad with DressingAglio Olio Pasta	<ul style="list-style-type: none">Beef BologneseMix Bean SaladTomato Pasta
ASIAN	<ul style="list-style-type: none">Sweet & Sour ChickenBraised Long CabbageWhite Rice	<ul style="list-style-type: none">Fish MasalaAloo GobiGhee Rice	<ul style="list-style-type: none">Spiced Fried ChickenStir-fried SpinachWhite Rice	<ul style="list-style-type: none">Seafood Tom YumVegetable OmeletteWhite Rice	<ul style="list-style-type: none">Japanese Chicken Katsu CurryStir Fried EggplantWhite Rice
VEGETARIAN	<ul style="list-style-type: none">Sweet & Sour TofuBraised Long CabbageWhite Rice	<ul style="list-style-type: none">SamosaAloo GobiGhee Rice	<ul style="list-style-type: none">Spice Fried TempeStir-fried SpinachWhite Rice	<ul style="list-style-type: none">Mushroom QuesadillaShredded Salad with DressingAglio Olio Pasta	<ul style="list-style-type: none">Tofu with Japanese CurryStir-fried EggplantWhite Rice

WEEK 3

	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
WESTERN	PUBLIC HOLIDAY	<ul style="list-style-type: none">Seared Chicken with Yoghurt Mango SalsaCorn & Tomato SaladTarter Puff	<ul style="list-style-type: none">Pan Fried Fish Fillet with Lemon Butter SauceWhite RatatouilleSweet Potato Fries	<ul style="list-style-type: none">Creamy Garlic ChickenTomato & Avacado SaladToasted Bread	<ul style="list-style-type: none">Seared Paprika PrawnVegetable Au GratinWhite Rice
ASIAN	PUBLIC HOLIDAY	<ul style="list-style-type: none">Crispy Fish in Soy SauceChoy Tum with Mushroom SauceWhite Rice	<ul style="list-style-type: none">Braised Chicken in Black Pepper SauceStir-fried Pak ChoyWhite Rice	<ul style="list-style-type: none">Spice Baked FishStir-fried Mix VegeWhite Rice	<ul style="list-style-type: none">Chicken TandooriVegetable Dhal CurryNaad Bread
VEGETARIAN	PUBLIC HOLIDAY	<ul style="list-style-type: none">Sauteed MushroomChoy Tum with Mushroom SauceWhite Rice	<ul style="list-style-type: none">Vege WrapWhite RatatouilleSweet Potato Fried	<ul style="list-style-type: none">Vegetable StewTomato & Avocado SaladToasted Bread	<ul style="list-style-type: none">SamosaVegetable Dhal CurryNaad Bread





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WEEK 4

	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
WESTERN	<ul style="list-style-type: none"> Chicken Provencal Greek Salad Pasta Alfredo 	<ul style="list-style-type: none"> Crusted Fish with Sweet Mayo Boiled Broccoli Roasted Potato 	<ul style="list-style-type: none"> Italian Herb Chicken Honey Carrot Butter Rice 	<ul style="list-style-type: none"> Fish Piccata Garden Salad Potato Wedges 	<ul style="list-style-type: none"> Chicken ala King King Sauteed Corn Aglio Olio Pasta
ASIAN	<ul style="list-style-type: none"> Prawn Rendang Long Bean in Coconut Gravy White Rice 	<ul style="list-style-type: none"> Kung Pow Chicken Stir-fried French Bean White Rice 	<ul style="list-style-type: none"> Stir-fried Squid Okra with Curry Leaf White Rice 	<ul style="list-style-type: none"> Percik Chicken Cucumber & Pineapple Salad Malay Style Fried Rice 	<ul style="list-style-type: none"> Fish in Black Bean Sauce Broccoli with Mushroom Sauce White Rice
VEGETARIAN	<ul style="list-style-type: none"> Potato Rendang Long Bean in Coconut Gravy White Rice 	<ul style="list-style-type: none"> Sauteed Mushroom Boiled Broccoli Roasted Potato 	<ul style="list-style-type: none"> Turmeric Tempe Okra with Curry Leaf White Rice 	<ul style="list-style-type: none"> Vege Pizza Garden Salad Potato Wedges 	<ul style="list-style-type: none"> Tofu in Black bean Sauce Broccoli in Mushroom Sauce White Rice

WEEK 5

	30 MONDAY	XX TUESDAY	XX WEDNESDAY	XX THURSDAY	XX FRIDAY
WESTERN	<ul style="list-style-type: none"> Baked Seafood Marinara Creamy Corn Past with Olives & Anchovies 				
ASIAN	<ul style="list-style-type: none"> Crispy Chicken in Teriyaki Sauce Braised Pak Choy White Rice 				
VEGETARIAN	<ul style="list-style-type: none"> Vege Wrap Creamy Corn Tomato Pasta 				





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PRICING

RICE/PASTA/BREAD/POTATO	RM2.50
JUNIOR SMALL	RM4.00
JUNIOR MEDIUM	RM6.00
SENIOR MEDIUM	RM7.50
SENIOR LARGE	RM9.50
TEACHER	RM10.00
ADMIN	RM8.00
MEAT ADD ON (LAMB & BEEF)	RM6.00
MEAT ADD ON (CHICKEN, FISH, SEAFOOD)	RM3.50
VEGE ADD ON	RM2.50

- Each meal comes with seasonal fruit and a beverage.
- Students will pay for their meals on a pay-as-you-consume basis.
- Menu items may be changed as necessary at the discretion of the School.
- If your child has any allergies to any food products or ingredients, please highlight that in the child's enrolment package, and inform the School Nurse, Admissions personnel and the Class Teacher.
- Snacks such as sandwiches and yoghurt are available during the School day.





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BREAKFAST MENU 2024 - 2025

DAILY

Cereal RM3.80	Onigiri RM RM5.00	Handroll RM4.50	Sushi RM4.50	Maki Roll RM4.50	Yoghurt Cup/Drink RM3.50	Marigold Asian Drink RM2.00
Marigold Peel Fresh Juice RM4.00	Mineral Water RM1.50	Milo RM2.80	Marigold Jelly/Pudding RM3.90	Mango RM4.00	Sun Melon RM2.50	Orange RM2.50
Apple RM2.50	Banana RM2.50	Pineapple RM2.50	Honeydew RM2.50			

AVAILABLE ON ROTATION

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Hashbrown RM3.00	French Toast RM2.00	Danish RM4.00	Pizza RM3.50	Assorted Danish RM4.00	Baked Beans RM3.50	Assorted Danish RM4.00
Waffle with Honey RM4.00	Siew Mai RM3.50	Sandwich RM2.50	Croissant RM4.00	Pancake RM2.50	Muffin RM3.50	Quesadilla RM3.50
Egg RM2.00	Garlic Bread RM2.00	Egg RM2.00	Egg Tart RM3.50	Burrito RM3.50	Egg RM2.00	Miso Soup RM5.50
Gyoza RM3.50	Mini Pau RM2.00	Muffin RM3.50	Roti Canai RM5.50	Steamed Won Ton RM3.50	Chappati with Keema RM5.50	Tartar Puff RM3.50
Nugget RM3.50	Karipap RM1.50	Donut RM1.50	Spring Roll RM3.30	Corndog RM4.00	Wedges RM3.50	Seafood Tofu RM3.50
Grilled Sausage RM2.50	Fishball RM3.50	Smiley Potato RM 3.50	Chicken Popcorn RM5.00	Nasi Lemak RM6.00	Pandan Chicken RM3.50	Muffin RM3.50
Samosa RM3.30	Fried Noodle RM3.00	Chicken Porridge RM3.50	Grilled Sausage RM2.50	Yu Char Koi RM2.50	Grilled Fish Cake RM2.20	Fried Rice RM3.00

