

NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
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HELP INTERNATIONAL SCHOOL MENU



Monday, 3 April, 2017

Tuesday, 4 April, 2017

Wednesday, 5 April, 2017

Thursday, 6 April, 2017

Friday, 7 April, 2017

**MORNING
SNACKS
(PRIMARY)**

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**MORNING
SNACKS
(SECONDARY)**

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LUNCH



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday, 10 April, 2017

Tuesday, 11 April, 2017

Wednesday, 12 April, 2017

Thursday, 13 April, 2017

Friday, 14 April, 2017

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU



	Monday, 17 April, 2017	Tuesday, 18 April, 2017	Wednesday, 19 April, 2017	Thursday, 20 April, 2017	Friday, 21 April, 2017
MORNING SNACKS (PRIMARY)	CEREAL MADELAINE & MILK with CUT FRUITS	KUEY TEOW WITH CUT FRUITS	SCRAMBLED EGGS SAUSAGE SERVED with ORANGE JUICE	PARATHA with CURRY & FRUIT JUICE	TUNA PENNE CASSEROLE SERVED with SALAD
MORNING SNACKS (SECONDARY)	CEREAL BOWL MADELAINE & MILK with CUT FRUITS	KUEY TEOW & CHICKEN WITH CUT FRUITS	SCRAMBLED EGGS SAUSAGE SERVED with ORANGE JUICE	PARATHA with CURRY & FRUIT JUICE	TUNA PENNE CASSEROLE SERVED with SALAD

LUNCH	LEMON CRUST FISH with SPICED RICE	ROAST CHICKEN with BRAISED SPRING DHAL & PILAF RICE	BEEF CHASSEUR STYLE with BUTTER TAGLIATELLE	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	STEAMED FISH with SAMBAL BELACAN FRIED RICE	GINGER FISH with RICE CORN AND TOMATO SALAD	KUNG POW CHICKEN with VEGETABLES and RICE	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLE WRAP with RICE & SALAD	TOMATO STEW with STEAM POTATO and CAULIFLOWER	VEGETARIAN LASAGNE served with SALAD	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 24 April, 2017	Tuesday, 25 April, 2017	Wednesday, 26 April, 2017	Thursday, 27 April, 2017	Friday, 28 April, 2017
MORNING SNACKS (PRIMARY)	STIR FRIED GLASS NOODLES with CHIFFON and JUICE	MEE HOON & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	CHICKEN MOUSSAKA with SALAD and PILAF RICE
MORNING SNACKS (SECONDARY)	STIR FRIED GLASS NOODLES with CHIFFON and JUICE	MEE HOON with CHICKEN & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	CHICKEN MOUSSAKA with SALAD and PILAF RICE
LUNCH	ROASTED CHICKEN with SAUCE POTATO, BROCCOLI GRATIN	BARBEQUE FISH with SAUTED VEGETABLES and PILAF RICE	CARROT DAY ROASTED CHICKEN CHOP VEGETABLES with CARROT'S PASTA	SAUERKRAUT CHICKEN SAUSAGE BROCCOLI with MASH POTATO	
	CHINESE STYLE FISH SAUTEED VEGETABLES & FRIED NOODLES	HAINANESE CHICKEN with ASSORTED CONDIMENTS	CARROT DAY BEEF KORMA WITH POTATO, CARROT & BIRYANI RICE	DRY TOM YAM FISH with KUEY TEOW	
	ROASTED MIXED POTATOES served with BOK CHOY and CAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	CARROT'S DAY VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	