

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



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 29 May, 2017

Tuesday, 30 May, 2017

Wednesday, 31 May, 2017

Thursday, 1 June, 2017

Friday, 2 June, 2017

**MORNING
SNACKS**

**STIR FRY
NOODLES
with
OMELETTE
and
JUICE**

**MEE
HOON
&
CUT FRUITS**

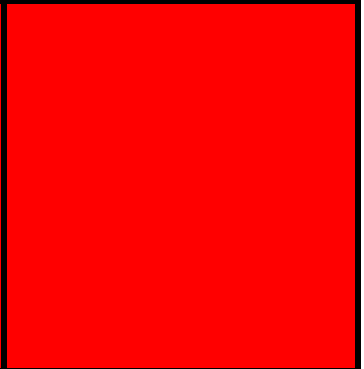
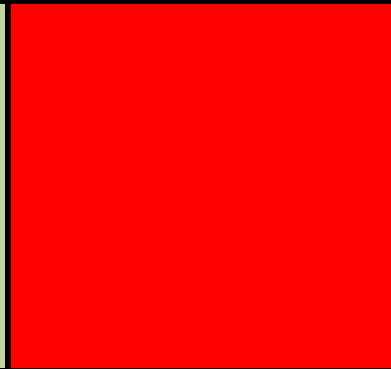
**FRIED RICE
&
FRUIT JUICE**

LUNCH



**ROASTED
CHICKEN
with SAUCE
POTATO, BROCCOLI
GRATIN**

**BARBEQUE
FISH
with
SAUTED VEGETABLES
and
PILAF RICE**

**ROAST
CHICKEN
with
VEGETABLES
and
CARROT'S PASTA**



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		HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)				 HELP INTERNATIONAL SCHOOL
	Monday, 5 June, 2017	Tuesday, 6 June, 2017	Wednesday, 7 June, 2017	Thursday, 8 June, 2017	Friday, 9 June, 2017	
MORNING SNACKS	CHINEESE STYLE CHICKEN PORRIDGE & FRUIT JUICE	NASI LEMAK & CUT FRUITS	DRY LOU SHI FUN & CUT FRUITS	DIM SUM and NOODLE SERVED with FRUIT JUICE	FISH & CHIPS with GREEN SALAD	
LUNCH	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	CHORIZO & BROCCOLIS TORTIGLIONI with GARLIC BREADCRUMBS	ROASTED FISH CONCASSEE and ZUCCHINI with RICE	CHICKEN BURGER CASSAVA FRIES and SALAD		

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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 12 June, 2017

Tuesday, 13 June, 2017

Wednesday, 14 June, 2017

Thursday, 15 June, 2017

Friday, 16 June, 2017

MORNING SNACKS

**CEREAL
CAKE
& MILK
with
CUT FRUITS**

**KUEY TEOW
WITH
CUT FRUITS**

**RICE
PUDDING
CHOCOLATE SAUCE
WITH
CUT
FRUITS**

**PARATHA
with
CURRY
&
FRUIT JUICE**

**CREAMY
PENNE
CHICKEN
CARBONARA
with
CHORISO**

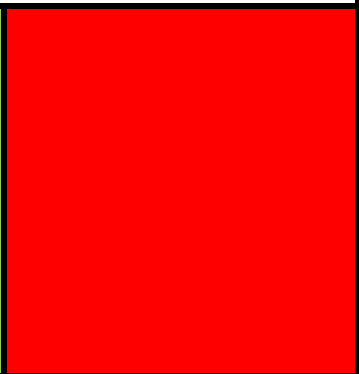
LUNCH

**LEMON
CRUST
FISH
with
SPICED RICE**



**ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
PILAF RICE**

**OVEN ROASTED
FISH
LEMON & HERBS
SPICED SUAUCE
with
PILAF RICE**

**CHICKEN
BASQUAISE
(STEW)
STYLE
MIXED POTATOES
GRATIN**





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	Monday, 19 June, 2017	Tuesday, 20 June, 2017	Wednesday, 21 June, 2017	Thursday, 22 June, 2017	Friday, 23 June, 2017	
MORNING SNACKS	APPLE CRUMBLE with FRUIT and JUICE	MEE HOON & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	MACARONI & CHESE	
LUNCH	ROAST CHICKEN with SAUCE POTATO, BROCCOLI GRATIN	POACHED FISH TOMATO CONCASSEE VEGETABLES and 5 SPICES RICE	TOMATO'S DAY FISH in GINGER & TOMATO SAUCE, with RICE	SAUERKRAUT CHICKEN SAUSAGE BROCCOLI with MASH POTATO		



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	Monday, 26 June, 2017	Tuesday, 27 June, 2017	Wednesday, 28 June, 2017	Thursday, 29 June, 2017	
MORNING SNACKS	MUSHROOM SOUP with SOFT BUN	FRIED RICE KAMPONG STYLE with FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS & SAUSAGE with FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH	BARBEQUE FISH with SAUTED VEGETABLES and PILAF RICE	ROASTED CAJUN CHICKEN WRAP with CORN RICE & SALAD	SPICED FISH served with MUSHROOM PASTA	ROAST CHICKEN CHOP and VEGETABLES with CARROT'S PASTA	