

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**

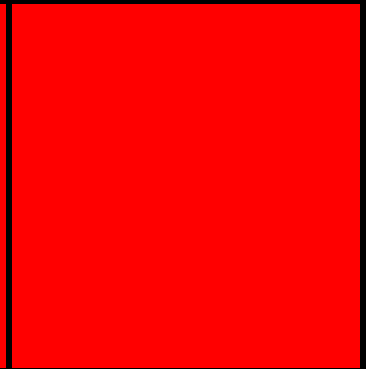
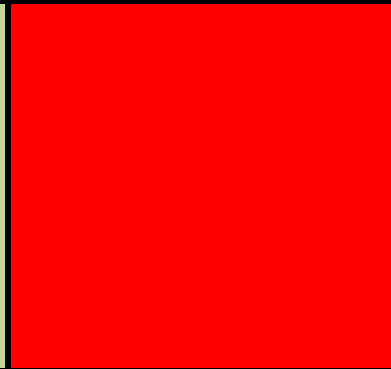
**FRIED RICE  
&  
FRUIT JUICE**

**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	
<b>MORNING SNACKS</b>	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	
<b>LUNCH</b>	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)**



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

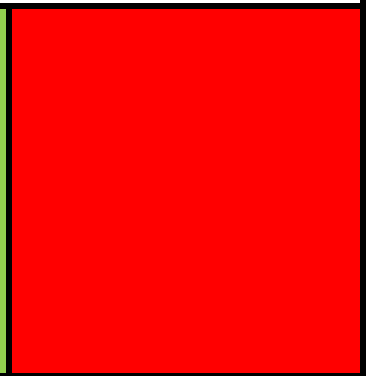
**LUNCH**

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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		<b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 19 June, 2017	Tuesday, 20 June, 2017	Wednesday, 21 June, 2017	Thursday, 22 June, 2017	Friday, 23 June, 2017
<b>MORNING SNACKS</b>	APPLE CRUMBLE with FRUIT and JUICE	MEE HOON & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	MACARONI & CHESE
<b>LUNCH</b>	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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INTERNATIONAL  
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	Monday, 26 June, 2017	Tuesday, 27 June, 2017	Wednesday, 28 June, 2017	Thursday, 29 June, 2017	Friday, 30 June, 2017
<b>MORNING SNACKS</b>	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
<b>LUNCH</b>	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	