



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			 HELP INTERNATIONAL SCHOOL	
		Monday, 29 May, 2017	Tuesday, 30 May, 2017	Wednesday, 31 May, 2017	Thursday, 1 June, 2017	Friday, 2 June, 2017
MORNING SNACKS (PRIMARY)	STIR FRY NOODLES with OMELETTE and JUICE	MEE HOON & CUT FRUITS	FRIED RICE & FRUIT JUICE			
	STIR FRY NOODLES with OMELETTE and JUICE	MEE HOON with CHICKEN & CUT FRUITS	FRIED RICE & FRUIT JUICE (with Chicken)			
LUNCH	ROASTED CHICKEN with SAUCE POTATO, BROCCOLI GRATIN	BARBEQUE FISH with SAUTED VEGETABLES and PILAF RICE	ROAST CHICKEN CHOP VEGETABLES with CARROT'S PASTA			
	CHINESE STYLE FISH SAUTEED VEGETABLES & FRIED NOODLES	HAINANESE CHICKEN with ASSORTED CONDIMENTS	BEEF CURRY WITH POTATO, CARROT & BIRYANI RICE			
	ROASTED MIXED POTATOES served with BOK CHOY and CAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN			



HELP INTERNATIONAL SCHOOL MENU



	Monday, 5 June, 2017	Tuesday, 6 June, 2017	Wednesday, 7 June, 2017	Thursday, 8 June, 2017	Friday, 9 June, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CHINEESE STYLE CHICKEN PORRIDGE & FRUIT JUICE	NASI LEMAK & CUT FRUITS	DRY LOU SHI FUN with CHICKEN & CUT FRUITS	DIM SUM and NOODLE SERVED with FRUIT JUICE	FISH & CHIPS with GREEN SALAD (BIGGER)
LUNCH	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	CHORIZO & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS	ROASTED FISH CONCASSEE and ZUCCHINI with RICE	CHICKEN BURGER CASSAVA FRIES and SALAD	
	SAMBAL BBQ FISH with NOODLES	MARINATED FISH with CAULIFLOWER COCONUT DHAL and STEAM RICE	CURRY CHICKEN with STEAM RICE & VEGETABLES	CHANNA MASALA FISH with BASMATI RICE and SALAD	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	SPICED AUBERGINE and POTATO with RICE	CAULIFLOWER and COCONUTS DHAL with BASMATI RICE	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 12 June, 2017	Tuesday, 13 June, 2017	Wednesday, 14 June, 2017	Thursday, 15 June, 2017	Friday, 16 June, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CEREAL CAKE & MILK with CUT FRUITS	KUEY TEOW & CHICKEN 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 SUACE with PILAF RICE	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN	
	ROAST CHICKEN TIKKA MASALA AUBERGINE SPICED FRIES & RICE	WASABI FISH with LONG BEAN and FRIED RICE	CRISPY CHICKEN with ULAM RICE & VEGETABLES	CHINESE STYLE FISH SPRING ONION & GINGER with 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, 19 June, 2017	Tuesday, 20 June, 2017	Wednesday, 21 June, 2017	Thursday, 22 June, 2017	Friday, 23 June, 2017
MORNING SNACKS (PRIMARY)	APPLE CRUMBLE with FRUIT and JUICE	MEE HOON & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	MACARONI & CHESE
MORNING SNACKS (SECONDARY)	APPLE CRUMBLE with FRUIT and JUICE	MEE HOON with CHICKEN & CUT FRUITS	BANANA CAKE with SAUCE & CUT FRUITS	NASI LEMAK & CUT FRUITS	MACARONI & CHESE (Bigger)
LUNCH	ROAST CHICKEN with SAUCE POTATO, BROCCOLI GRATIN	POACHED FISH TOMATO CONCASSEE VEGETABLES and 5 SPICES RICE	TOMATO'S DAY HEARTY BEEF & TOMATO STEW with PILAF RICE	SAUERKRAUT CHICKEN SAUSAGE BROCCOLI with MASH POTATO	
	CHINESE STYLE FISH SAUTEED VEGETABLES & FRIED NOODLES	CHICKEN RENDANG with COCONUT RICE	TOMATO'S DAY FISH in GINGER & TOMATO SAUCE, with RICE	LAMB BIRYANI with VEGETABLES & BIRIANI RICE	
	ROASTED MIXED POTATOES served with BOK CHOY and CARAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	TOMATO'S DAY STUFFED PROVENÇAL TOMATO with RICE & TOFU	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 26 June, 2017	Tuesday, 27 June, 2017	Wednesday, 28 June, 2017	Thursday, 29 June, 2017	Friday, 30 June, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	MUSHROOM SOUP with SOFT BUN	FRIED RICE KAMPONG STYLE with CHIKEN & 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	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	CHINESE STYLE FISH SAUTEED VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	BEEF CURRY WITH POTATO, CARROT & BIRYANI RICE	
	ROASTED MIXED POTATOES served with BOK CHOY and CAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN BURGER SERVED with POTATO WEDGES and SALAD	