



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 1 May, 2017

Tuesday, 2 May, 2017

Wednesday, 3 May, 2017

Thursday, 4 May, 2017

Friday, 5 May, 2017

**MORNING
SNACKS**

FRIED RICE
&
FRUIT JUICE

NASI
LEMAK
&
CUT FRUITS

POTATOES
&
CAMELISED ONIONS
FRITATA
with
FRUIT & SALAD

ROASTED CHICKEN
with
FRENCH FRIES
and
ASSORTED
SALAD

LUNCH

OVEN BAKED
FISH
served with
RATATOUILLE
and
PILAFRICE

ROAST
CHICKEN
PASTA
ALFREDO PRIMAVERA

BAKED
FISH
served with
TOMATO
PASTA



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 8 May, 2017

Tuesday, 9 May, 2017

Wednesday, 10 May, 2017

Thursday, 11 May, 2017

Friday, 12 May, 2017

**MORNING
SNACKS**

STIR FRY
GLASS NOODLES
with
CHIFFON
OMELETTE
and JUICE

MEE
HOON
&
CUT FRUITS

SCRAMBLED EGGS
BAKED BEANS
SERVED
with
ORANGE JUICE

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

LUNCH

ROSTED FISH
CONCASSEE
and
ZUCCHINI
with
RICE

CHICKEN
BURGER
CASSAVA FRIES
and
SALAD

CHORISO &
BROCOLIS
TORTIGLIONI
with
GARLIC
BREADCRUMBS



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 15 May, 2017

Tuesday, 16 May, 2017

Wednesday, 17 May, 2017

Thursday, 18 May, 2017

Friday, 19 May, 2017

**MORNING
SNACKS**

CEREAL
BOWL
& MILK
with
CUT FRUITS

KUEY TEOW
WITH
CUT FRUITS

RICE
PUDDING
with
FRUITS
and
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

KUNG POW
CHICKEN
with
VEGETABLES
and RICE

CHICKEN
BASQUAISE
(STEW)
STYLE
MIXED POTATOES
GRATIN



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



**HELP
INTERNATIONAL
SCHOOL**

Monday, 22 May, 2017

Tuesday, 23 May, 2017

Wednesday, 24 May, 2017

Thursday, 25 May, 2017

Friday, 26 May, 2017

**MORNING
SNACKS**

**APPLE
CRUMBLE
with
FRUIT
and JUICE**

**MEE
HOON
&
CUT FRUITS**

**BANANA
CAKE
with

SAUCE
&
CUT FRUITS**

**NASI
LEMAK
&
CUT FRUITS**

**FISH
&
CHIPS
with
GREEN SALAD**

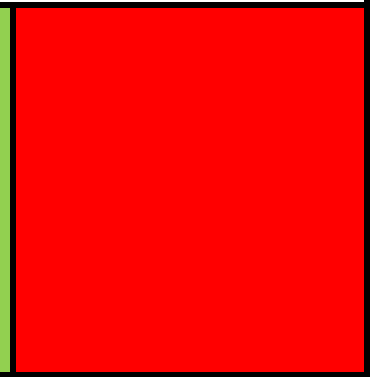
LUNCH

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

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

**BEAN'S DAY
ROAST
CHICKEN CHOP
VEGETABLES
with
FRENCH BEAN'S PASTA**

**SAUERKRAUT
CHICKEN
SAUSAGE
BROCCOLI
with
MASH POTATO**





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 29 May, 2017

Tuesday, 30 May, 2017

Wednesday, 31 May, 2017

Thursday, 1 June, 2017

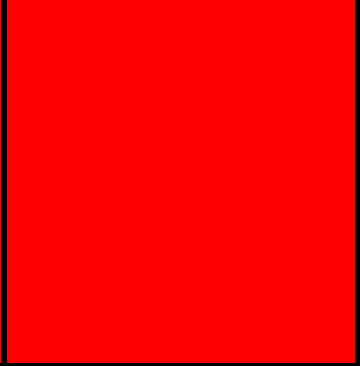
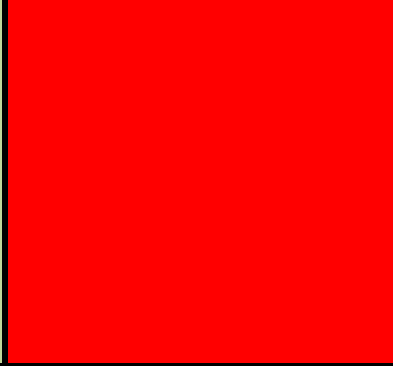
Friday, 2 June, 2017

**MORNING
SNACKS**

**STIR FRIED
NOODLES
with
CHIFFON
and JUICE**

**MEE
HOON
&
CUT FRUITS**

**FRIED RICE
&
FRUIT JUICE**



LUNCH

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

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

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

