

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, 1 May, 2017	Tuesday, 2 May, 2017	Wednesday, 3 May, 2017	Thursday, 4 May, 2017	Friday, 5 May, 2017
MORNING SNACKS (PRIMARY)		FRIED RICE & FRUIT JUICE	NASI LEMAK & CUT FRUITS	POTATOES & CARMELISED ONIONS FRITATA with FRUIT & SALAD	ROAST CHICKEN with FRENCH FRIES and ASSORTED SALAD
MORNING SNACKS (SECONDARY)		FRIED RICE (with Chicken) & FRUIT JUICE	NASI LEMAK & CUT FRUITS	POTATOES & CARMELISED ONIONS FRITATA with FRUIT & SALAD	ROAST CHICKEN with FRENCH FRIES and ASSORTED SALAD
LUNCH		OVEN BAKED FISH served with RATATOUILLE and PILAFRICE	ROAST CHICKEN PASTA ALFREDO PRIMAVERA	SEARED LAMB SHOULDER with MASHED POTATOES & SALAD	
		KUAY TEOW with CHICKEN and MARINATED VEGETABLES	BARBECUE FISH with GINGER RICE CORN and BEAN SALAD	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	
		RATATOUILLE served with WHITE RICE	VEGETARIAN PASTA with TOMATO SAUCE ZUCCHINI & CARROTS	VEGETABLE PUFF SERVED WITH MIX SALAD	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 8 May, 2017	Tuesday, 9 May, 2017	Wednesday, 10 May, 2017	Thursday, 11 May, 2017	Friday, 12 May, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	STIR FRIED GLASS NOODLES with CHIFFON OMELETTE and JUICE	MEE HOON with CHICKEN & CUT FRUITS		SCRAMBLED EGGS BAKED BEANS SERVED with ORANGE JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH	ROASTED FISH CONCASSEE and ZUCCHINI with RICE	CHICKEN BURGER CASSAVA FRIES and SALAD		CHORISO & BROCCOLIS TORTIGLIONI with GARLIC BREADCRUMBS	
	KUAY TEOW with CHICKEN and MARINATED VEGETABLES	MARINATED FISH with CAULIFLOWER COCONUT DHAL and STEAM RICE		CHANNA MASALA FISH with BASMATY RICE and SALAD	
	SPICED AUBERGINE and POTATO with RICE	CREAMY PASTA SPINACH with LEMON BREADCRUMBS		CAULIFLOWER and COCONUTS DHAL with BASMATY RICE	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 15 May, 2017	Tuesday, 16 May, 2017	Wednesday, 17 May, 2017	Thursday, 18 May, 2017	Friday, 19 May, 2017
MORNING SNACKS (PRIMARY)	CEREAL MADELEINE & 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
MORNING SNACKS (SECONDARY)	CEREAL BOWL MADELAINE & MILK with CUT FRUITS	KUEY TEOW & CHICKEN 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	BEEF CHASSEUR STYLE with BUTTER TAGLIATELLE	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN	
	ROAST CHICKEN TIKA MASALA AUBERGIN SPICED FRIES & RICE	WASABI FISH with LONG BEAN and FRIED RICE	KUNG POW CHICKEN with VEGETABLES and RICE	GINGER FISH with RICE CORN AND TOMATO SALAD	
	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, 22 May, 2017	Tuesday, 23 May, 2017	Wednesday, 24 May, 2017	Thursday, 25 May, 2017	Friday, 26 May, 2017
MORNING SNACKS (PRIMARY)	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
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	FISH & CHIPS with GREEN SALAD (BIGGER)
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	
	CHINESE STYLE FISH SAUTEED VEGETABLES & FRIED NOODLES	HAINANESE CHICKEN with ASSORTED CONDIMENTS	BEAN'S DAY SZECHUAN BEEF with CAPSICUM, CARROT & LONG BEAN RICE	TERYAKI FISH with WASABI FRIED RICE	
	ROASTED MIXED POTATOES served with BOK CHOY and CARAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	BEAN'S DAY SAYUR LODEH with NASI IMPIT	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	



HELP INTERNATIONAL SCHOOL MENU



	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 CHIFFON and JUICE	MEE HOON & CUT FRUITS	FRIED RICE & FRUIT JUICE		
MORNING SNACKS (SECONDARY)	STIR FRIED NOODLES with CHIFFON 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 CARMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN		