





NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
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		HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)				 HELP INTERNATIONAL SCHOOL
	Monday, 3 July, 2017	Tuesday, 4 July, 2017	Wednesday, 5 July, 2017	Thursday, 6 July, 2017	Friday, 2 June, 2017	
MORNING SNACKS	CEREAL and CAKE MILK with CUT FRUITS	FRIED RICE & FRUIT JUICE	DRY LOU SHI FUN & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT	NASI LEMAK & CHICKEN	
LUNCH	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN	ROASTED FISH MUSHROOMS SAUTED VEGETABLES and PILAF RICE	ROAST CHICKEN CHOP VEGETABLES with CARROT'S PASTA	FISH BURGER with FRIES and SALAD		

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		<b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b>				 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 10 July, 2017	Tuesday, 11 July, 2017	Wednesday, 12 July, 2017	Thursday, 13 July, 2017	Friday, 14 July, 2017	
<b>MORNING SNACKS</b>	CHINEESE STYLE CHICKEN PORRIDGE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	MUSHROOM SOUP with SOFT BUN	NASI LEMAK & CUT FRUITS	CREAMY PENNE CHICKEN CARBONARA	
<b>LUNCH</b>	CHICKEN and CHEESE PIZZA  with ASSORTED SALAD	CHORIZO & BROCCOLI TORTIGLIONI  with GARLIC BREADCRUMBS	BARBEQUE FISH with SAUTED VEGETABLES and PILAF RICE	SAUERKRAUT CHICKEN SAUSAGE BROCCOLI with MASH POTATO		

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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



**HELP  
INTERNATIONAL  
SCHOOL**

Monday, 17 July, 2017

Tuesday, 18 July, 2017

Wednesday, 19 July, 2017

Thursday, 20 July, 2017

Friday, 21 July, 2017

**MORNING  
SNACKS**

**LUNCH**

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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



	Monday, 24 July, 2017	Tuesday, 25 July, 2017	Wednesday, 26 July, 2017	Thursday, 27 July, 2017	Friday, 28 July, 2017
<b>MORNING SNACKS</b>					
<b>LUNCH</b>					



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		<b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 31 July, 2017	Tuesday, 1 August, 2017	Wednesday, 2 August, 2017	Thursday, 3 August, 2017	Friday, 4 August, 2017
<b>MORNING SNACKS</b>					
<b>LUNCH</b>					