



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, 3 July, 2017		Tuesday, 4 July, 2017	Wednesday, 5 July, 2017	Thursday, 6 July, 2017	Friday, 7 July, 2017
MORNING SNACKS (PRIMARY)	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
	CEREAL and CAKE MILK with CUT FRUITS	FRIED RICE & FRUIT JUICE (with Chicken)	DRY LOU SHI FUN with CHICKEN & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT (with Chicken)	NASI LEMAK & CHICKEN (BIGGER)
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	
	ROAST CHICKEN TIKKA MASALA AUBERGINE SPICED FRIES & RICE	AYAM GORENG BEREMPAH with ULAM RICE & VEGETABLES	BEEF RENDANG WITH ACAR & HUJAN PANAS RICE	HAINANESE CHICKEN with ASSORTED CONDIMENTS	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETARIAN LASAGNE served with SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 10 July, 2017	Tuesday, 11 July, 2017	Wednesday, 12 July, 2017	Thursday, 13 July, 2017	Friday, 14 July, 2017
MORNING SNACKS (PRIMARY)	CHINEESE STYLE CHICKEN PORRIDGE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	MUSHROOM SOUP with SOFT BUN	NASI LEMAK & CUT FRUITS	CREAMY PENNE CHICKEN CARBONARA with CHORISO
MORNING SNACKS (SECONDARY)	CHINEESE STYLE CHICKEN PORRIDGE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	MUSHROOM SOUP with SOFT BUN	NASI LEMAK & CUT FRUITS	CREAMY PENNE CHICKEN CARBONARA with CHORISO
LUNCH	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	
	SAMBAL BBQ FISH with NOODLES	MARINATED FISH with CAULIFLOWER COCONUT DHAL and STEAM RICE	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	LAMB BIRYANI with VEGETABLES & BIRIANI RICE	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	STUFFED PROVENÇAL TOMATO with RICE & TOFU	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday, 17 July, 2017

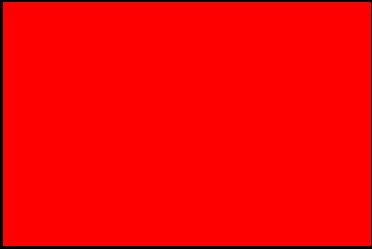
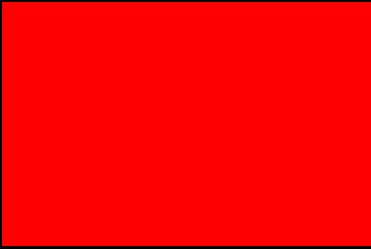
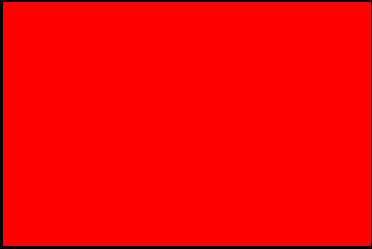
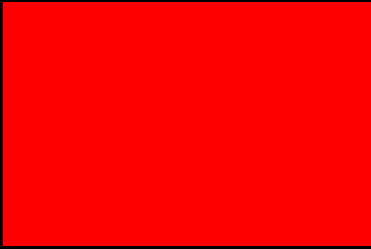
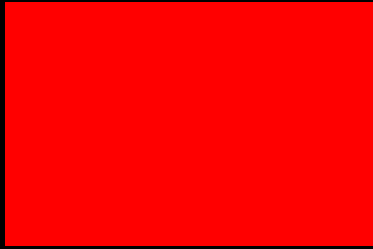
Tuesday, 18 July, 2017

Wednesday, 19 July, 2017

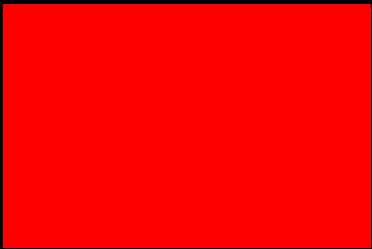
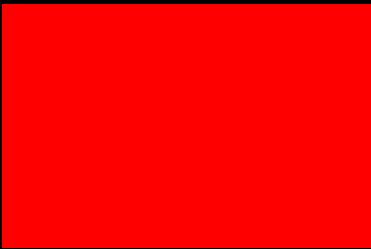
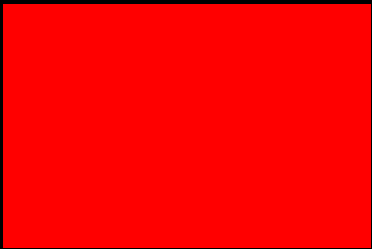
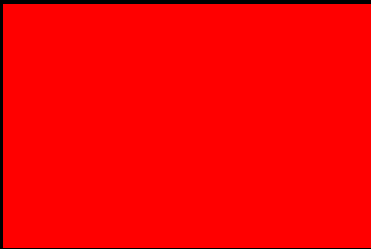
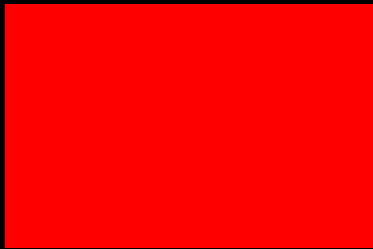
Thursday, 20 July, 2017

Friday, 21 July, 2017

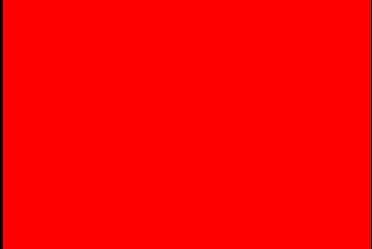
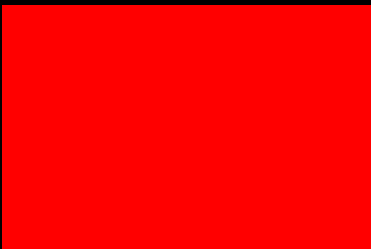
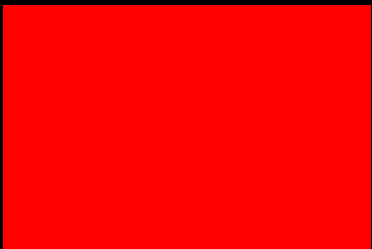
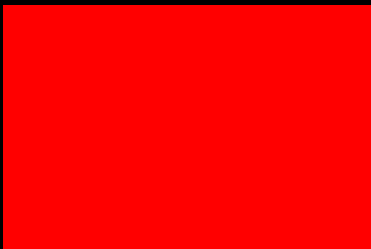
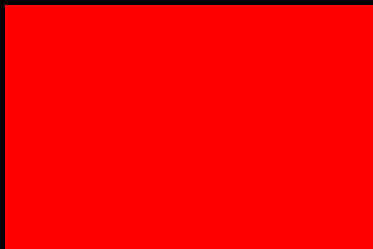
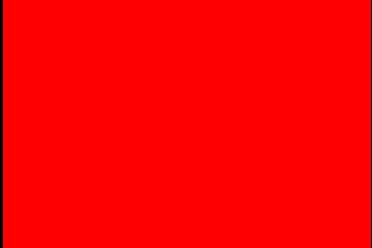
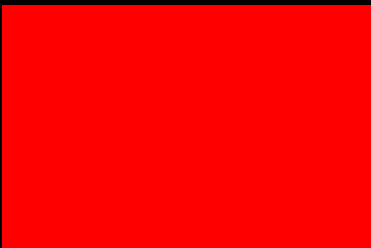
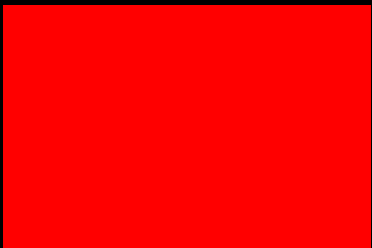
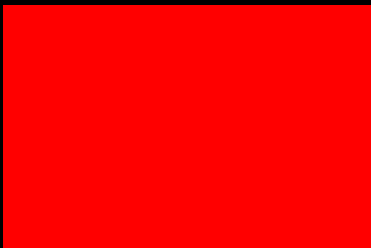
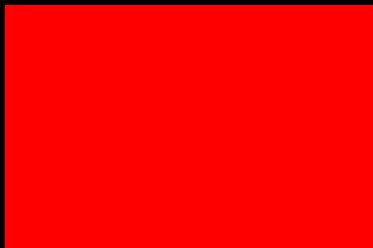
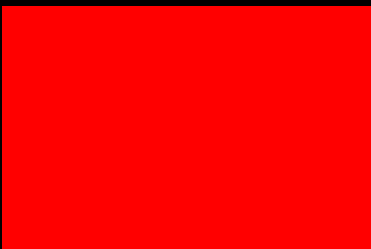
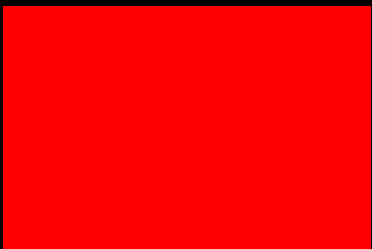
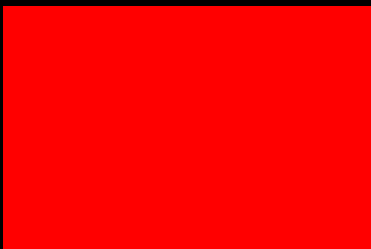
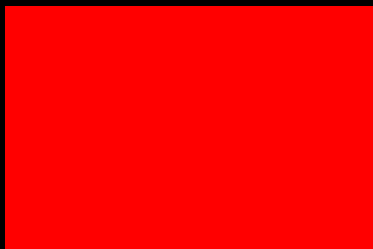
**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH





HELP INTERNATIONAL SCHOOL MENU



Monday, 24 July, 2017

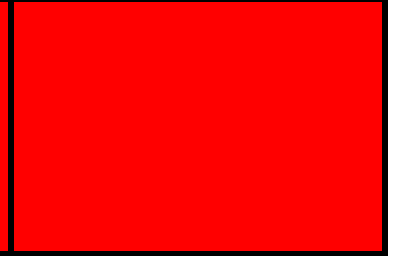
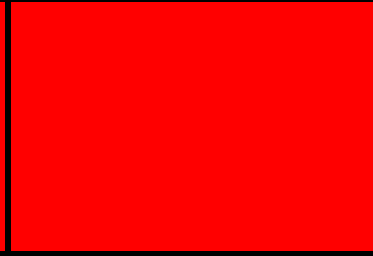
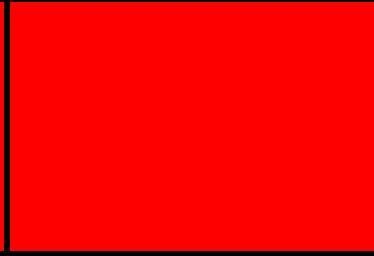
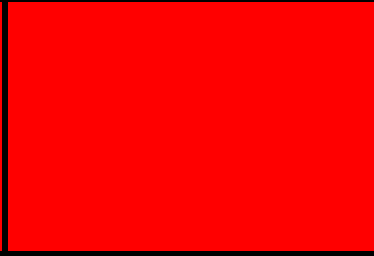
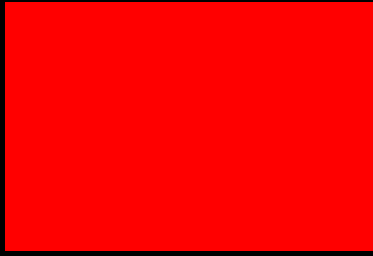
Tuesday, 25 July, 2017

Wednesday, 26 July, 2017

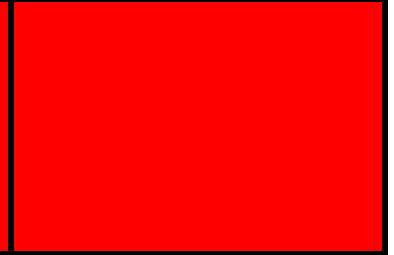
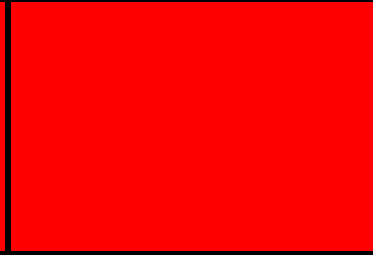
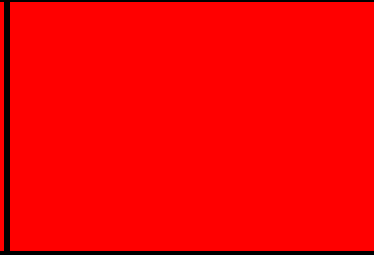
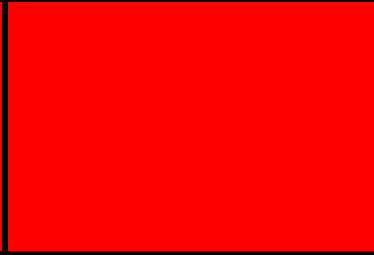
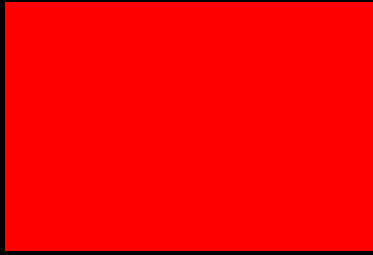
Thursday, 27 July, 2017

Friday, 28 July, 2017

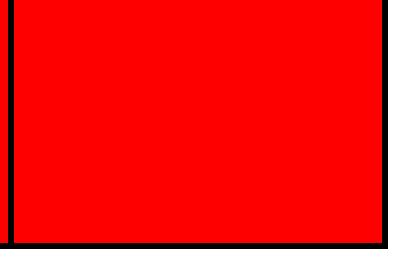
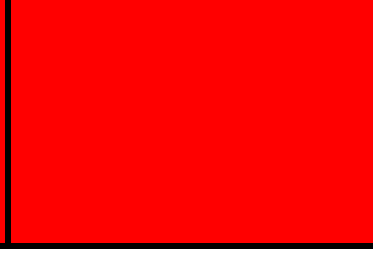
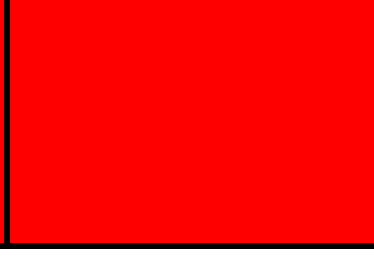
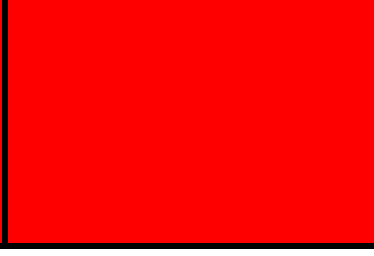
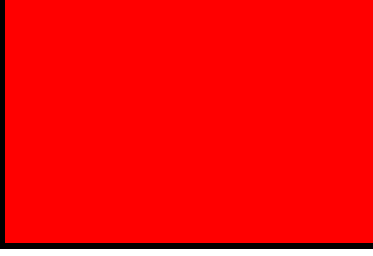
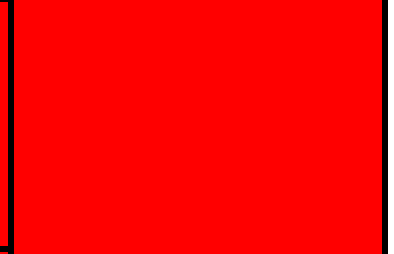
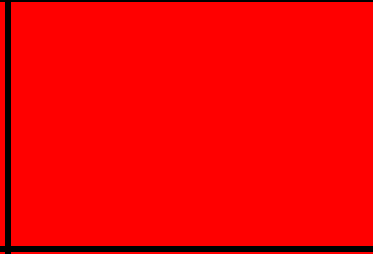
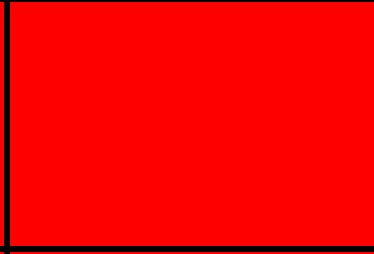
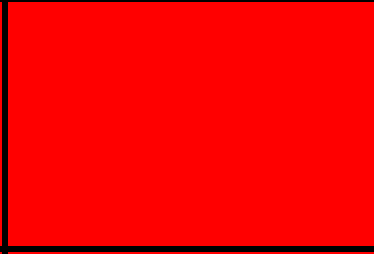
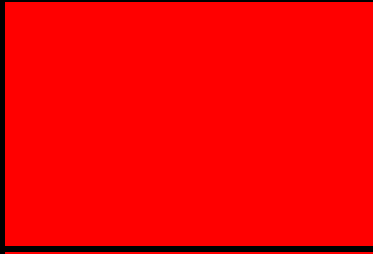
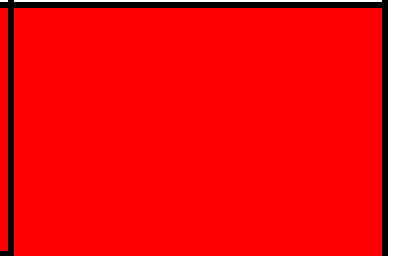
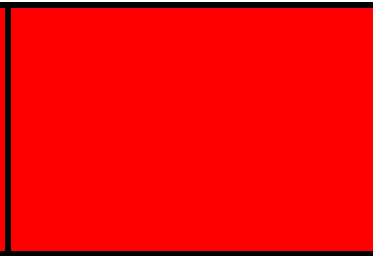
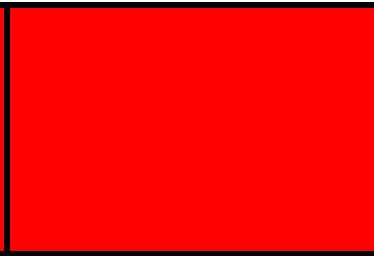
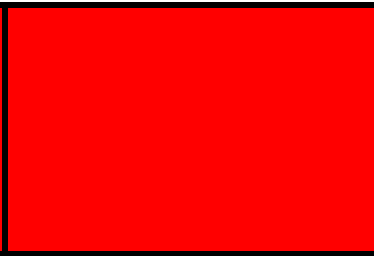
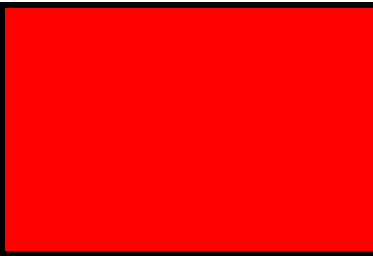
**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH





HELP INTERNATIONAL SCHOOL MENU



Monday, 31 July, 2017

Tuesday, 1 August, 2017

Wednesday, 2 August, 2017

Thursday, 3 August, 2017

Friday, 4 August, 2017

**MORNING
SNACKS
(PRIMARY)**

--	--	--	--	--	--

**MORNING
SNACKS
(SECONDARY)**

--	--	--	--	--	--

LUNCH
