

|             |              |                      |                           |                             |                 |
|-------------|--------------|----------------------|---------------------------|-----------------------------|-----------------|
| 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 (PRESCHOOL)**



Monday 04 September

Tuesday 05 September

Wednesday 06 September

Thursday 07 September

Friday 08 September

**MORNING  
SNACKS**

**CEREAL  
with  
MILK  
with  
CUT FRUITS**

**FRIED RICE  
&  
FRUIT JUICE**

**DRY  
LOU SHI FUN  
&  
CUT FRUITS**

**SINGAPORE  
FRIED  
MEE HOON  
&  
CUT FRUIT**

**NASI  
LEMAK  
&  
CHICKEN**

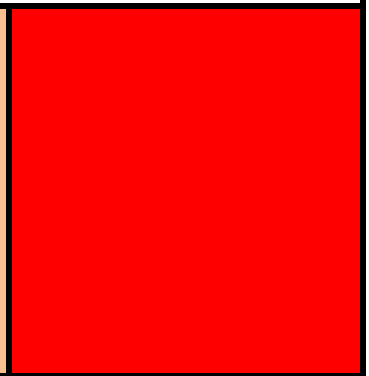
**LUNCH**

**CHICKEN  
BASQUAISE  
(STEW)  
STYLE  
MIXED POTATOES  
GRATIN**

**ROASTED  
FISH  
MUSHROOMS  
SAUTE VEGETABLES  
and  
PILAF RICE**

**ROAST  
CHICKEN CHOP  
VEGETABLES  
with  
CARROT PASTA**

**FISH  
BURGER  
with FRIES  
and  
SALAD**



|             |              |                      |                           |                             |                 |
|-------------|--------------|----------------------|---------------------------|-----------------------------|-----------------|
| 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 (PRESCHOOL)**



|                       | Monday 11 September                  | Tuesday 12 September                                | Wednesday 13 September                                       | Thursday 14 September                            | Friday 15 September |
|-----------------------|--------------------------------------|---|--|--|---------------------|
| <b>MORNING SNACKS</b> | SINGAPORE FRIED MEE HOON & CUT FRUIT | PARATHA with CURRY & FRUIT JUICE                    | KAMPONG FRIED RICE & FRUIT JUICE                             | KUEY TEOW WITH CUT FRUITS                        | MACARONI & CHEESE   |
| <b>LUNCH</b>          | LEMON CRUST FISH with SPICED RICE    | ROAST CHICKEN with BRAISED SPRING DHAL & PILAF RICE | OVEN ROASTED FISH LEMON & HERBS SPICED SAUCE with PILAF RICE | BEEF CHASSEUR (STEW) STYLE MASHED POTATOES SALAD |                     |

|             |              |                      |                           |                             |                 |
|-------------|--------------|----------------------|---------------------------|-----------------------------|-----------------|
| NORMAL MEAL | HEALTHY MEAL | THIS MONTH SPECIAL'S | A LITTLE HIGH IN CALORIES | GOOD ONLY IN SMALL QUANTITY | P.H. OR OFF DAY |
|-------------|--------------|----------------------|---------------------------|-----------------------------|-----------------|

|                       |   |   |   |   |  |
|-----------------------|---|---|---|---|--|
|                       |  | <b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b> |   |   |  <b>HELP INTERNATIONAL SCHOOL</b> |
|                       | Monday 18 September   | Tuesday 19 September                              | Wednesday 20 September                                | Thursday 21 September                               | Friday 22 September  |
| <b>MORNING SNACKS</b> | 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  |
| <b>LUNCH</b>          | BARBECUE FISH with SAUTE 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 PASTA |  |

|             |              |                      |                           |                             |                 |
|-------------|--------------|----------------------|---------------------------|-----------------------------|-----------------|
| 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 (PRESCHOOL)**



Monday 25 September

Tuesday 26 September

Wednesday 27 September

Thursday 28 September

Friday 29 September

**MORNING  
SNACKS**

**BREAD BUTTER  
PUDDING**  
with  
**SAUCE**  
and  
**FRUITS**

**STEAM  
GLUTINOUS  
RICE**  
with  
**CURRY  
CUT FRUITS**

**NASI  
LEMAK  
&  
CHICKEN**

**DRY  
LOU SHI FUN  
&  
CUT FRUITS**

**FISH  
&  
CHIPS**  
with  
**GREEN SALAD**

**LUNCH**

**CHICKEN  
and  
CHEESE PIZZA**  
with  
**ASSORTED  
SALAD**

**SWEET  
and  
SOUR FISH**  
with  
**FRAGRANT  
RICE**

**BARBECUE  
FISH**  
with  
**SAUTED VEGETABLES  
and  
PILAF RICE**

**SAUERKRAUT  
CHICKEN  
SAUSAGE  
BROCCOLI**  
with  
**MASH POTATO**

