



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</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday 04 September	Tuesday 05 September	Wednesday 06 September	Thursday 07 September	Friday 08 September	
<b>MORNING SNACKS (PRIMARY)</b>	<b>CEREAL</b> with <b>MILK</b> with <b>CUT FRUITS</b>	<b>FRIED RICE</b> & <b>FRUIT JUICE</b>	<b>DRY LOU SHI FUN</b> & <b>CUT FRUITS</b>	<b>SINGAPORE FRIED MEE HOON</b> & <b>CUT FRUIT</b>	<b>NASI LEMAK</b> & <b>CHICKEN</b>	
<b>MORNING SNACKS (SECONDARY)</b>	<b>CEREAL</b> with <b>MILK</b> with <b>CUT FRUITS</b>	<b>FRIED RICE (with Chicken)</b> & <b>FRUIT JUICE</b>	<b>DRY LOU SHI FUN</b> with <b>CHICKEN</b> & <b>CUT FRUITS</b>	<b>SINGAPORE FRIED MEE HOON (with Chicken)</b> & <b>CUT FRUIT</b>	<b>NASI LEMAK</b> & <b>CHICKEN (BIGGER)</b>	
<b>LUNCH</b>	<b>CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN</b>	<b>ROASTED FISH MUSHROOMS SAUTED VEGETABLES and PILAF RICE</b>	<b>ROAST CHICKEN CHOP VEGETABLES with CARROT PASTA</b>	<b>FISH BURGER with FRIES and SALAD</b>		
<b>ROAST CHICKEN TIKKA MASALA AUBERGINE SPICED FRIES &amp; RICE</b>	<b>AYAM GORENG BEREMPAH with ULAM RICE &amp; VEGETABLES</b>	<b>BEEF RENDANG WITH ACAR &amp; HUJAN PANAS RICE</b>	<b>HAINANESE CHICKEN with ASSORTED CONDIMENTS</b>			
<b>MIXED ZUCCHINI NUTMEG GRATIN with RICE</b>	<b>MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE &amp; SALAD</b>	<b>VEGETARIAN LASAGN served with SALAD</b>	<b>ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS</b>			



## HELP INTERNATIONAL SCHOOL MENU



	Monday 11 September	Tuesday 12 September	Wednesday 13 September	Thursday 14 September	Friday 15 September
<b>MORNING SNACKS (PRIMARY)</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>MORNING SNACKS (SECONDARY)</b>	SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT	PARATHA with CURRY & FRUIT JUICE	KAMPONG FRIED RICE (with Chicken) & FRUIT JUICE	KUEY TEOW & CHICKEN WITH CUT FRUITS	MACARONI & CHEESE (Bigger)
<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	
	ROAST CHICKEN TIKKA MASALA AUBERGINE SPICED FRIES SERVE with RICE	WASABI FISH with LONG BEAN and FRIED RICE	CRISPY CHICKEN with ULAM RICE & VEGETABLES	CHINESE STYLE FISH SPRING ONION & GINGER with RICE	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLE WRAP with RICE & SALAD	TOMATO STEW with POTATO and CAULIFLOWER	VEGETARIAN LASAGN served with SALAD	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday 18 September	Tuesday 19 September	Wednesday 20 September	Thursday 21 September	Friday 22 September
<b>MORNING SNACKS (PRIMARY)</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>MORNING SNACKS (SECONDARY)</b>	MUSHROOM SOUP with SOFT BUN	FRIED RICE KAMPONG STYLE with CHICKEN & 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 SAUTÉ 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	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	CHINESE STYLE FISH SAUTE VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	BEEF CURRY WITH POTATO, CARROT & BIRYANI RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CARAMELISED ONIONS	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN BURGER SERVED with POTATO WEDGES and SALAD	



## HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 25 September	Tuesday 26 September	Wednesday 27 September	Thursday 28 September	Friday 29 September
<b>MORNING SNACKS (PRIMARY)</b>	BREAD BUTTER PUDDING with SAUCE and FRUITS	STEAM GLUTINOUS RICE CURRY & CUT FRUITS	NASI LEMAK & CHICKEN	DRY LOU SHI FUN & CUT FRUITS	FISH & CHIPS with GREEN SALAD
<b>MORNING SNACKS (SECONDARY)</b>	BREAD BUTTER PUDDING with SAUCE and FRUITS	STEAM GLUTINOUS RICE CURRY & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	DRY LOU SHI FUN with CHICKEN & CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
<b>LUNCH</b>	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	CHORIZO & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS	BARBECUE FISH with SAUTED VEGETABLES and PILAF RICE	SAUERKRAUT CHICKEN SAUSAGE BROCCOLI with MASH POTATO	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	BEEF MASALA with BUTTER RICE & ACAR	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	SPICED AUBERGINE and POTATO with RICE	CAULIFLOWER and COCONUTS DHAL with BASMATI RICE	