



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 2 October, 2017

Tuesday, 3 October, 2017

Wednesday, 4 October, 2017

Thursday, 5 October, 2017

Friday, 6 October, 2017

**MORNING
SNACKS**

CEREAL
with
MILK
and
CUT FRUITS

CHICKEN
PORRIDGE
with
SALAD
&
CUT FRUITS

PARATHA
with
CURRY
&
CUT FRUITS

SCRAMBLED EGGS
BAKED BEANS
&
FRUIT JUICE

FISH
&
CHIPS
with
GREEN SALAD

LUNCH

CAJUN CHICKEN
CAPSICUM
&
CHEESE WRAP
with SALAD

GERMANY NATIONAL DAY
OVEN BAKED
CHICKEN SCHNITZEL
with
MASHED POTATO
& GRAVY

OVEN BAKED
FISH
ROASTED
VEGETABLE
&
PILAF RICE

SAUTE CHICKEN
with
PASTAS
&
BROCCOLI



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 9 October, 2017

Tuesday, 10 October, 2017

Wednesday, 11 October, 2017

Thursday, 12 October, 2017

Friday, 13 October, 2017

**MORNING
SNACKS**

CROISSANT
and
ASSORTED
CUT FRUITS

YOGURT
&
CUT FRUITS

NASI
LEMAK
&
CONDIMENTS

CHEESE
ON
TOAST
&
FRUIT JUICE

MACCARONI
&
CHEESE

LUNCH

CHICKEN
LASAGNA
&
SALAD

MARINATED
DORY FISH
with
PROVENCAL
VEGETABLE GRATIN

ROASTED
CHICKEN CHOP
SAUTE
POTATO, BROCCOLI
&
CARROT

OVEN ROASTED
FISH with LEMON
HERBS & SPICES
LIGHT SAUCE
SERVED
with RICE



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 16 October, 2017

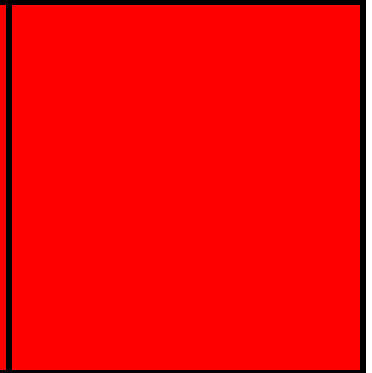
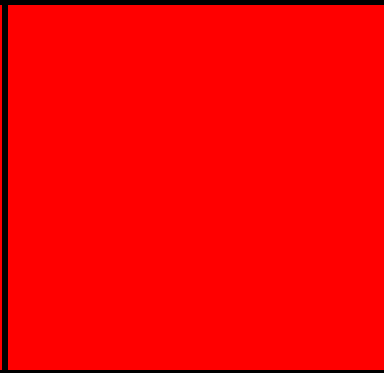
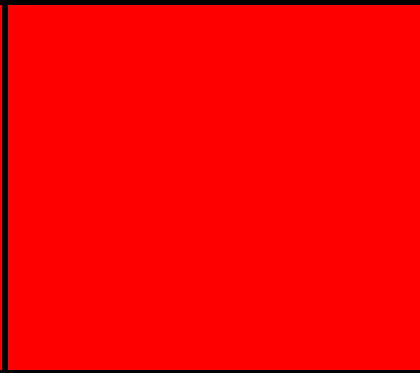
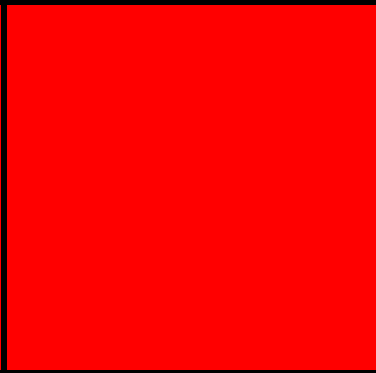
Tuesday, 17 October, 2017

Wednesday, 18 October, 2017

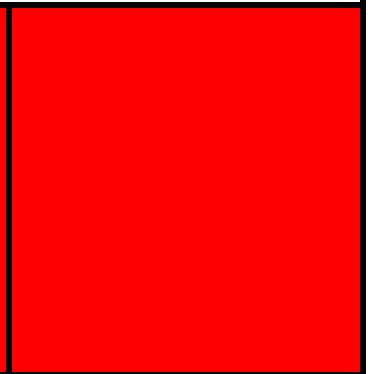
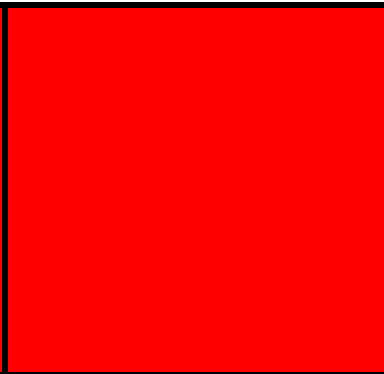
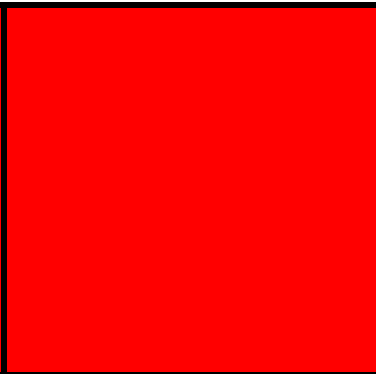
Thursday, 19 October, 2017

Friday, 20 October, 2017

**MORNING
SNACKS**



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 23 October, 2017

Tuesday, 24 October, 2017

Wednesday, 25 October, 2017

Thursday, 26 October, 2017

Friday, 27 October, 2017

**MORNING
SNACKS**

CEREAL
with
MILK
&
FRUIT

MEE
HOON
&
CUT FRUITS

BREAKFAST
RICE SOUP
&
CUT FRUITS

PARATHA
with
CURRY
&
FRUIT JUICE

CHICKEN
PASTA
with
ROASTED
VEGETABLES

LUNCH

CHICKEN
MOUSSAKA
with
PILAF RICE

FISH
PASTA
with
ASSORTED
ROAST
VEGETABLES

CAULIFLOWER DAY
CHICKEN
BASQUAISE
STYLE
POTATO &
CAULIFLOWER GRATIN

FISH FILLET
MUSHROOM
and TOMATOE
with
FETTUCINE
and CARROT



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 30 October, 2017

Tuesday, 31 October, 2017

Wednesday, 1 November, 2017

Thursday, 2 November, 2017

Friday, 3 November, 2017

**MORNING
SNACKS**

CEREAL
with
YOGURT
&
CUT JUICE

FRIED RICE
&
FRUIT JUICE

EGG FRIED
NOODLES
&
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

LUNCH

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

ROASTED
FISH
with
TOMATO
&
MUSHROOMS RICE

CHICKEN
LAZAGNA
with
SALAD

