



| 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, 2 October, 2017 | Tuesday, 3 October, 2017 | Wednesday, 4 October, 2017 | Thursday, 5 October, 2017 | Friday, 6 October, 2017 |
| MORNING SNACKS (PRIMARY) | CEREAL with MILK and CUT FRUITS | CHICKEN PORRIDGE with SALAD & FRUITS | PARATHA with CURRY & FRUIT JUICE | SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE | FISH & CHIPS with GREEN SALAD |
| MORNING SNACKS (SECONDARY) | MEE SIAM and CUT FRUITS | CHICKEN PORRIDGE with SALAD & FRUITS | PARATHA with CURRY & FRUIT JUICE | SCRAMBLED EGGS BAKED BEANS CHICKEN NUGGETS & FRUIT JUICE | FISH & CHIPS with GREEN SALAD (BIGGER) |
| 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 | SAUTEE CHICKEN with PASTAS & BROCCOLI | |
| | GINGER FISH with CORN AND TOMATO SALAD | Black Pepper Fish with Spring Onion & Mixed Vegetables Served With Rice | THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN | KOREAN FISH with KIMCHI and WHITE RICE | |
| | SWEET & SOUR BROCCOLI CAULIFLOWER SERVED WITH SALAD | GERMANY NATIONAL DAY LATKES SERVED WITH MIXED SALADS & SPICED APPLE SAUCE | VEGETARIAN SPAGHETTI | CREAMY VEGETARIAN PIZZA | |

| | Monday, 9 October, 2017 | Tuesday, 10 October, 2017 | Wednesday, 11 October, 2017 | Thursday, 12 October, 2017 | Friday, 13 October, 2017 |
|-----------------------------------|---|--|--|--|-----------------------------|
| MORNING SNACKS (PRIMARY) | CROISSANT and ASSORTED CUT FRUITS | YOGURT & CUT FRUITS | NASI LEMAK & CONDIMENTS | CHEESE ON TOAST & FRUIT JUICE | MACCARONI & CHEESE |
| MORNING SNACKS (SECONDARY) | DRY YEE MEE with CHIKEN & CUT FRUITS | TOM YUM FRIED RICE with CUT FRUITS | NASI LEMAK & CHICKEN NUGGETS (BIGGER) | CHEESE and HAM ON TOAST & CUT FRUIT | MACCARONI & CHEESE (BIGGER) |
| 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 | |
| | LAMB KURMA WITH POTATO, CARROT & BIRYANI RICE | GARLIC & OYSTER CHICKEN YELLOW MEE SERVED with SALAD | ASSAM FISH FILLET AND STEAMED RICE | SWEET & SOUR CHICKEN with WHITE RICE | |
| | VEGETARIAN LASAGNA & SALAD | VEGETARIAN PIZZA | POTATO, BROCCOLI CAULIFLOWER & CARROT CURRY | MOZARELLA TOMATOES LETTUCE & CARROT WRAP | |



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 16 October, 2017

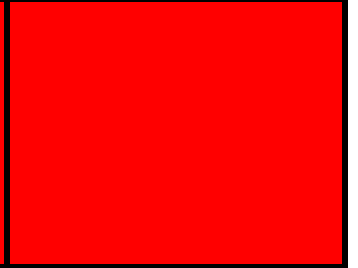
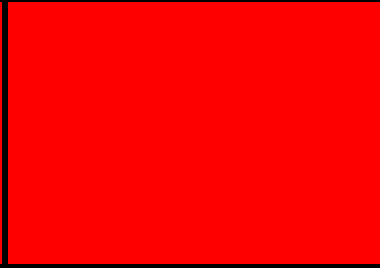
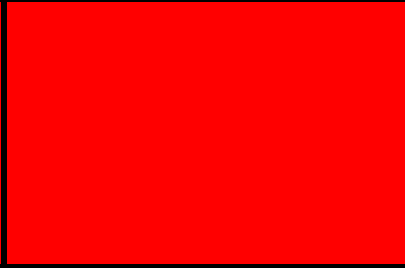
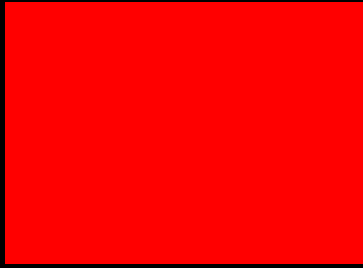
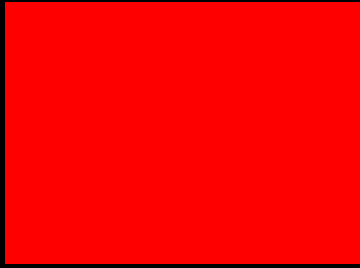
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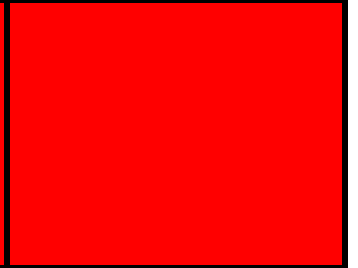
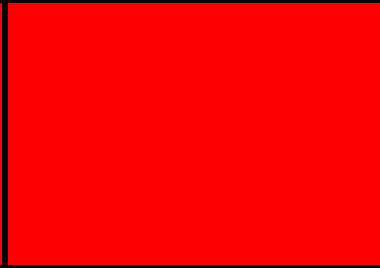
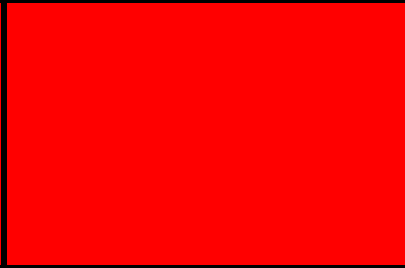
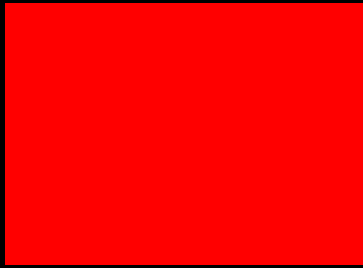
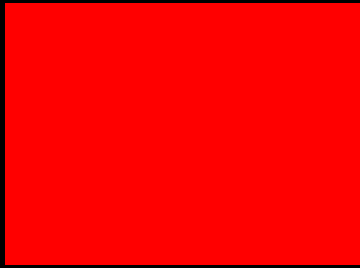
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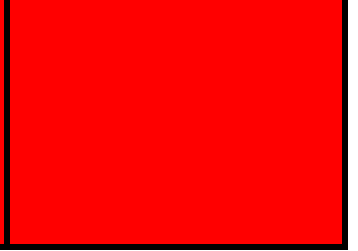
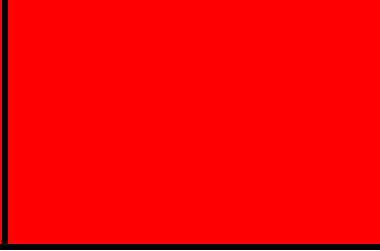
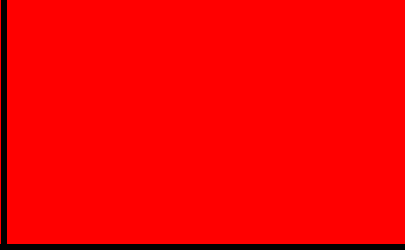
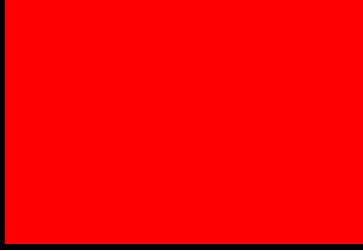
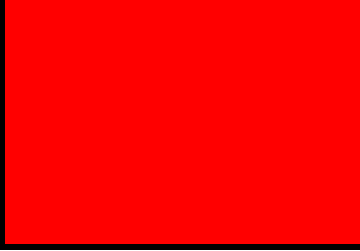
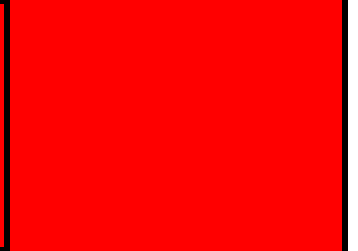
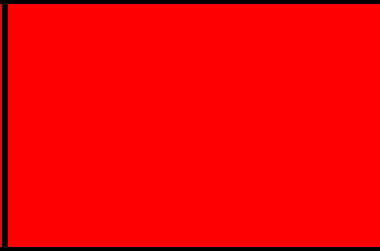
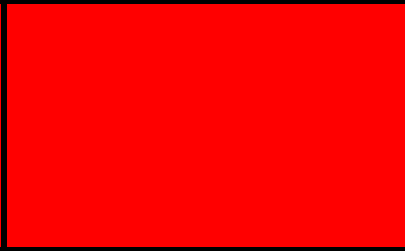
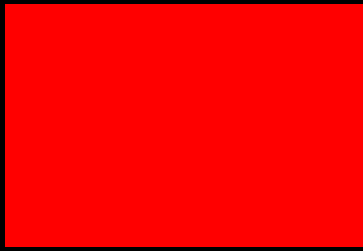
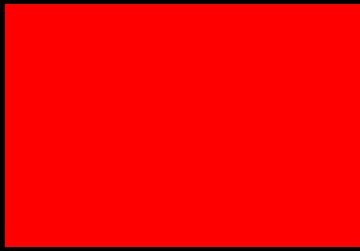
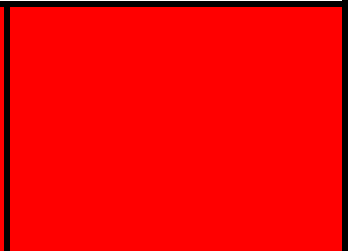
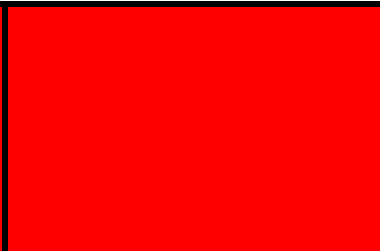
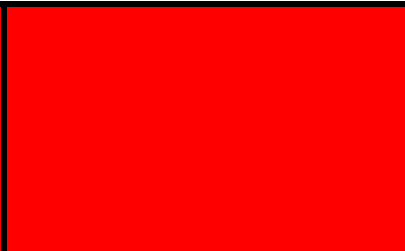
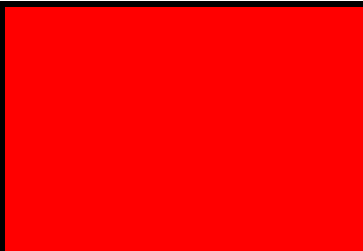
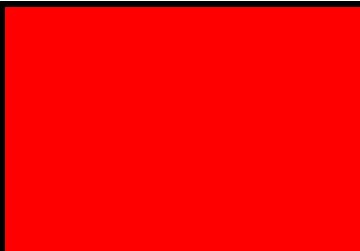
**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



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
(PRIMARY)**

**CEREAL
with
MILK
&
FRUIT**

**MEE
HOON
&
CUT FRUITS**

**BREAKFAST
RICE SOUP
&
CUT FRUITS**

**PARATHA
with
CURRY
&
FRUIT JUICE**

**CHICKEN
PASTA
with
ROASTED
VEGETABLES**

**MORNING
SNACKS
(SECONDARY)**

**FRIED RICE
with
CHICKEN
&
CUT FRUITS**

**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**

**BEEF
CHILLI CON CARNE
with
STEAMED RICE**

**CAULIFLOWER DAY
CHICKEN
BASQUAISE
STYLE
POTATO &
CAULIFLOWER GRATIN**

**FISH FILLET
MUSHROOM
and TOMATOE
with
FETTUCINE
and CARROT**

**BLACK PEPPER FISH
FRIED
YEE MEE
WITH
CAPSICUM**

**CHANA MASALA
FISH
with
TUMERIC CABBAGE
and STEAMED RICE**

**CAULIFLOWER DAY
CANTONESE FISH
MARINATED CAUIFLOWER
and
KUEY TEOW**

**AYAM MASAK
MERAH
ACAR RAMPAI
and
STEAM RICE**

**EGGPLANT
BURGER
with
MIXED
SALAD**

**AGLIO
PASTA
with
ASSORTED
ROAST
VEGETABLES**

**CAULIFLOWER DAY
ALOO GOBI
SERVED
with
STEAMED RICE**

**VEGETABLE
PUFF
SERVED
WITH
MIX SALAD**



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 (PRIMARY)

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

MORNING SNACKS (SECONDARY)

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 & MUSHROOM RICE

CHICKEN LASAGNE with SALAD

HAINANESE CHICKEN with ASSORTED CONDIMENTS

CHINESE STYLE FISH FRIED NOODLES

CHICKEN RENDANG ACAR & HUJAN PANAS RICE

CHICKEN FRIED NOODLES with CARROT AND CABBAGE

TOMATO STEW with STEAM POTATO

VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI

LADY FINGER CURRY & RICE

VEGETARIAN LASAGNA & SALAD

