



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



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 FRUIT

FRIED RICE
&
FRUIT JUICE

EGG FRIED
NOODLES
&
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

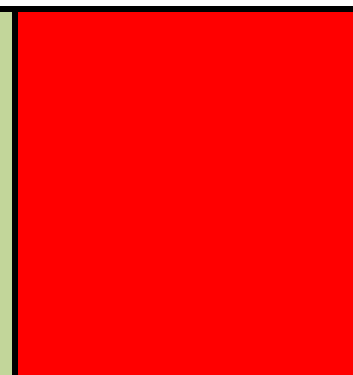
LUNCH

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

ROASTED
FISH
with
TOMATO
&
MUSHROOM RICE

CHICKEN
LASAGNA
with
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 6 November, 2017

Tuesday, 7 November, 2017

Wednesday, 8 November, 2017

Thursday, 9 November, 2017

Friday, 10 November, 2017

**MORNING
SNACKS**

MEE
HOON
&
CUT FRUITS

PARATHA
with
CURRY
&
FRUIT JUICE

VEGETABLE FRIED RICE
&
CUT FRUITS

CHEESE
ON
TOAST
&
FRUIT JUICE

CHICKEN
TORTIGLONI
with
LIGHT SAUCE
and
VEGETABLES

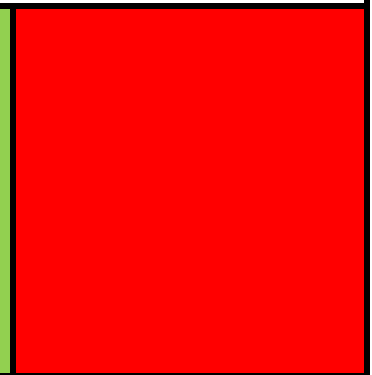
LUNCH

BAKE CHICKEN
RICE
with
WHITE SAUCE
and
SALAD

MARINATED
DORY FISH
with
PROVENCAL
VEGETABLE GRATIN

ROASTED
CHICKEN
SAUTE
POTATO, BROCCOLI
&
CARROT

OVEN ROASTED
FISH with LEMON
HERBS, SPICES
LIGHT SAUCE
served
with RICE



	Monday, 13 November, 2017	Tuesday, 14 November, 2017	Wednesday, 15 November, 2017	Thursday, 16 November, 2017	Friday, 17 November, 2017
MORNING SNACKS	YOGURT & CUT FRUITS	CROISSANT & ASSORTED CUT FRUITS	NASI LEMAK & CONDIMENTS	CHEESE ON TOAST with FRUIT and JUICE	CHICKEN LASAGNA & SALAD
LUNCH	MACCARONI & CHEESE	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	OVEN ROASTED FISH with BREAD CRUMBS SERVED with RICE	ROASTED CHICKEN with VEGETABLES & RICE	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 20 November, 2017	Tuesday, 21 November, 2017	Wednesday, 22 November, 2017	Thursday, 23 November, 2017	Friday, 24 November, 2017
MORNING SNACKS	CEREALS WITH MILK & CUT FRUITS	KUEY TEOW and CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	CHICKEN PORRIDGE with CUT FRUITS	CHICKEN PASTA with ROASTED VEGETABLES
LUNCH	CHICKEN MOUSSAKA with PILAF RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	POTATO DAY CHICKEN BASQUAISE STYLE POTATO & CAULIFLOWER GRATIN	FISH PASTA with MIX ROASTED VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 27 November, 2017

Tuesday, 28 November, 2017

Wednesday, 29 November, 2017

Thursday, 30 November, 2017

Friday, 1 December, 2017

**MORNING
SNACKS**

CEREAL
with
YOGURT
&
CUT FRUIT

FRIED RICE
&
FRUIT JUICE

EGG FRIED
NOODLES
&
CUT FRUITS

PARATHA
with
CURRY
&
CUT FRUIT

CHICKEN
BIRIANI
with
MUSHROOM
and
MIXED VEGETABLE

LUNCH

SEARED
FISH
with
TOMATO CONCASSEE
&
RICE

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

ROASTED
FISH
with
MUSHROOM RICE
&
TOMATO

STRAW MUSHROOM
CHICKEN
with
CARROTS
&
POTATO GRATIN