



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, 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 FRUIT	FRIED RICE & FRUIT JUICE	EGG FRIED NOODLES & CUT FRUITS	NASI LEMAK with CONDIMENTS & CUT FRUITS	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
MORNING SNACKS (SECONDARY)	MEE SIAM and CUT FRUITS	FRIED RICE & FRUIT JUICE	EGG FRIED NOODLES with CHICKEN & CUT FRUITS	NASI LEMAK with CONDIMENTS & 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 LAZAGNA 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 STEAMED POTATO	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNA & SALAD	

Monday, 6 November, 2017

Tuesday, 7 November, 2017

Wednesday, 8 November, 2017

Thursday, 9 November, 2017

Friday, 10 November, 2017

MORNING SNACKS (PRIMARY)

MEE HOON & CUT FRUITS

PARATHA with CURRY & FRUIT JUICE

VEGETABLE FRIED RICE & FRUIT JUICE

CHEESE ON TOAST & FRUIT JUICE

CHICKEN TORTIGLONI TRICOLORE LIGHT SAUCE and VEGETABLES

MORNING SNACKS (SECONDARY)

MEE HOON & CUT FRUITS

PARATHA with CURRY & FRUIT JUICE

VEGETABLE FRIED RICE with CHICKEN & FRUIT JUICE

CHEESE ON TOAST & FRUIT JUICE

CHICKEN TORTIGLONI in LIGHT SAUCE and VEGETABLES

LUNCH

BAKED CHICKEN RICE with WHITE SAUCE & 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 & BRIYANI 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)



	Monday, 13 November, 2017	Tuesday, 14 November, 2017	Wednesday, 15 November, 2017	Thursday, 16 November, 2017	Friday, 17 November, 2017
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CROISSANT and ASSORTED CUT FRUITS	NASI LEMAK & CONDIMENTS	CHEESE ON TOAST with FRUIT and JUICE	CHICKEN LASAGNA & SALAD
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	FRIED RICE & CUT FRUITS	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	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	BLACK PEPPER FISH AND SPRING ONION Served With RICE	SWEET & SOUR CHICKEN with BEE HOON	SESAME FISH FILLET AND FRIED RICE	
	VEGETARIAN SPAGHETTI	ROASTED PUMPKIN BURGER SERVED with MIXED SALADS	TOMATO STEW with STEAMED POTATO	VEGETARIAN PIZZA WHITE SAUCE TOMATO and SAUTE VEGETABLES	



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 (PRIMARY)	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
	FRIED RICE with CHICKEN & CUT FRUITS	KUEY TEOW and CUT FRUITS	SCRAMBLED EGGS BAKED BEANS SAUSSAGES & FRUIT JUICE	CHICKEN PORRIDGE with CUT FRUITS	CHICKEN PASTA with ROASTED VEGETABLES
MORNING SNACKS (SECONDARY)	CHICKEN MOUSSAKA with PILAF RICE	FISH FILLET MUSHROOM and TOMATOE with FETTUCINE and CARROT	POTATO DAY CHICKEN BASQUAISE STYLE POTATO & CAULIFLOWER GRATIN	BEEF CHILLI CON CARNE with STEAMED RICE	
	BLACK PEPPER FISH FRIED YEE MEE with CAPSICUM	AYAM MASAK MERAH ACAR RAMPAI & RICE	POTATO DAY CANTONESE FISH MARINATED CAULIFLOWER CAROTTS and POTATO	CHANA MASALA FISH with TUMERIC CABBAGE and STEAMED RICE	
	EGGPLANT BURGER with MIXED SALAD	AGLIO PASTA with ROASTED VEGETABLES	POTATO DAY ALOO GOBI SERVED with STEAMED RICE	VEGETABLE PUFF served with MIX SALAD	



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 (PRIMARY)	CEREAL with YOGURT & CUT FRUIT	FRIED RICE & FRUIT JUICE	EGG FRIED NOODLES & CUT FRUITS	PARATHA with CURRY & FRUIT	CHICKEN BIRIANY MUSHROOM and MIXED VEGETABLES
MORNING SNACKS (SECONDARY)	CEREAL with YOGURT & CUT FRUIT	FRIED RICE & FRUIT JUICE	EGG FRIED NOODLES & CUT FRUITS	PARATHA with CURRY & FRUIT	CHICKEN BIRIANY MUSHROOM and MIXED VEGETABLES
LUNCH	SEARED FISH with TOMATO CONCASSEE & RICE	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	
	CHICKEN RENDANG ACAR & Hujan Panas RICE	CHINESE STYLE FISH FRIED NOODLES	HAINANESE CHICKEN with ASSORTED CONDIMENTS	FISH FRIED NOODLES with CARROT & CABBAGE	
	TOMATO STEW with STEAM POTATO	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNA & SALAD	