



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 4 December, 2017

Tuesday, 5 December, 2017

Wednesday, 6 December, 2017

Thursday, 7 December, 2017

Friday, 8 December, 2017

MORNING SNACKS

CEREAL BOWL
with
YOGURT
&
CUT FRUITS

FRIED RICE
&
FRUIT JUICE

MEE
HOON
with
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

BAKED CHICKEN
RICE
with
WHITE SAUCE
&
SALAD

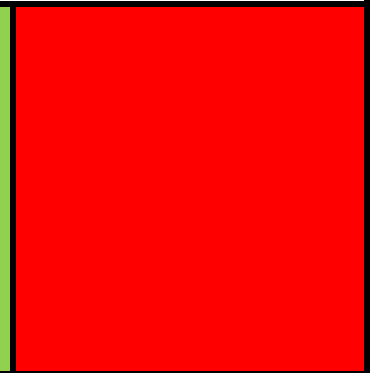
LUNCH

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

MUSHROOM
CHICKEN
with
CARROTS
and
POTATO GRATIN





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 11 December, 2017

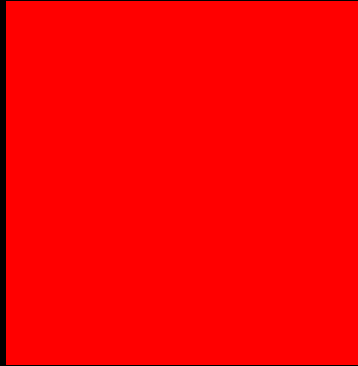
Tuesday, 12 December, 2017

Wednesday, 13 December, 2017

Thursday, 14 December, 2017

Friday, 15 December, 2017

**MORNING
SNACKS**



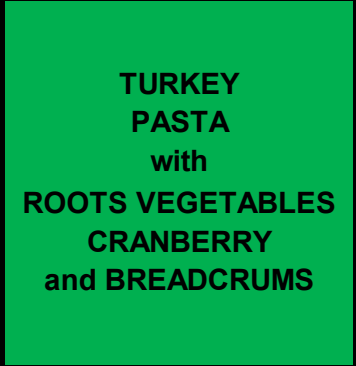
SCRAMBLED EGGS
BAKED BEANS
SAUSAGE
with
ORANGE JUICE



PARATHA
with
CURRY
&
FRUIT JUICE

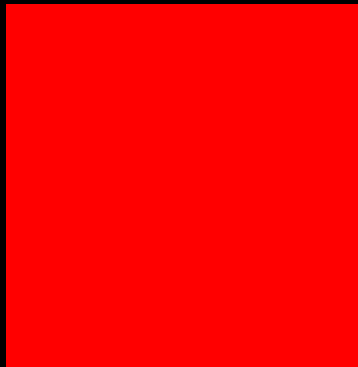


KUEY TEOW
&
CUT FRUITS

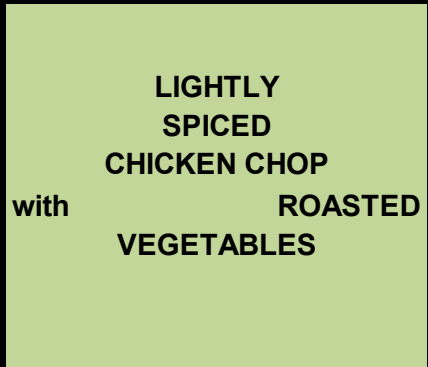


TURKEY
PASTA
with
ROOTS VEGETABLES
CRANBERRY
and BREADCRUMS

LUNCH



FISH
BURGER
SERVED with
FRIES
&
SALAD

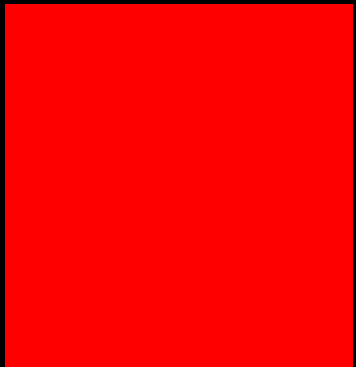


with

LIGHTLY
SPICED
CHICKEN CHOP
ROASTED
VEGETABLES



CHICKEN PIZZA
with
VEGETABLE
SALAD
and
HASH BROWN





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HELP INTERNATIONAL SCHOOL

Monday, 18 December, 2017

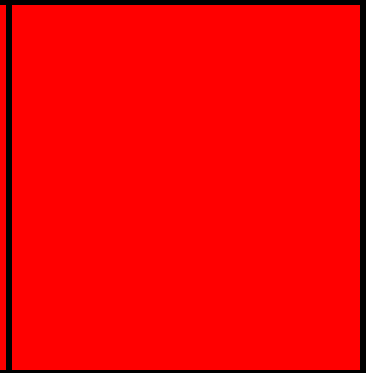
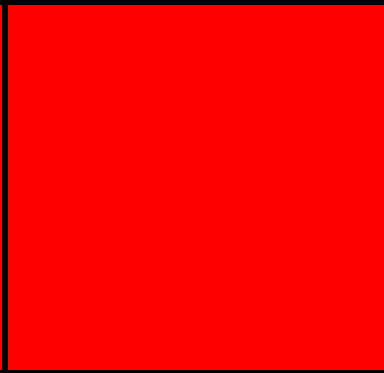
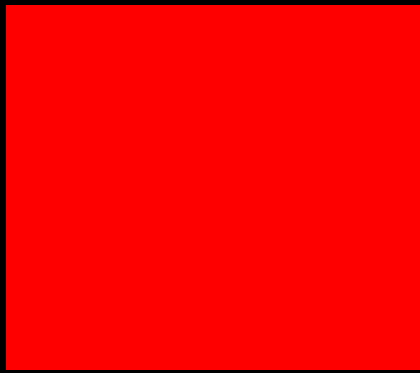
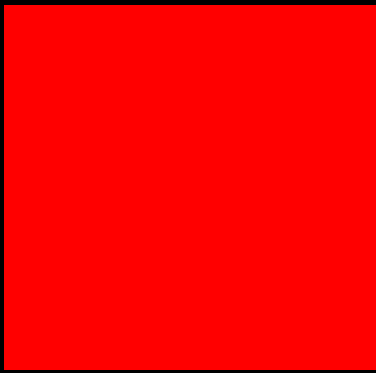
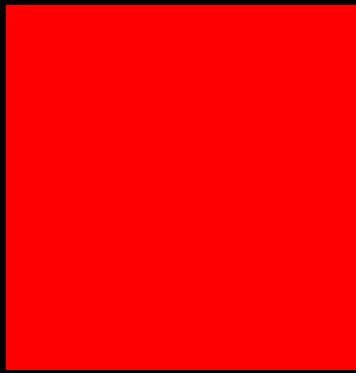
Tuesday, 19 December, 2017

Wednesday, 20 December, 2017

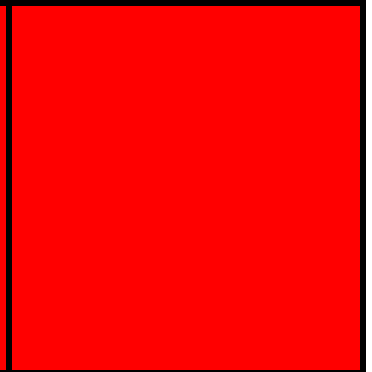
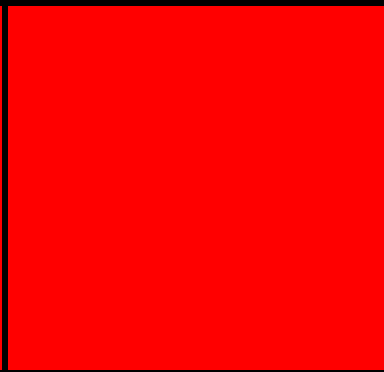
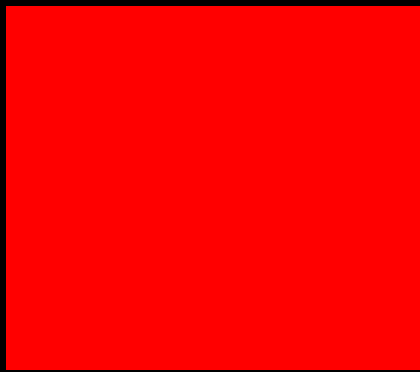
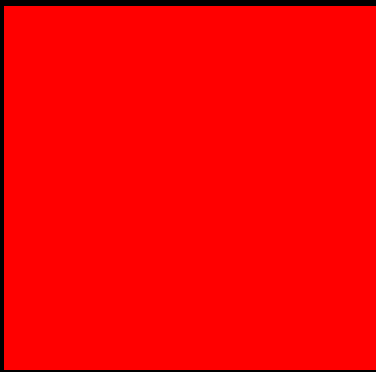
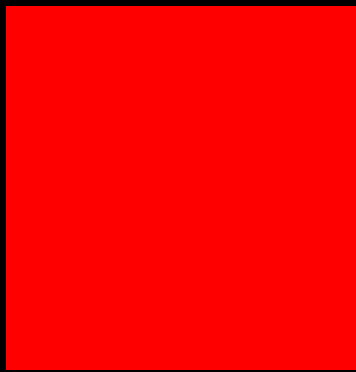
Thursday, 21 December, 2017

Friday, 22 December, 2017

**MORNING
SNACKS**



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 25 December, 2017

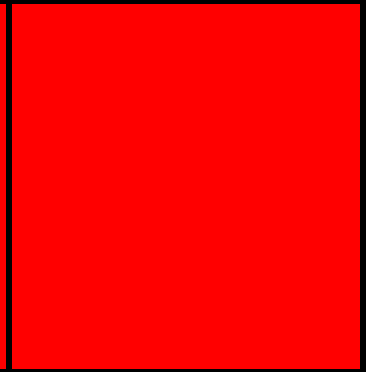
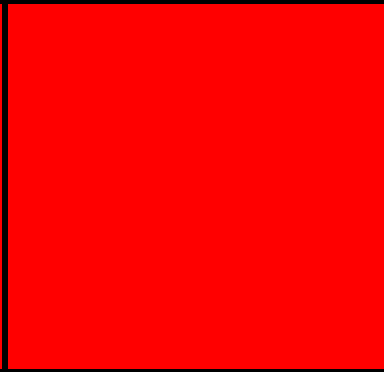
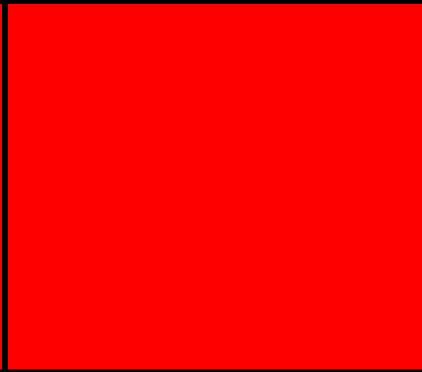
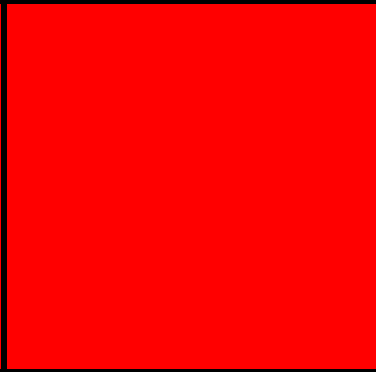
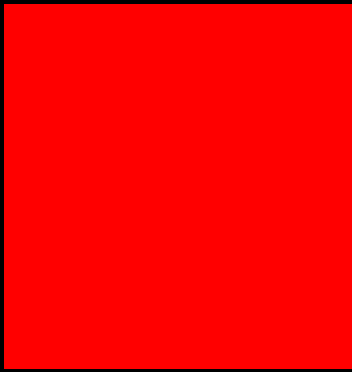
Tuesday, 26 December, 2017

Wednesday, 27 December, 2017

Thursday, 28 December, 2017

Friday, 29 December, 2017

**MORNING
SNACKS**



LUNCH

