


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, 4 December, 2017		Tuesday, 5 December, 2017	Wednesday, 6 December, 2017	Thursday, 7 December, 2017	Friday, 8 December, 2017
MORNING SNACKS (PRIMARY)	CEREAL BOWL with YOGURT & CUT FRUITS	FRIED RICE & FRUIT JUICE	MEE HOON & CUT FRUITS	NASI LEMAK & CUT FRUITS	BAKED CHICKEN RICE with WHITE SAUCE & SALAD
MORNING SNACKS (SECONDARY)	MEE SIAM with CHICKEN & CUT FRUITS	FRIED RICE & FRUIT JUICE	MEE HOON with CHICKEN & 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	
BUTTER CHICKEN with RICE and SALAD	STEAM FISH OYSTER SAUCE and GARLIC, GINGER with RICE	AYAM PENYET FRIED TEMPEH VEGETABLES and WHITE RICE	TIKKA MASALA FISH and RICE MARINATED VEGETABLES		
VEGETARIAN PASTA TOMATO SAUCE & ZUCCHINI	MOZZARELLA TOMATOES LETTUCE & CARROT WRAP	TOMATO STEW with STEAM POTATO and CAULIFLOWER	DRY ALOO GOBI SERVED with STEAMED RICE		



HELP INTERNATIONAL SCHOOL MENU



Monday, 11 December, 2017

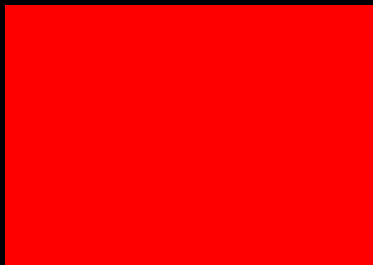
Tuesday, 12 December, 2017

Wednesday, 13 December, 2017

Thursday, 14 December, 2017

Friday, 15 December, 2017

**MORNING
SNACKS
(PRIMARY)**



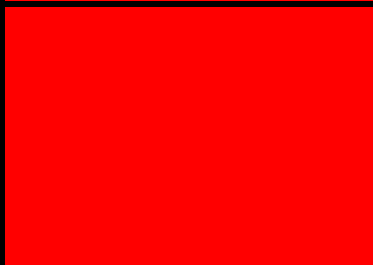
SCRAMBLED EGGS
BAKED BEANS
SAUSAGE
&
ORANGE JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

KUEY TEOW
&
CUT FRUITS

TURKEY
PASTA
with
ROOTS VEGETABLES
CRANBERRY
and BREADCRUMS

**MORNING
SNACKS
(SECONDARY)**



SCRAMBLED EGGS
BAKED BEANS
SAUSAGE
&
ORANGE JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

KUEY TEOW
with
CHICKEN
&
CUT FRUITS

TURKEY
PASTA
with
ROOTS VEGETABLES
CRANBERRY
and BREADCRUMS

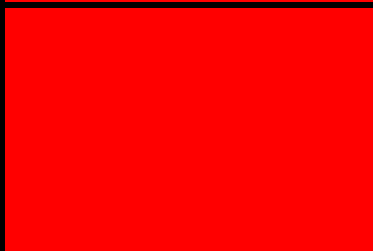
LUNCH



FISH
BURGER
SERVED with
FRIES
&
SALAD

LIGHTLY
SPICED
CHICKEN CHOP
with
ROASTED
VEGETABLES

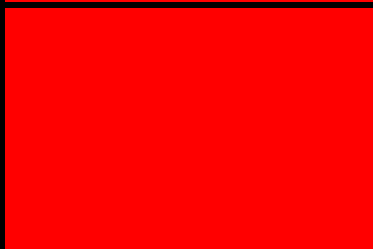
CHICKEN PIZZA
with
VEGETABLE
SALAD
and
HASH BROWN



GARLIC & OYSTER
CHICKEN
YELLOW MEE
SERVED with
SALAD

GINGER FISH
with
CORN AND TOMATO
SALAD

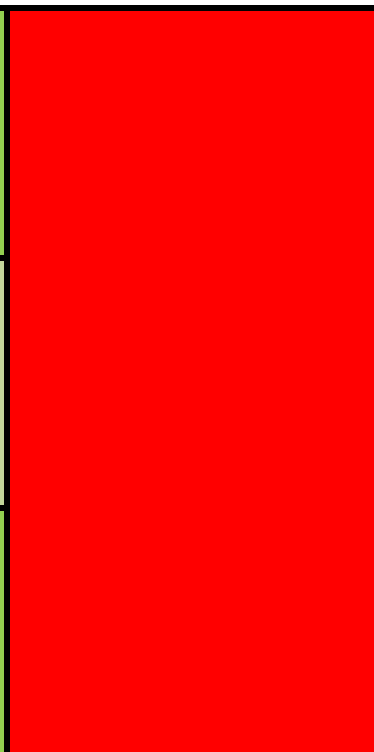
ASSAM FISH
FILLET
AND
FRIED RICE



VEGETARIAN
BURGER
SERVED with
POTATO
and
SALAD

VEGETARIAN
LASAGNE
served
with
SALAD

ROASTED PUMPKIN
served
with
BOK CHOY and
CAMELISED ONIONS





HELP INTERNATIONAL SCHOOL MENU



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
(PRIMARY)**

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**MORNING
SNACKS
(SECONDARY)**

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LUNCH

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HELP INTERNATIONAL SCHOOL MENU



Monday, 25 December, 2017

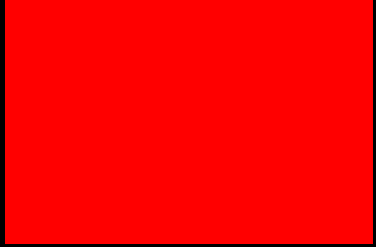
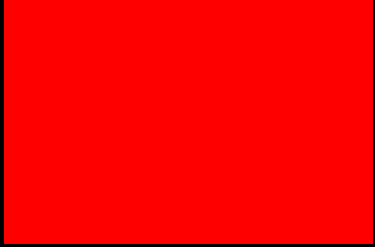
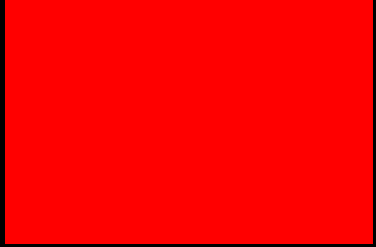
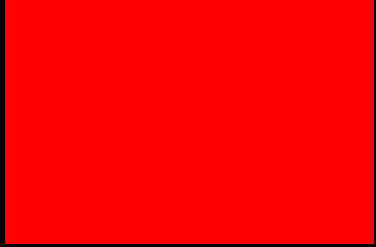
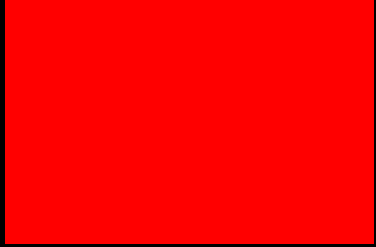
Tuesday, 26 December, 2017

Wednesday, 27 December, 2017

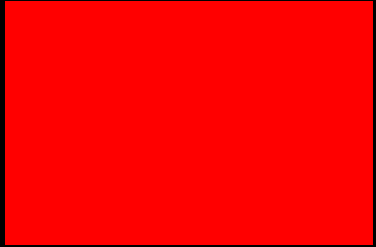
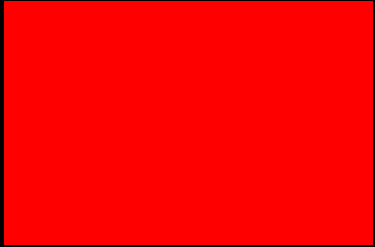
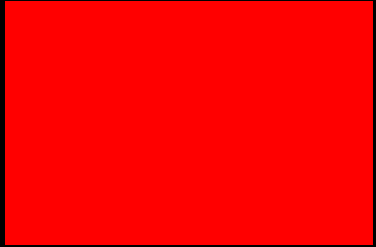
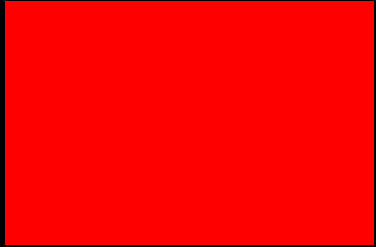
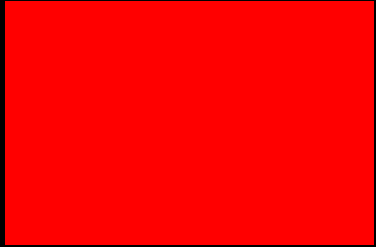
Thursday, 28 December, 2017

Friday, 29 December, 2017

**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH

