



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 8 January, 2018

Tuesday, 9 January, 2018

Wednesday, 10 January, 2018

Thursday, 11 January, 2018

Friday, 12 January, 2018

**MORNING  
SNACKS**

CEREAL  
with  
YOGURT  
&  
CUT FRUIT

NASI  
LEMAK  
with CONDIMENTS  
& CUT FRUITS

EGG FRIED  
NOODLES  
&  
CUT FRUITS

FRIED RICE  
&  
FRUIT JUICE

SALMON  
KEDGEREE  
SUMMER  
STYLE  
with  
SNAP PEAS

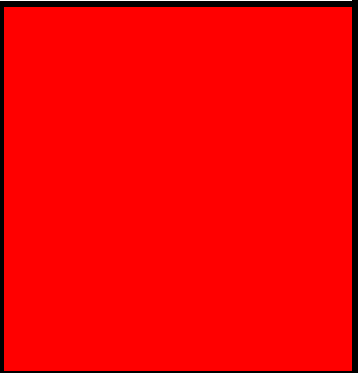
**LUNCH**

ROASTED  
FISH  
with  
TOMATO  
&  
MUSHROOM RICE

MUSHROOM  
CHICKEN  
with  
CARROTS  
and  
PASTA

POACHED  
FISH with  
CUCUMBER  
TOMATO CONCASSEE  
&  
RICE

CHICKEN  
SPAGHETTI BOLOGNAISE  
with  
SALAD





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Monday, 15 January, 2018

Tuesday, 16 January, 2018

Wednesday, 17 January, 2018

Thursday, 18 January, 2018

Friday, 19 January, 2018

**MORNING SNACKS**

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

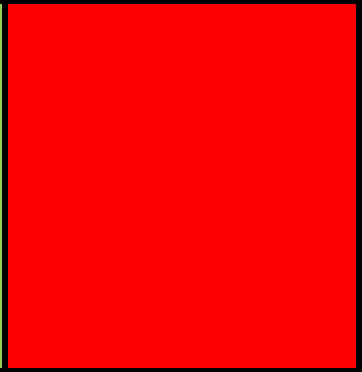
**LUNCH**

BAKED CHICKEN RICE with WHITE SAUCE & SALAD

ROASTED TELAPIA FISH with TOMATO PROVENCAL PASTA

ROASTED CHICKEN CHOP SAUTE POTATO, BROCCOLI & CARROT

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



	Monday, 22 January, 2018	Tuesday, 23 January, 2018	Wednesday, 24 January, 2018	Thursday, 25 January, 2018	Friday, 26 January, 2018
MORNING SNACKS	<p>YOGURT &amp; CUT FRUITS</p>	<p>SCRAMBLED EGGS BAKED BEANS &amp; FRUIT JUICE</p>	<p>NASI LEMAK &amp; CONDIMENTS</p>	<p>CHEESE ON TOAST with FRUIT and JUICE</p>	<p>CHICKEN BIRIANY MUSHROOM &amp; MIXED VEGETABLES</p>
LUNCH	<p>MACCARONI &amp; CHEESE</p>	<p>MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN</p>	<p>OVEN ROASTED FISH with BREAD CRUMBS served with RICE</p>	<p>CHICKEN PASTA with ROASTED VEGETABLES</p>	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 29 January, 2018	Tuesday, 30 January, 2018	Wednesday, 31 January, 2018	Thursday, 1 February, 2018	Friday, 2 February, 2018
MORNING SNACKS	CEREALS WITH MILK & CUT FRUITS	CHICKEN PORRIDGE with CUT FRUITS			CHINESE GLUTINOUS RICE MUSHROOMS & CHICKEN
LUNCH	FISH FILLET MUSHROOM and TOMATOE with FETTUCINE and CARROT	CHICKEN TORTIGLONI TRICOLORE LIGHT SAUCE and VEGETABLES			