



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, 8 January, 2018	Tuesday, 9 January, 2018	Wednesday, 10 January, 2018	Thursday, 11 January, 2018	Friday, 12 January, 2018
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	MEE SIAM and CUT FRUITS	NASI LEMAK with CONDIMENTS & CUT FRUITS	EGG FRIED NOODLES with CHICKEN & 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	
	TERIAKI CHICKEN with SALAD Served With RICE	IKAN THREE FLAVOURS with ASSORTED CONDIMENTS	LAMB VARUVAL JEERA RICE & VEGETABLES	FISH FRIED NOODLES with CARROT AND CABBAGE	
	TOMATO STEW with STEAMED POTATO	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNA & SALAD	

Monday, 15 January, 2018 Tuesday, 16 January, 2018 Wednesday, 17 January, 2018 Thursday, 18 January, 2018 Friday, 19 January, 2018

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

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

CHINESE STYLE FISH FRIED NOODLES

GARLIC & OYSTER CHICKEN YELLOW MEE SERVED with SALAD

ASSAM FISH FILLET AND STEAMED RICE

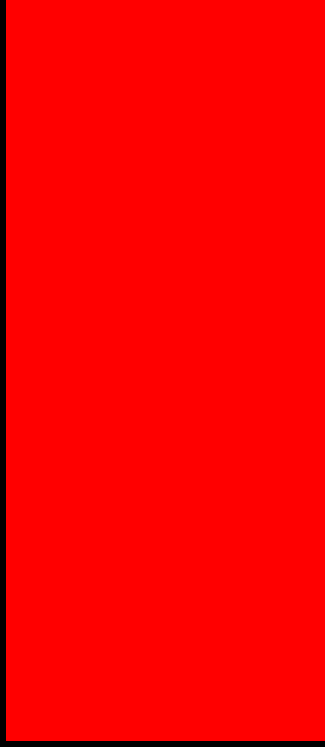
LAMB KURMA WITH POTATO, CARROT & BRIYANI RICE

VEGETARIAN LASAGNA & SALAD

VEGETARIAN PIZZA

POTATO, BROCCOLI CAULIFLOWER & CARROT CURRY

MOZARELLA TOMATOES LETTUCE & CARROT WRAP





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

	Monday, 22 January, 2018	Tuesday, 23 January, 2018	Wednesday, 24 January, 2018	Thursday, 25 January, 2018	Friday, 26 January, 2018
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHEESE ON TOAST with FRUIT and JUICE	CHICKEN BIRIANY MUSHROOM & MIXED VEGETABLES
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and FRUITS	SCRAMBLED EGGS BAKED BEANS SAUSSAGES & FRUIT JUICE	NASI LEMAK & CONDIMENTS	MEE SIAM & CUT FRUITS	CHICKEN BIRIANY MUSHROOM & MIXED VEGETABLES
LUNCH	MACCARONI & CHEESE	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	OVEN ROASTED FISH with BREAD CRUMBS served with RICE	CHICKEN PASTA with ROASTED VEGETABLES	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	CHANA MASALA FISH with TUMERIC CABBAGE and STEAMED RICE	CHI KU TEH with STEAMED RICE	FISH FRIED NOODLES with CARROT & CABBAGE	
	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, 29 January, 2018	Tuesday, 30 January, 2018	Wednesday, 31 January, 2018	Thursday, 1 February, 2018	Friday, 2 February, 2018
MORNING SNACKS (PRIMARY)	CEREALS WITH MILK & CUT FRUITS	CHICKEN PORRIDGE with CUT FRUITS			CHINESE GLUTINOUS RICE MUSHROOMS & CHICKEN
MORNING SNACKS (SECONDARY)	FRIED RICE with CHICKEN & 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			
	MONGOLIAN BEEF with BROCCOLI OYSTER SAUCE & RICE	TALAPIA FISH TANDORI ACAR RAMPAI & RICE			
	EGGPLANT BURGER with MIXED SALAD	AGLIO PASTA with with ROASTED VEGETABLES			