



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 29 January, 2018

Tuesday, 30 January, 2018

Wednesday, 31 January, 2018

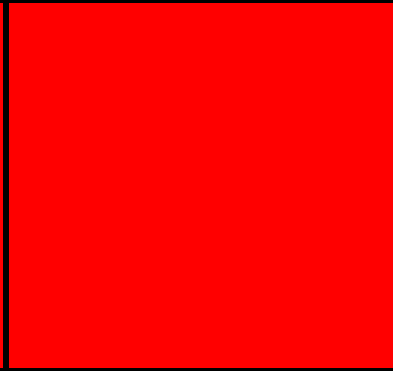
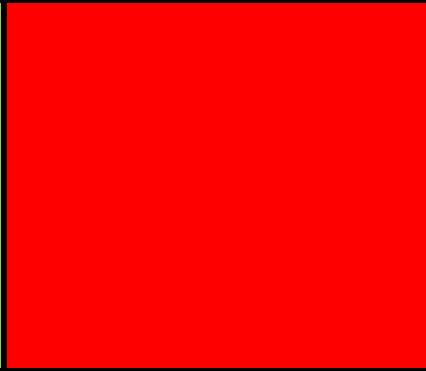
Thursday, 1 February, 2018

Friday, 2 February, 2018

**MORNING
SNACKS**

CEREALS
WITH
MILK
&
CUT FRUITS

CHICKEN
PORRIDGE
with
CUT
FRUITS

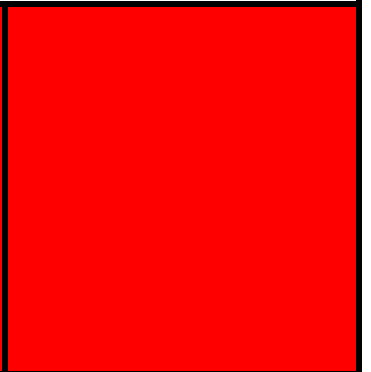
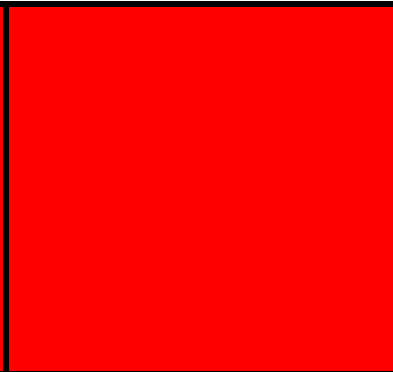
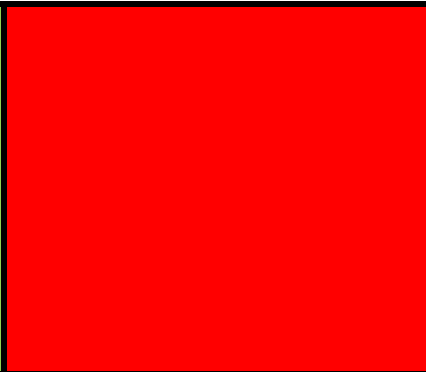


CHINESE
GLUTINOUS
RICE
MUSHROOMS
&
CHICKEN

LUNCH

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
TORTIGLONI
TRICOLOR
LIGHT SAUCE
and
VEGETABLES





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 5 February, 2018

Tuesday, 6 February, 2018

Wednesday, 7 February, 2018

Thursday, 8 February, 2018

Friday, 9 February, 2018

**MORNING
SNACKS**

HAM & CHEESE
ON
TOAST
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

SINGAPORE
MEE
HOON
&
CUT FRUITS

VEGETARIAN
GLUTINOUS RICE
&
FRUITS JUICE

BAKED CHICKEN
RICE
with
WHITE SAUCE
MIX VEGETABLES
& SALAD

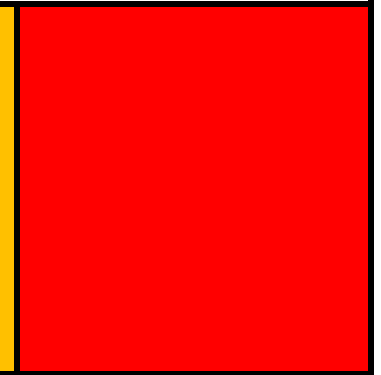
LUNCH

ROASTED
CHICKEN CHOP
&
MASHED POTATO
with
SAUCE

SEARED
TILAPIA FISH
with
PROVENCAL
PASTA
TOMATO

SAUTE CHICKEN
PASTA
&
ROASTED
VEGETABLES

FISH
BURGER
&
FRENCH FRIES
with
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 12 February, 2018	Tuesday, 13 February, 2018	Wednesday, 14 February, 2018	Thursday, 15 February, 2018	Friday, 26 January, 2018
MORNING SNACKS	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS		
LUNCH	CARROT'S DAY ROASTED CHICKEN CHOP POTATO, BROCCOLI & CARROT	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	MACCARONI & CHEESE		



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

	Monday, 19 February, 2018	Tuesday, 20 February, 2018	Wednesday, 21 February, 2018	Thursday, 22 February, 2018	Friday, 23 February, 2018
MORNING SNACKS				CEREAL WITH MILK & CUT FRUITS	FISH & CHIPS MIX SALAD
LUNCH				CAJUN CHICKEN TORTIGLONI PASTA LIGHT SAUCE and VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 26 February, 2018	Tuesday, 27 February, 2018	Wednesday, 28 February, 2018	Thursday, 1 March, 2018	Friday, 2 March, 2018
MORNING SNACKS	CEREALS WITH MILK & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHINESE GLUTINOUS RICE MUSHROOMS & CURRY CHICKEN
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH TANDORI ACAR RAMPAI & RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE MUSHROOM & VALENCIENNE RICE	