



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, 29 January, 2018	Tuesday, 30 January, 2018	Wednesday, 31 January, 2018	Thursday, 1 February, 2018	Friday, 2 February, 2018
MORNING SNACKS (PRIMARY)	CEREAL 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 TOMATO with FETTUCINE and CARROT	CHICKEN TORTIGLONI TRICOLOR LIGHT SAUCE and VEGETABLES			
	MONGOLIAN BEEF with BROCCOLI OYSTER SAUCE & RICE	TILAPIA FISH TANDORI ACAR RANPAI & RICE			
	EGGPLANT BURGER with MIXED SALAD	AGLIO PASTA with with ROASTED 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
(PRIMARY)**

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

**MORNING
SNACKS
(SECONDARY)**

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

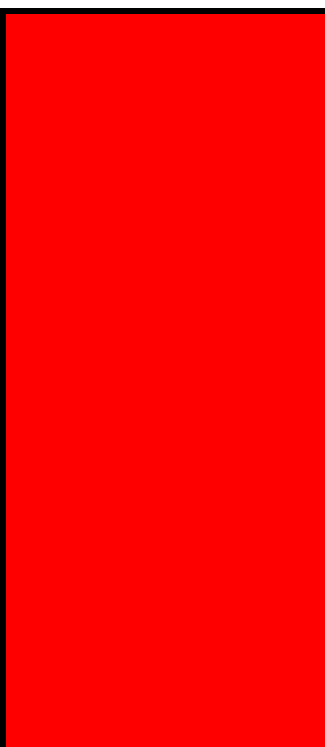
LUNCH

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



THAI
LIME FISH
&
LONG BEAN
CORIANDER
RICE

MONGOLIAN
CHICKEN
with
BROCCOLI
OYSTER SAUCE
& RICE

TANDOORI
FISH
SHREDDED
VEGETABLES
& RICE

LAMB
VARUVAL
WITH
BRINJAL
&
BRYANI RICE

VEGETARIAN
SPAGHETTI
&
SALAD

SWEET & SOUR
BROCCOLI
CAULIFLOWER
with
RICE

CREAMY
VEGETARIAN
PIZZA
&
SALAD

EGGPLANT
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, 16 February, 2018
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS		
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS		
LUNCH	CARROT DAY ROASTED CHICKEN CHOP POTATO, BROCCOLI & CARROT	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	MACCARONI & CHEESE		
	CARROT DAY CHANA MASALA FISH TUMERIC CABBAGE CARROT RICE	KUNG POW CHICKEN & GARLIC PAK CHOI	LOTUS LEAF RICE CHICKEN & BROCCOLI FATT CHOY SAUCE		
	CARROT DAY VEGETARIAN SPAGHETTI & CARROT	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	TOMATO STEW with STEAMED POTATO		



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 19 February, 2018

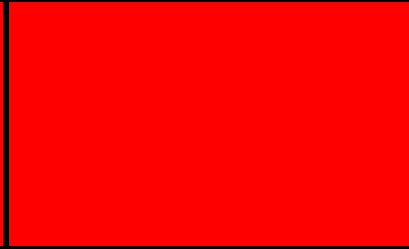
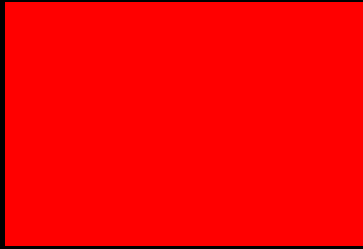
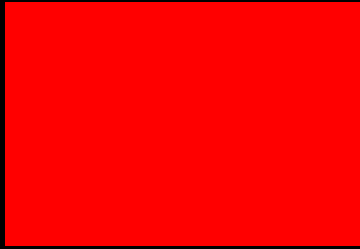
Tuesday, 20 February, 2018

Wednesday, 21 February, 2018

Thursday, 22 February, 2018

Friday, 23 February, 2018

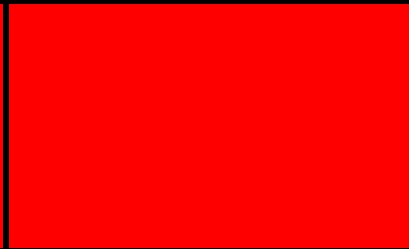
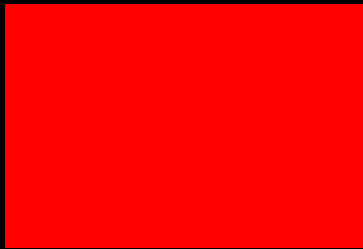
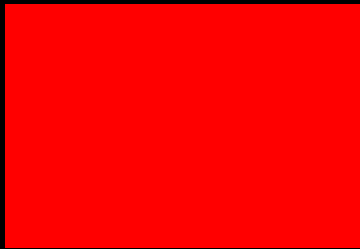
**MORNING
SNACKS
(PRIMARY)**



CEREAL
WITH
MILK
&
CUT FRUITS

FISH
&
CHIPS
MIX
SALAD

**MORNING
SNACKS
(SECONDARY)**



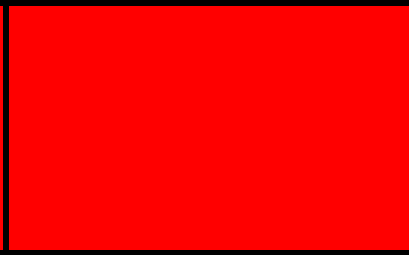
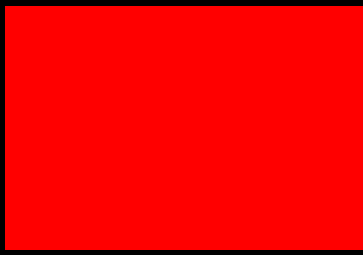
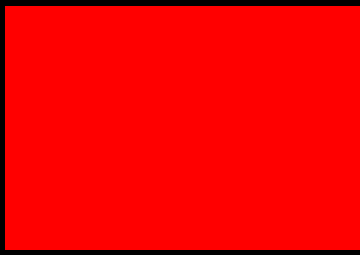
NASI
GORENG
CHICKEN
&
CUT FRUITS

FISH
&
CHIPS
MIX
SALAD

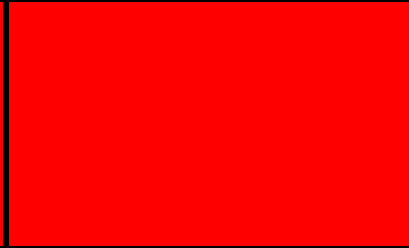
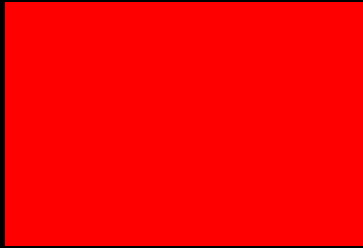
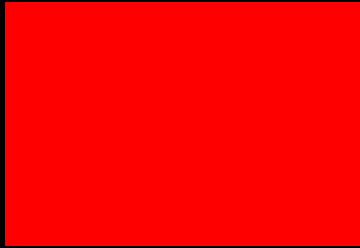
LUNCH



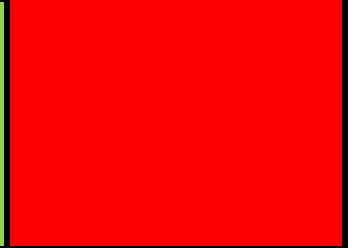
CAJUN CHICKEN
TORTIGLONI
PASTA
LIGHT SAUCE
and
VEGETABLES



TERIYAKI FISH
SHREDDED
VEGETABLES
&
RICE



TOMATO
STEW
with
STEAMED POTATO
&
RICE





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 (PRIMARY)	CEREAL 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
MORNING SNACKS (SECONDARY)	TOM YAM FRIED RICE & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	SCRAMBLED EGGS BAKED BEANS SAUSAGES & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHINESE GLUTINOUS RICE MUSHROOMS & CURRY CHICKEN
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	BRAISED BEEF ESTOUFFADE & POTATO GRATIN	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE MUSHROOM & VALENCIENNE RICE	
	BRAISED SOY CHICKEN, OKRA CARROT & RICE	TILAPIA FISH TANDORI ACAR RAMPAI & RICE	AYAM GORENG BEREMPAH & ULAM RICE	IKAN THREE FLAVOR, SAMBAL BELACHAN FRIED RICE	
	RATATOUILLE SERVED with RICE & SALAD	VEGETARIAN KEBAB & RICE	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN FRIED RICE	