



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 2 April, 2018

Tuesday, 3 April, 2018

Wednesday, 4 April, 2018

Thursday, 5 April, 2018

Friday, 6 April, 2018

MORNING SNACKS

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LUNCH

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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 9 April, 2018

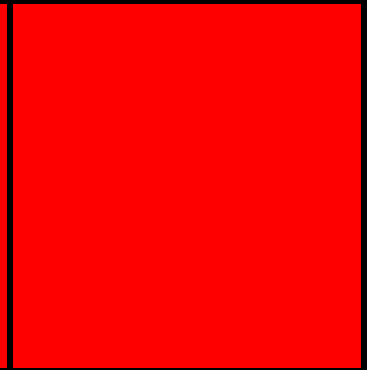
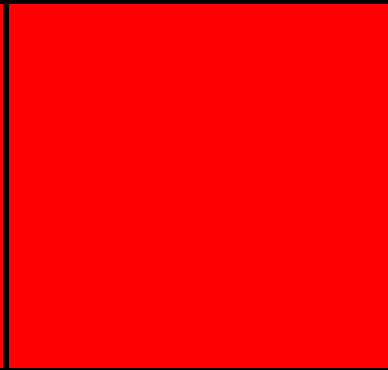
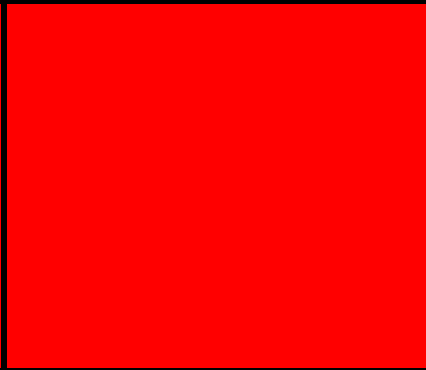
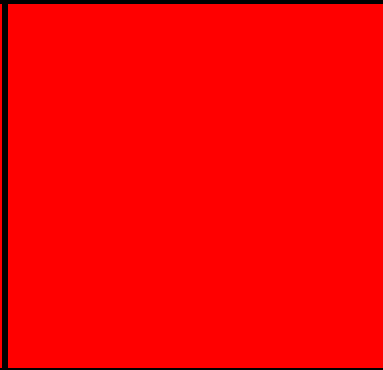
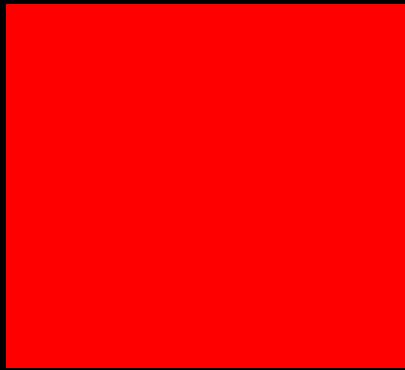
Tuesday, 10 April, 2018

Wednesday, 11 April, 2018

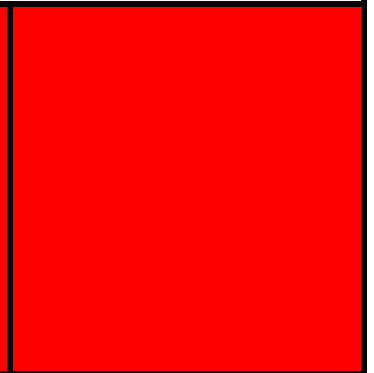
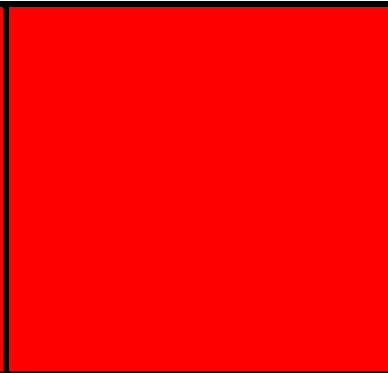
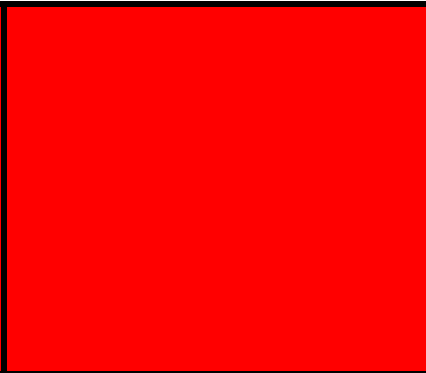
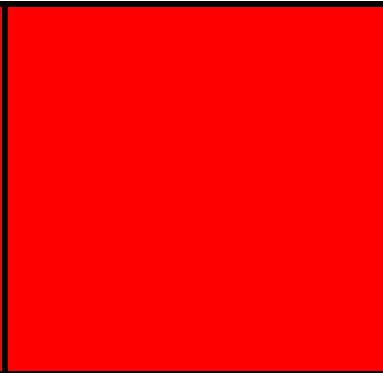
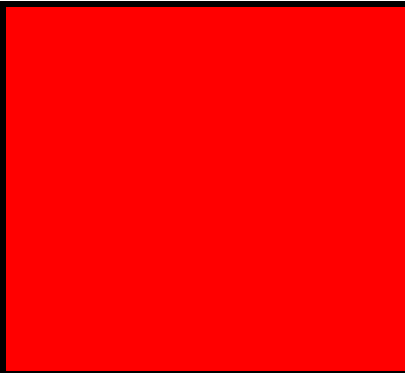
Thursday, 12 April, 2018

Friday, 13 April, 2018

MORNING SNACKS



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 16 April, 2018

Tuesday, 17 April, 2018

Wednesday, 18 April, 2018

Thursday, 19 April, 2018

Friday, 20 April, 2018

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

CHEESE
ON
TOAST
with
FRUIT
JUICE

PARATHA
with
CURRY
&
FRUIT

KAYA
TOAST
&
CUT FRUITS

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

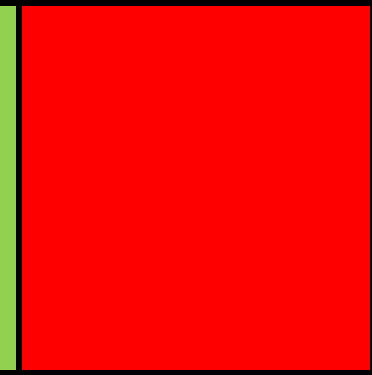
LUNCH

JUMBO SAUSAGE
SAUERKRAUT
WITH
MASH POTATO

FISH BURGER
WITH
FRIES
& SALAD

ROASTED FISH
WITH
PASTA
&
MIXED VEGETABLES

CHICKEN BLANQUETTE
WITH
ROASTED VEGETABLE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 23 April, 2018

Tuesday, 24 April, 2018

Wednesday, 25 April, 2018

Thursday, 26 April, 2018

Friday, 27 April, 2018

**MORNING
SNACKS**

YOGURT
WITH
JAM
&
CUT FRUITS

PORRIDGE
&
YOU TIAO

NASI
LEMAK
&
CONDIMENTS

STIR FRY
BEE HOON
&
CUT FRUITS

MACCARONI
&
CHEESE

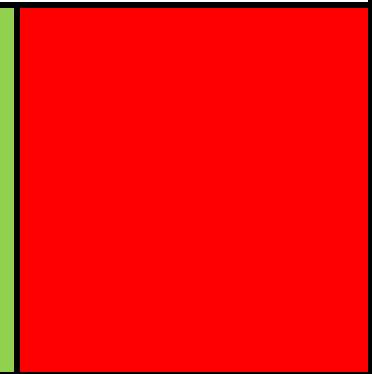
LUNCH

CHICKEN
STROGANOFF
with
PASTA

SMOKED
FISH
BROCOLI & CARROT
with
PILAF RICE

CHICKEN
LASAGNA
SERVED
WITH
SALAD

STEAM FISH
RATATOUILLE
WITH
RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 30 April, 2018

Tuesday, 1 May, 2018

Wednesday, 2 May, 2018

Thursday, 3 May, 2018

Friday, 4 May, 2018

**MORNING
SNACKS**

CHEESE FRIED RICE
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT

CHICKEN
TORTIGLONI
LIGHT SAUCE
and
VEGETABLES

LUNCH

ROASTED
CHICKEN GREMOLATA
AGLIO OLIO
PASTA

FISH
SHEPHERD PIE
&
SALAD