



| 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, 2 April, 2018 | | Tuesday, 3 April, 2018 | Wednesday, 4 April, 2018 | Thursday, 5 April, 2018 | Friday, 6 April, 2018 |
| MORNING SNACKS (PRIMARY) | | | | | |
| MORNING SNACKS (SECONDARY) | | | | | |
| LUNCH | | | | | |



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 9 April, 2018

Tuesday, 10 April, 2018

Wednesday, 11 April, 2018

Thursday, 12 April, 2018

Friday, 13 April, 2018

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

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 (PRIMARY) | 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 |
| MORNING SNACKS (SECONDARY) | CEREAL WITH MILK & CUT FRUITS | MEE SIAM & CUT FRUITS | PARATHA with CURRY & FRUIT | TOM YAM FRIED RICE & CUT FRUITS | SALMON KEDGEREE SUMMER STYLE with SNAP PEAS |

| | | | | | |
|--------------|---|--|--|---|--|
| LUNCH | JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO | EASTER SPECIAL LAMB TAGINE COUSCOUS with GARNISH | ROASTED FISH WITH PASTA & MIXED VEGETABLES | CHICKEN BLANQUETTE WITH ROASTED VEGETABLE | |
| | CHANA MASALA FISH WITH RICE & VEGETABLE | FISH BURGER WITH FRIES & SALAD | THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN | ASSAM POACH FISH RICE AND SEASONAL VEGETABLES | |
| | VEGETARIAN CHANA MASALA WITH RICE | VEGETARIAN BURGER WITH FRIES & SALAD | VEGETARIAN FRIED RICE | VEGETARIAN PESTO PASTA SALAD | |



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 (PRIMARY) | YOGURT WITH JAM & CUT FRUITS | PORRIDGE & YOU TIAO | NASI LEMAK & CONDIMENTS | STIR FRY BEE HOON & CUT FRUITS | MACCARONI & CHEESE |
| MORNING SNACKS (SECONDARY) | TOM YAM NOODLES & 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 | |
| | SWEET & SOUR FISH OYSTER KAILAN with RICE | CHICKEN RENDANG WITH RICE & RAITA | STEAM FISH WITH LIGHT SOY SEASONING STIR FRY BOK CHOY & RICE | ROASTED CHICKEN WITH SPICES OKRA CARROT & NOODLE | |
| | SWEET & SOUR VEGETARIAN FISH & RICE | VEGETARIAN ALO GOBI served with RICE | VEGETARIAN LASAGNE served with SALAD | RATATOUILLE SERVED 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 (PRIMARY) | | | CHEESE FRIED RICE & FRUIT JUICE | PARATHA with CURRY & FRUIT | CHICKEN TORTIGLONI LIGHT SAUCE and VEGETABLES |
| MORNING SNACKS (SECONDARY) | | | 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 | |
| | | | STEAM FISH WITH PERCIK SAUCE & FRIED RICE KAMPUNG STYLE | HAINANESE CHICKEN RICE WITH CONDIMENTS | |
| | | | VEGETARIAN GREMOLATA PASTA | VEGETARIAN SHEPHERD PIE & SALAD | |