



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, 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	

Monday, 5 March, 2018

Tuesday, 6 March, 2018

Wednesday, 7 March, 2018

Thursday, 8 March, 2018

Friday, 9 March, 2018

**MORNING
SNACKS
(PRIMARY)**

HAM & CHEESE
ON
TOAST
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

GLUTINOUS COCONUT
RICE
&
CUT FRUITS

FRIED
GREEN TEA
RICE
&
CUT FRUITS

FISH
SHEPHERD
PIE
&
MIX
SALAD

**MORNING
SNACKS
(SECONDARY)**

HAM & CHEESE
ON
TOAST
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

GLUTINOUS COCONUT
RICE
&
CUT FRUITS

FRIED
GREEN TEA
RICE
&
CUT FRUITS

FISH
SHEPHERD
PIE
&
MIX
SALAD

LUNCH

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

CHICKEN
PIZZA
&
ASSORTED
SALAD

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

MUSHROOM
CHICKEN
with
CARROTS
and
POTATO GRATIN

AYAM
BEREMPAH
NASI
MINYAK

THAI
LIME FISH
&
LONG BEAN
CORIANDER
RICE

AYAM
MASAK
MERAH
&
TOMATO
RICE

TANDOORI
FISH
SHREDDED
VEGETABLES
& RICE

VEGETARIAN
LAZAGNA
&
SALAD

VEGETARIAN
PIZZA
&
ASSORTED
SALAD

DRY ALOO GOBI
SERVED
with
RICE

MOZZARELLA
TOMATOES
LETTUCE
&
CARROT
WRAP



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 12 March, 2018	Tuesday, 13 March, 2018	Wednesday, 14 March, 2018	Thursday, 15 March, 2018	Friday, 16 March, 2018
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	FISH & CHIPS MIX SALAD
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	FISH & CHIPS MIX SALAD

LUNCH	EGGPLANT DAY BEFF MOUSSAKA & SALAD	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	
	EGGPLANT DAY AYAM PERCIK PAJERI BRINJAL & SAUCE	STEAM FISH ASAM BOI LONG CABBAGE & RICE	HAINANESE CHICKEN CHOP & RICE	LAMB BIRYANI MIXE VEGETABLE	
	BRINJAL ALO GOBI & RICE	VEGETARIAN STUFFED CABBAGE & RICE	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	VEGETABLE PUFF served with MIX SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 19 March, 2018	Tuesday, 20 March, 2018	Wednesday, 21 March, 2018	Thursday, 22 March, 2018	Friday, 23 March, 2018
MORNING SNACKS (PRIMARY)	CEREAL WITH MILK & CUT FRUITS	KERABU FRIED RICE & CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	YOGURT & CUT FRUITS	FISH & CHIPS MIX SALAD
MORNING SNACKS (SECONDARY)	TOM YAM NOODLES & CUT FRUITS	KERABU FRIED RICE & CUT FRUITS	SCRAMBLED EGGS BAKED BEANS SAUSAGES & FRUIT JUICE	NASI GORENG CHICKEN & CUT FRUITS	FISH & CHIPS MIX SALAD
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	BRAISED BEEF ESTOUFFADE & MASHED POTATO	FISH BLANQUETTE MUSHROOM & VALENCIENNE RICE	
	GINGER FISH BOK CHOY & NOODLES	CHICKEN TERIAKY SEAWEED FRIED RICE	LEMON BUTTER FISH ASIAN SALSA	BRAISED SOY CHICKEN, OKRA CARROT & RICE	
	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNE served with SALAD	ROASTED VEGETABLES served with BOK CHOY and CAMELISED ONIONS	TOMATO STEW with STEAMED POTATO & RICE	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 26 March, 2018	Tuesday, 27 March, 2018	Wednesday, 28 March, 2018	Thursday, 29 March, 2018	Friday, 30 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	
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	
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE MUSHROOM & PASTA	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	
	IKAN THREE FLAVOR , SAMBAL BELACHAN FRIED RICE	AYAM GORENG BEREMPAH & ULAM RICE	TERIYAKI FISH SHREDDED VEGETABLES & RICE	LEMON CHICKEN KAI LAN WHITE RICE	
	RATATOUILLE SERVED with RICE & SALAD	TOMATO STEW with STEAMED POTATO & RICE	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN FRIED RICE	