



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



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**

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

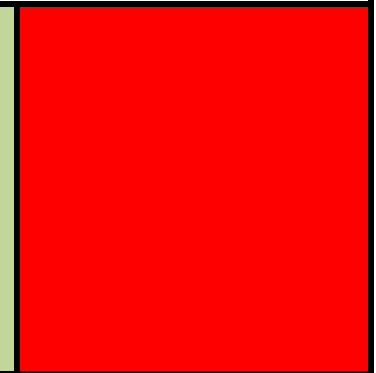
LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

ROAST
CHICKEN
with
POTATO
GRATIN

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
BLANQUETTE
MUSHROOM
&
VALENCIENNE
RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 5 March, 2018

Tuesday, 6 March, 2018

Wednesday, 7 March, 2018

Thursday, 8 March, 2018

Friday, 9 March, 2018

**MORNING
SNACKS**

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

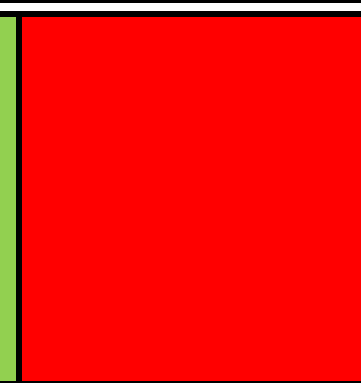
LUNCH

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

CHICKEN
PIZZA
&
ASSORTED
SALAD

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

MUSHROOM
CHICKEN
with
CARROTS
and
POTATO GRATIN



	Monday, 12 March, 2018	Tuesday, 13 March, 2018	Wednesday, 14 March, 2018	Thursday, 15 March, 2018	Friday, 16 March, 2018
MORNING SNACKS	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	FISH & CHIPS MIX SALAD
LUNCH	EGGPLANT DAY AYAM PERCIK PAJERI BRINJAL & SAUCE	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	

	Monday, 19 March, 2018	Tuesday, 20 March, 2018	Wednesday, 21 March, 2018	Thursday, 22 March, 2018	Friday, 23 March, 2018
MORNING SNACKS	CEREAL WITH MILK & CUT FRUITS	KERABU FRIED RICE & CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	YOGURT & CUT FRUITS	FISH & CHIPS MIX SALAD
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	LEMON BUTTER FISH ASIAN SALSA	FISH BLANQUETTE MUSHROOM & VALENCIENNE RICE	

Monday, 26 March, 2018

Tuesday, 27 March, 2018

Wednesday, 28 March, 2018

Thursday, 29 March, 2018

Friday, 30 March, 2018

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

CHAR KOI
PORRIDGE
with
CUT
FRUITS

SCRAMBLED EGGS
BAKED BEANS
&
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