



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
		Monday 07 May	Tuesday 08 May	Wednesday 09 May	
<b>MORNING SNACKS (PRIMARY)</b>	<b>CEREAL</b> with <b>MILK</b> with <b>CUT FRUITS</b>	<b>PARATHA</b> with <b>CURRY</b> & <b>FRUIT</b>		<b>SINGAPORE FRIED MEE HOON &amp; CUT FRUIT</b>	<b>CHEESE BAKED FISH RICE &amp; SALAD</b>
	<b>MORNING SNACKS (SECONDARY)</b>	<b>CEREAL</b> with <b>MILK</b> with <b>CUT FRUITS</b>	<b>PARATHA</b> with <b>CURRY</b> & <b>FRUIT</b>		<b>SINGAPORE FRIED MEE HOON (with Chicken) &amp; CUT FRUIT</b>
<b>LUNCH</b>		<b>CHICKEN CON CARNE WITH WHITE RICE</b>	<b>ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES and PILAF RICE</b>		<b>BAKED CHICKEN PASTA with SAUTE VEGE</b>
	<b>BAKED SAMBAL FISH WITH FRIED NOODLE</b>	<b>AYAM KICAP with RICE &amp; OKRA</b>		<b>SESAMI FISH with SAUCE AND RICE</b>	
	<b>FRIED NOODLE with VEGE FISH</b>	<b>VEGE MUSHROOM STEW WITH RICE</b>		<b>ALIO OLIO PASTA</b>	



# HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 14 May

Tuesday 15 May

Wednesday 16 May

Thursday 17 May

Friday 18 May

**MORNING SNACKS (PRIMARY)**

WAFFLE WITH CONDIMENTS & CUT FRUIT

NASI LEMAK

SALTED FISH FRIED RICE & FRUIT

KUEY TEOW & CUT FRUITS

MACARONI & CHEESE

**MORNING SNACKS (SECONDARY)**

WAFFLE WITH CONDIMENTS & CUT FRUIT

NASI LEMAK & CHICKEN

SALTED FISH FRIED RICE & FRUIT

KUEY TEOW WITH CHICKEN & CUT FRUITS

MACARONI & CHEESE

**LUNCH**

LEMON CRUST FISH with AGLIO OLIO PASTA

CHICKEN PIZZA with SALAD

FISH SPAGHETTI CONCASE & STEAM VEGETABLE

ROASTED CHICKEN WITH CHIPS & SALAD

KURMA CHICKEN WITH RICE

SEAR FISH with SALTED BLACK BEAN & RICE

SPICES FRIED CHICKEN with ULAM RICE

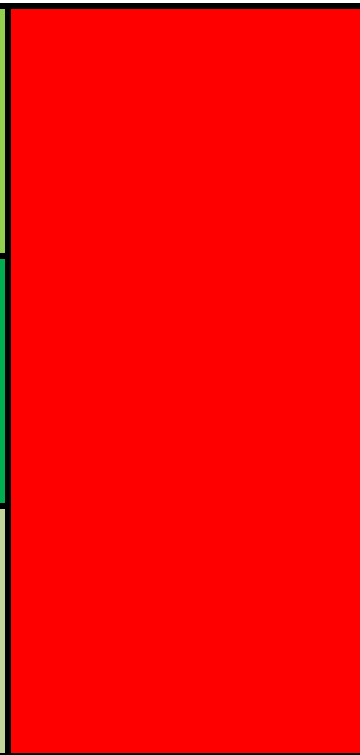
WOK FRIED GINGER BEEF with RICE

TOMATO PROVENCAL with PASTA

VEGETARIAN PIZZA WITH SALAD

TOMATO STEW with POTATO & CAULIFLOWER

VEGETARIAN SKEWER served with CHIPS & SALAD





**HELP INTERNATIONAL SCHOOL MENU**



	Monday 21 May	Tuesday 22 May	Wednesday 23 May	Thursday 24 May	Friday 25 May
<b>MORNING SNACKS (PRIMARY)</b>	DRY FRIED NOODLE & FRUITS	TOAST with JAM & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS WITH SAUSAGE & FRUIT JUICE	PARATHA with CURRY & FRUIT	STEAMED LOTUS RICE WITH CHICKEN & VEGE
<b>MORNING SNACKS (SECONDARY)</b>	DRY FRIED NOODLE & FRUITS	FRIED RICE KAMPUNG STYLE CHICKEN & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS WITH SAUSAGE & FRUIT JUICE	PARATHA with CHICKEN CURRY & FRUIT	STEAMED LOTUS RICE WITH CHICKEN & VEGE
<b>LUNCH</b>	BARBECUE FISH with SAUTÉ VEGETABLES and PILAR RICE	CHICKEN BOLOGNAISE WITH PASTA & SALAD	CABBAGE DAY ROASTED FISH WITH SPRING DHALL & CABBAGE	ROAST CHICKEN CHOP, CARROTS & ROASTED POTATO	
	LIGHT CURRY CHICKEN with POTATO & RICE	FISH TIKKA MASALA WITH STEAM RICE & EGGPLANT	CABBAGE DAY KOREAN STYLE CHICKEN WITH GARLIC FRIEDRICE & KIMCHI	IKAN BERLADA with WHITE RICE and SAUTE VEGE	
	VEGETARIAN ALOO GOBI with RICE	VEGETARIAN MASALA & RICE	CABBAGE DAY CABBAGE & MIXED VEGETABLES FRIED RICE	ROASTED VEGE & POTATO	



**HELP INTERNATIONAL SCHOOL MENU**



**HELP INTERNATIONAL SCHOOL**

	Monday 28 May	Tuesday 29 May	Wednesday 30 May	Thursday 31 May	Friday 01 June
<b>MORNING SNACKS (PRIMARY)</b>	CHEESE ON TOAST & FRUIT JUICE	RICE SOUP	NASI LEMAK & CHICKEN	KAYA TOAST & CUT FRUITS	BREADCRUMB TUNA PASTA with SALAD
<b>MORNING SNACKS (SECONDARY)</b>	HAM & CHEESE ON TOAST & FRUIT JUICE	RICE SOUP WITH CHICKEN	NASI LEMAK & CHICKEN (BIGGER)	MEE SIAM CHICKEN & CUT FRUITS	BREADCRUMB TUNA PASTA with SALAD
<b>LUNCH</b>	JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO	FISH CARBONARA LIGHT SAUCE PASTA	CHICKEN BASQUES WITH POTATO AU GRATIN	ROASTED FISH PASTA & STEAM VEGETABLE	
	FRIED FISH WITH EGG DROP YEE MEE	MALAY STYLE CHICKEN RICE WITH CONDIMENTS	GINGER SCALLION FISH WITH RICE	AYAM MASAK MERAH WITH ACAR NASI TOMATO	
	VEGETARIAN CANTONESE YEE MEE	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	VEGETARIAN GINGER SCALION FISH with RICE	STEAM VEGETABLES with PASTA	