



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 07 May

Tuesday 08 May

Wednesday 09 May

Thursday 10 May

Friday 11 May

MORNING SNACKS

CEREAL
with
MILK
with
CUT FRUITS

PARATHA
with
CURRY
&
FRUIT

SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT

CHEESE
BAKED
FISH
RICE
&
SALAD

LUNCH

CHICKEN
CON CARNE
WITH
WHITE RICE

ROASTED
FISH,
MUSHROOMS,
SAUTED VEGETABLES
and
PILAF RICE

BAKED
CHICKEN
PASTA
with
SAUTE VEGE



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 14 May

Tuesday 15 May

Wednesday 16 May

Thursday 17 May

Friday 18 May

**MORNING
SNACKS**

WAFFLE
WITH CONDIMENTS
&
CUT FRUIT

NASI
LEMAK

SALTED FISH
FRIED RICE
&
FRUIT

KUEY TEOW
&
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

	Monday 28 May	Tuesday 29 May	Wednesday 30 May	Thursday 31 May	Friday 01 June
MORNING SNACKS	<p>DRY FRIED NOODLE & FRUITS</p>	<p>TOAST with JAM & FRUIT JUICE</p>	<p>SCRAMBLED EGGS BAKED BEANS WITH SAUSAGE & FRUIT JUICE</p>	<p>PARATHA with CURRY & FRUIT</p>	<p>STEAMED LOTUS RICE WITH CHICKEN &VEGE</p>
LUNCH	<p>BARBECUE FISH with SAUTÉ VEGETABLES and PILAR RICE</p>	<p>CHICKEN BOLOGNAISE WITH PASTA & SALAD</p>	<p>CABBAGE DAY ROASTED FISH WITH SPRING DHALL & CABBAGE</p>	<p>ROAST CHICKEN CHOP, CARROTS & ROASTED POTATO</p>	



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**

CHEESE
ON
TOAST
&
FRUIT JUICE

RICE SOUP

NASI
LEMAK
&
CHICKEN

KAYA TOAST
&
CUT FRUITS

BREADCRUMB
TUNA
PASTA
with
SALAD

LUNCH

JUMBO SAUSAGE
SAUERKRAUT
WITH
MASH POTATO

FISH
CARBONARA
LIGHT
SAUCE
PASTA

CHICKEN
BASQUES
WITH
POTATO
AU GRATIN

ROASTED FISH
PASTA
&
STEAM VEGETABLE

