



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 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	CREAMY CHICKEN PASTA WITH GARLIC BREAD CRUMB
<b>MORNING SNACKS (SECONDARY)</b>	HAM & CHEESE ON TOAST & FRUIT JUICE	RICE SOUP WITH CHICKEN	NASI LEMAK & CHICKEN (BIGGER)	MEE SIAM CHICKEN & CUT FRUITS	CREAMY CHICKEN PASTA WITH GARLIC BREAD CRUMB
<b>LUNCH</b>	JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO	CARBONARA PASTA & BAKED FISH	CHICKEN BASQUAISE POTATO GRATIN & MIXED VEGETABLES	ROASTED FISH PASTA & STEAMED VEGETABLE	
FRIED FISH WITH EGG NOODLES	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	GINGER SCALION VEGETARIAN FISH with RICE	STEAMED VEGETABLES with PASTA		



### HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 04 June	Tuesday 05 June	Wednesday 06 June	Thursday 07 June	Friday 08 June
<b>MORNING SNACKS (PRIMARY)</b>	FRIED NOODLES & CUT FRUIT	KUEW TIOW & FRUIT JUICE	KAYA TOAST & CUT FRUIT	NASI LEMAK & CUT FRUITS	TUNA PASTA
<b>MORNING SNACKS (SECONDARY)</b>	FRIED NOODLES CHICKEN & CUT FRUIT	KUEW TIOW CHICKEN & FRUIT JUICE	KAYA TOAST & CUT FRUIT	NASI LEMAK CHICKEN & CUT FRUITS	TUNA PASTA
<b>LUNCH</b>	ROASTED FISH with TOMATO MUSHROOM RICE	CHICKEN BLANQUETTE MUSHROOM & VALENCIENNE RICE	FISH SPAGHETTI CONCASSE & STEAMED VEGETABLE	ROASTED CHICKEN CHIPS & SALAD	
	KURMA CHICKEN WITH RICE	SEARED FISH SAMBAL VEGETABLES & RICE	FISH CHANA MASSALA with STEAMED RICE	WOK FRIED GINGER CHICKEN with RICE	
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETABLES WRAP & SALAD	VEGETABLES CHANA MASSALA & RICE	VEGETARIAN SKEWER & SALAD	



## HELP INTERNATIONAL SCHOOL MENU



	Monday 11 June	Tuesday 12 June	Wednesday 13 June	Thursday 14 June	Friday 15 June
<b>MORNING SNACKS (PRIMARY)</b>	DRY FRIED NOODLE & CUT FRUITS	PARATHA with CURRY & CUT FRUIT	WAFFLE WITH TOPPING & FRUIT JUICE		
<b>MORNING SNACKS (SECONDARY)</b>	DRY FRIED NOODLE CHICKEN & CUT FRUITS	PARATHA with CHICKEN CURRY & CUT FRUIT	WAFFLE WITH TOPPING & FRUIT JUICE		
<b>LUNCH</b>	BAKED FISH MUSHROOM with CARROT FETTUCINE	FISH TOMATO CONCASSE WITH PASTA	SAUTE CHICKEN PASTA & ROASTED VEGETABLES		
	IKAN THREE FLAVOUR, SAMBAL BELACHAN FRIED RICE	LIGHT CURRY CHICKEN with POTATO & RICE	SESAME FISH WITH FRIED YEE MEE		
	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN MASALA & RICE	FRIED NOODLES WITH VEGETARIAN CHICKEN		



## HELP INTERNATIONAL SCHOOL MENU



HELP  
INTERNATIONAL  
SCHOOL

Monday 18 June

Tuesday 19 June

Wednesday 20 June

Thursday 21 June

Friday 22 June

**MORNING  
SNACKS  
(PRIMARY)**



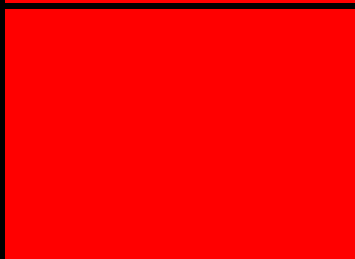
CEREAL  
WITH  
MILK  
&  
CUT FRUITS

THIS MONTH SPECIAL  
.  
BUBUR  
LAMBOK

NASI  
LEMAK  
&  
CUT FRUITS

FISH  
&  
CHIPS  
&  
SALAD

**MORNING  
SNACKS  
(SECONDARY)**



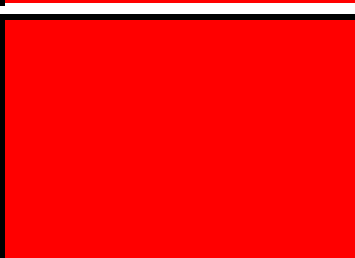
CEREAL  
WITH  
MILK  
&  
CUT FRUITS

THIS MONTH SPECIAL  
.  
BUBUR  
LAMBOK

NASI  
LEMAK  
CHICKEN  
&  
FRUITS

FISH  
&  
CHIPS  
with  
SALAD

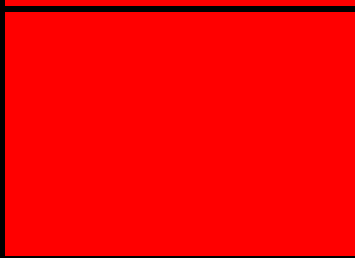
**LUNCH**



ROASTED  
CHICKEN  
&  
PASTA

THIS MONTH SPECIAL  
.  
SMOKED  
DUCK  
PASTA

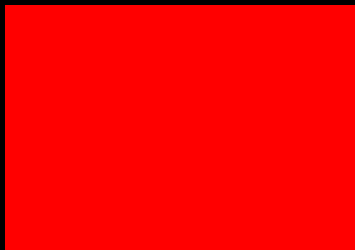
FISH  
BAKE RICE  
WITH  
SALAD



SPICY  
ASSAM FISH  
WITH  
RICE

THIS MONTH SPECIAL  
.  
BEEF  
RENDANG  
WITH  
RICE

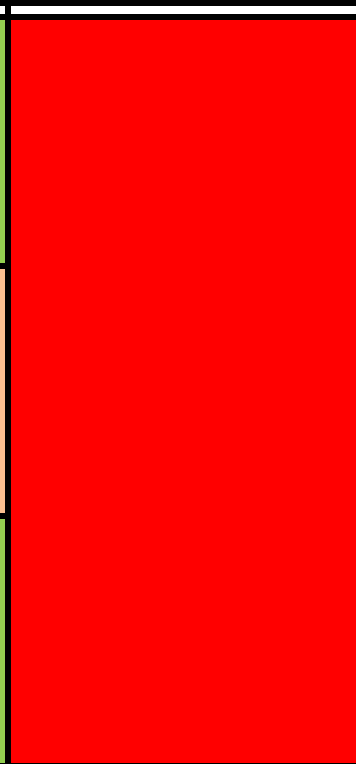
AYAM  
MASAK MERAH  
ACAR  
&  
TOMATO RICE



CREAMY PASTA  
SPINACH  
LEMON  
BREADCRUMBS

THIS MONTH SPECIAL  
.  
LONTONG  
with  
NASI IMPIT

VEGETABLE  
PUFF  
with  
SALAD





**HELP INTERNATIONAL SCHOOL MENU**



	Monday 25 June	Tuesday 26 June	Wednesday 27 June	Thursday 28 June	Friday 29 June
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL with YOGURT & FRUIT	TOM YAM FRIED RICE & FRUIT	PARATHA with CURRY & FRUIT	PORRIDGE & YOU TIAO	BAKED CHICKEN RICE with WHITE SAUCE MIX VEGETABLES & SALAD
<b>MORNING SNACKS (SECONDARY)</b>	MEE SIAM with CHICKEN & CUT FRUITS	TOM YAM FRIED RICE & FRUIT	PARATHA with CHICKEN CURRY & FRUIT	PORRIDGE & YOU TIAO	BAKED CHICKEN RICE with WHITE SAUCE MIX VEGETABLES & SALAD
<b>LUNCH</b>	FISH FILLET WITH CARROT FETTUCINE	BAKED CHICKEN RICE & SALAD	CHICKEN PIZZA & SALAD	CHICKEN BURGER WITH FRIES & SALAD	
	THAI CHICKEN GREEN CURRY & GLASS NOODLES	STEAM THAI STYLE FISH WITH RICE	LAMB KABSAH WITH RICE	IKAN MASAK MERAH ACAR & TOMATO RICE	
	VEGETABLE CURRY WITH BREAD	ROSTED POTATO with VEGETABLES	VEGETARIAN PIZZA with SALAD	VEGETARIAN BURGER WITH SALAD	