



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 28 May

Tuesday 29 May

Wednesday 30 May

Thursday 31 May

Friday 01 June

**MORNING
SNACKS**

CHEESE
ON
TOAST
&
FRUIT JUICE

RICE SOUP

NASI
LEMAK
&
CHICKEN

KAYA TOAST
&
CUT FRUITS

CREAMY CHICKEN
PASTA
WITH
GARLIC
BREAD CRUMB

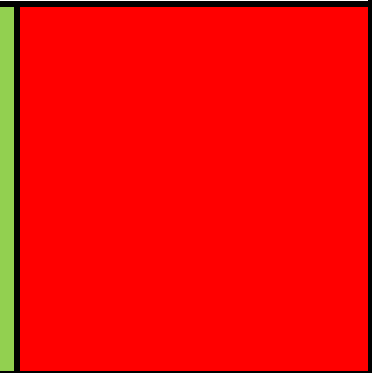
LUNCH

JUMBO
SAUSAGE
SAUERKRAUT
WITH
MASH POTATO

CARBONARA
PASTA
&
BAKED FISH

CHICKEN
BASQUAISE
POTATO GRATIN
&
MIXED VEGETABLES

ROASTED FISH
PASTA
&
STEAMED VEGETABLE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 04 June

Tuesday 05 June

Wednesday 06 June

Thursday 07 June

Friday 08 June

**MORNING
SNACKS**

FRIED
NOODLES
&
CUT FRUITS

KUEW TIOW
&
JUICE

KAYA
TOAST
&
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

TUNA
PASTA

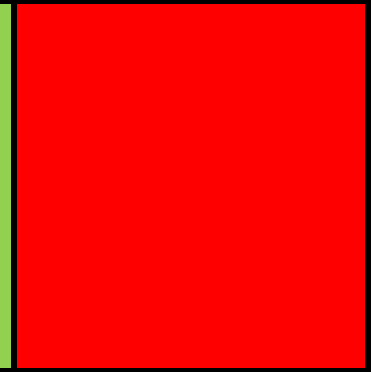
LUNCH

ROASTED
FISH
with
TOMATO
MUSHROOM RICE

CHICKEN
BLANQUETTE
MUSHROOM
&
VALENCIENNE
RICE

FISH
SPAGHETTI
CONCASSE
&
STEAMED VEGETABLE

ROASTED
CHICKEN
CHIPS
& SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

	Monday 11 June	Tuesday 12 June	Wednesday 13 June	Thursday 14 June	Friday 15 June
MORNING SNACKS	DRY FRIED NOODLE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	WAFFLE WITH TOPPING & FRUIT JUICE		
LUNCH	BAKED FISH MUSHROOM with CARROT FETTUCINE	FISH TOMATO CONCASSE WITH PASTA	SAUTE CHICKEN PASTA & ROASTED VEGETABLES		



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday 18 June	Tuesday 19 June	Wednesday 20 June	Thursday 21 June	Friday 22 June
MORNING SNACKS		CEREAL WITH MILK & CUT FRUITS	THIS MONTH SPECIAL BUBUR LAMBOK	NASI LEMAK & CUT FRUITS	FISH & CHIPS & SALAD
LUNCH		ROASTED CHICKEN & PASTA	THIS MONTH SPECIAL SMOKED DUCK PASTA	FISH BAKE RICE & SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday 25 June	Tuesday 26 June	Wednesday 27 June	Thursday 28 June	Friday 29 June
MORNING SNACKS	CEREAL BOWL with YOGURT & CUT FRUITS	TOM YAM FRIED RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	PORRIDGE & YOU TIAO	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
LUNCH	FISH FILLET WITH CARROT FETTUCINE	BAKED CHICKEN RICE & SALAD	CHICKEN PIZZA & SALAD	CHICKEN BURGER WITH FRIES & SALAD	