



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY	
			HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
	Monday 02 July	Tuesday 03 July	Wednesday 04 July	Thursday 05 July	Friday 06 July	
MORNING SNACKS (PRIMARY)	FRIED YEE MEE & FRUIT JUICE	PORRIDGE & YOU TIOW	NASI LEMAK & CHICKEN	WAFFLE WITH TOPPING & FRUIT JUICE	LOTUS LEAF RICE	
MORNING SNACKS (SECONDARY)	FRIED YEE MEE & FRUIT JUICE	CHICKEN PORRIDGE & YOU TIOW	NASI LEMAK & CHICKEN (BIGGER)	WAFLE WITH TOPPING & FRUIT JUICE	LOTUS LEAF RICE	
LUNCH	FISH SHEPARD PIE WITH SALAD	BAKED FISH with VALENCINE RICE	CHICKEN BLANQUETTE with POTATO GRATIN & MIXED VEGETABLES	FISH STEW with PASTA & VEGETABLES		
	LIGHT CHICKEN CURRY WITH RICE & VEGETABLES	STIR FRIED GINGER CHICKEN WITH STEAMED RICE	STEAMED FISH WITH KAMPONG FRIED RICE	TANDORI CHICKEN WITH BRIYANI RICE		
	VEGETABLE STEW WITH ROASTED POTATO	VEGETARIAN GINGER CHICKEN WITH RICE	VEGETARIAN FRIED RICE	VEGETABLE STEW with PASTA		



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 09 July	Tuesday 10 July	Wednesday 11 July	Thursday 12 July	Friday 13 July
MORNING SNACKS (PRIMARY)	DRY FRIED NOODLES & CUT FRUITS	CEREAL WITH MILK & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	SINGAPORE MEE HOON & FRUIT JUICE	MAC & CHEESE WITH SALAD
MORNING SNACKS (SECONDARY)	DRY FRIED NOODLES (CHICKEN) & CUT FRUIT	CEREAL WITH MILK & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	SINGAPORE MEE HOON (CHICKEN) & FRUIT JUICE	MAC & CHEESE WITH SALAD
LUNCH	ROASTED CHICKEN with AGLIO OILIO PASTA	SEARED SALMON with LEMON PASTA	CHICKEN CHASSEUR WITH PASTA & VEGETABLE	CHICKEN PIZZA & SALAD	
	ASSAM FISH with RICE	CHICKEN CURRY WITH RICE	FISH CHANA MASSALA with STEAMED RICE	CHICKEN RENDANG WITH ACAR & RICE	
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETABLE PUFF & SALAD	VEGETABLE CHANA MASSALA & RICE	VEGETARIAN PIZZA & SALAD	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 11 June	Tuesday 12 June	Wednesday 13 June	Thursday 14 June	Friday 15 June
MORNING SNACKS (PRIMARY)					
MORNING SNACKS (SECONDARY)					
LUNCH					



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)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU



HELP
INTERNATIONAL
SCHOOL

Monday 25 June

Tuesday 26 June

Wednesday 27 June

Thursday 28 June

Friday 29 June

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH