



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 02 July

Tuesday 03 July

Wednesday 04 July

Thursday 05 July

Friday 06 July

MORNING SNACKS

FRIED YEE MEE & FRUIT JUICE

PORRIDGE & YOU TIOW

NASI LEMAK & CHICKEN NUGGETS

WAFFLE WITH TOPPING & FRUIT JUICE

LOTUS LEAF RICE

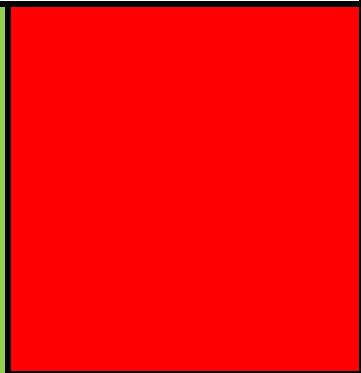
LUNCH

FISH SHEPARD PIE WITH SALAD

BAKED FISH with VALENCINE RICE

CHICKEN BLANQUETTE with POTATO GRATIN & MIXED VEGETABLES

FISH STEW with PASTA & VEGETABLES





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 09 July

Tuesday 10 July

Wednesday 11 July

Thursday 12 July

Friday 13 July

MORNING SNACKS

DRY FRIED NOODLES & CUT FRUITS

CEREAL WITH MILK & CUT FRUITS

PARATHA WITH CURRY & CUT FRUITS

SINGAPORE MEE HOON & FRUIT JUICE

MAC & CHEESE WITH SALAD

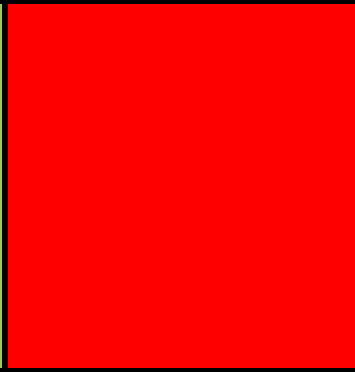
LUNCH

ROASTED CHICKEN with AGLIO OILIO PASTA

SEARED SALMON with LEMON PASTA

Saturday, 0 January, 1900 WITH PASTA & VEGETABLE

CHICKEN PIZZA & SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 16 July

Tuesday 17 July

Wednesday 18 July

Thursday 19 July

Friday 20 July

**MORNING
SNACKS**

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 23 July

Tuesday 24 July

Wednesday 25 July

Thursday 26 July

Friday 27 July

MORNING
SNACKS

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 30 July

Tuesday 31 July

Wednesday 01 August

Thursday 02 August

Friday 03 August

MORNING
SNACKS

LUNCH