



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 (PRESCHOOL)			 HELP INTERNATIONAL SCHOOL
	Monday 03 September	Tuesday 04 September	Wednesday 05 September	Thursday 06 September	Friday 07 September
MORNING SNACKS	CEREAL with MILK and CUT FRUITS	MIX VEGETABLE FRIED RICE & FRUIT JUICE	FRIED YEE MEE & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT	FISH BAKE RICE WITH SALAD
LUNCH	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATO GRATIN	ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES, and PASTA	ROAST CHICKEN CHOP with VEGETABLES and POTATOES	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	

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 (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 10 September

Tuesday 11 September

Wednesday 12 September

Thursday 13 September

Friday 14 September

MORNING SNACKS

**SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT**

**NASI
LEMAK
&
CHICKEN**

**KAMPONG
FRIED RICE
&
FRUIT JUICE**

**KUEY TEOW
&
CUT FRUITS**

**MACARONI
&
CHEESE**

LUNCH

**LEMON
CRUST
FISH
with
SPICED RICE**

**ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
CARROT RICE**

**OVEN ROASTED
FISH with
LEMON & HERBS
SPICED SAUCE
with
PILAF RICE**

**CHICKEN BLANQUETTE
WITH
ROASTED VEGETABLEs**

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 (PRESCHOOL)



Monday 17 September

Tuesday 18 September

Wednesday 19 September

Thursday 20 September

Friday 21 September

**MORNING
SNACKS**

MUSHROOM
SOUP
with
SOFT
BUN

FRIED RICE
KAMPONG
STYLE
&
FRUIT JUICE

SCRAMBLED EGGS
BAKED BEANS
&
SAUSAGE
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

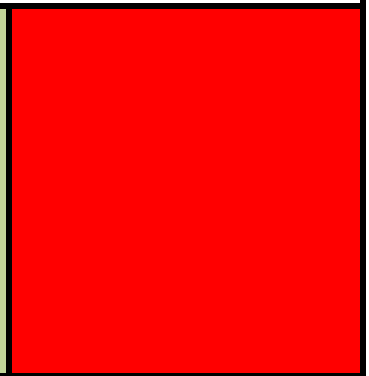
LUNCH

BARBECUE
FISH
with
SAUTÉ VEGETABLES
and
PILAF RICE

ROASTED
CAJUN CHICKEN
WRAP
with
CORN RICE
& SALAD

SPICED
FISH
served
with
MUSHROOM
PASTA

ROAST
CHICKEN CHOP
and
VEGETABLES
with
CARROT PASTA



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 (PRESCHOOL)



Monday 24 September

Tuesday 25 September

Wednesday 26 September

Thursday 27 September

Friday 28 September

**MORNING
SNACKS**

**BREAD BUTTER
PUDDING**
with
SAUCE
and
FRUITS

**STEAM
GLUTINOUS
RICE**
WITH **CURRY**
&
CUT FRUITS

**NASI
LEMAK
&
CHICKEN**

**DRY
MEE HOON
&
CUT FRUITS**

**FISH
&
CHIPS**
with
GREEN SALAD

LUNCH

**CHICKEN
and
CHEESE PIZZA**
with
**ASSORTED
SALAD**

**SAUSAGE &
BROCCOLI
TORTIGLIONI**
with
**GARLIC
BREADCRUMBS**

**BARBECUE
FISH**
with
SAUTED VEGETABLES
and
PILAF RICE

**SAUTED CABBAGE,
CHICKEN
SAUSAGE,
BROCCOLI**
with
MASH POTATO

