



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 03 September	Tuesday 04 September	Wednesday 05 September	Thursday 06 September	Friday 07 September
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL with MILK & CUT FRUITS	MIX VEGETABLE FRIED RICE & FRUIT JUICE	FRIED YEE MEE & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT	FISH BAKED RICE WITH SALAD
<b>MORNING SNACKS (SECONDARY)</b>	CEREAL with MILK & CUT FRUITS	MIX VEGETABLE FRIED RICE (with Chicken) & FRUIT JUICE	FRIED YEE MEE CHICKEN & CUT FRUITS	SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT	FISH BAKED RICE WITH SALAD
<b>LUNCH</b>	CHICKEN BASQUAISE (STEW) STYLE & MIXED POTATOES GRATIN	ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES and PASTA	ROAST CHICKEN CHOP and VEGETABLES and POTATOES	BRAISED BEEF ESTOUFFADE & PILAF RICE	
	ROAST FISH TIKKA MASALA with SPICED AUBERGINE	AYAM GORENG BEREMPAH with ULAM RICE & VEGETABLES	BEEF RENDANG WITH ACAR & HUJAN PANAS RICE	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETARIAN LASAGNA served with SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS	



## HELP INTERNATIONAL SCHOOL MENU



	Monday 10 September	Tuesday 11 September	Wednesday 12 September	Thursday 13 September	Friday 14 September
<b>MORNING SNACKS (PRIMARY)</b>	SINGAPORE FRIED MEE HOON & CUT FRUIT	NASI LEMAK & CHICKEN	KAMPONG FRIED RICE & FRUIT JUICE	KUEY TEOW & CUT FRUITS	MACARONI & CHEESE
<b>MORNING SNACKS (SECONDARY)</b>	SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT	NASI LEMAK & CHICKEN (BIGGER)	KAMPONG FRIED RICE (with Chicken) & FRUIT JUICE	KUEY TEOW CHICKEN & CUT FRUITS	MACARONI & CHEESE (Bigger)
<b>LUNCH</b>	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	
	ROAST CHICKEN TIKKA MASALA WITH AUBERGINE SPICED FRIES SERVED with RICE	WASABI FISH with LONG BEANS and FRIED RICE	CRISPY CHICKEN with ULAM RICE & VEGETABLES	CHINESE STYLE FISH, SPRING ONION & GINGER with RICE	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLES WRAP with RICE & SALAD	TOMATO STEW with POTATO and CAULIFLOWER	VEGETARIAN LASAGNA served with SALAD	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday 17 September	Tuesday 18 September	Wednesday 19 September	Thursday 20 September	Friday 21 September
<b>MORNING SNACKS (PRIMARY)</b>	MUSHROOM SOUP with SOFT BUN	FRIED RICE KAMPONG STYLE with FRUIT JUICE	SCRAMBLED EGGS, BAKED BEANS & SAUSAGE with FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
<b>MORNING SNACKS (SECONDARY)</b>	MUSHROOM SOUP with SOFT BUN	FRIED RICE KAMPONG STYLE with CHICKEN & FRUIT JUICE	SCRAMBLED EGGS, BAKED BEANS & SAUSAGE with FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
<b>LUNCH</b>	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	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	CHINESE STYLE FISH, SAUTE VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	BEEF CURRY WITH POTATO, CARROT & BIRYANI RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CARAMELISED ONIONS	MIX POTATOES, BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN CHICKEN with GREMOLATA PASTA	



## HELP INTERNATIONAL SCHOOL MENU



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	Monday 24 September	Tuesday 25 September	Wednesday 26 September	Thursday 27 September	Friday 28 September
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	BREAD BUTTER PUDDING with SAUCE and FRUITS	STEAM GLUTINOUS RICE with CURRY & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	DRY MEE HOON with CHICKEN & CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
<b>LUNCH</b>	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	SAUSAGE & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS	BARBECUE FISH with SAUTEED VEGETABLES and PILAF RICE	CHICKEN SAUSAGE with BROCCOLI & MASH POTATO	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	BEEF MASALA with BUTTER RICE & ACAR	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	SPICED AUBERGINE and POTATO with RICE	CAULIFLOWER and COCONUT DHAL with BASMATI RICE	