

NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



Monday 01 October

Tuesday 02 October

Wednesday 03 October

Thursday 04 October

Friday 05 October

**MORNING  
SNACKS**

**CEREAL  
with  
MILK  
&  
CUT FRUITS**

**TOM YUM  
FRIED RICE  
&  
FRUIT JUICE**

**PARATHA  
with  
CURRY  
&  
FRUIT JUICE**

**SIAM  
FRIED NOODLES  
&  
CUT FRUIT**

**CHICKEN  
BAKED RICE  
WITH  
SALAD**

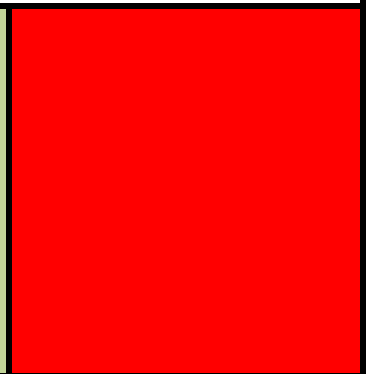
**LUNCH**

**BAKED  
CHICKEN  
PASTA  
WITH  
SAUTE  
VEGETABLES**

**FISH RAGOU  
WITH  
PASTA  
and  
SALAD**

**ROASTED  
FISH  
and  
VEGETABLES  
and  
PASTA**

**FISH  
BONNE FEMME  
&  
PASTA**



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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



Monday 08 October

Tuesday 09 October

Wednesday 10 October

Thursday 11 October

Friday 12 October

**MORNING  
SNACKS**

**SINGAPORE  
FRIED  
MEE HOON  
&  
CUT FRUIT**

**NASI  
LEMAK  
&  
CHICKEN**

**SALTED FISH  
FRIED RICE  
&  
FRUIT JUICE**

**KAYA  
TOAST  
&  
CUT FRUITS**

**CHICKEN  
CHIP  
&  
SALAD**

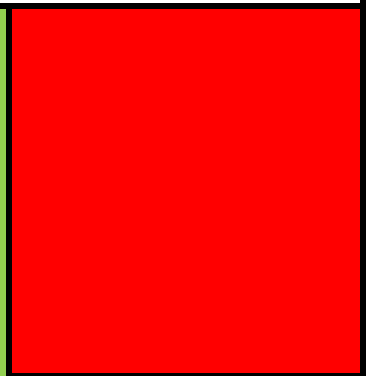
**LUNCH**

**OVEN ROASTED  
FISH  
TOMATO  
CONCASSEE  
AGLIO OLIO  
PASTA**

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

**FISH  
MOUSAKA  
WITH  
SALAD**

**CHINESE  
STYLE  
FISH,  
SPRING ONION & GINGER  
with YEE MEE**



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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



**HELP INTERNATIONAL SCHOOL**

Monday 15 October

Tuesday 16 October

Wednesday 17 October

Thursday 18 October

Friday 19 October

**MORNING SNACKS**

**PORRIDGE**  
with  
**YOU TIOW**

**WAFFLE**  
WITH  
**HONEY**  
OR  
**CHOCOLATE SAUCE**

**WAT TAN**  
**HOR**  
&  
**CUT FRUIT**

**PARATHA**  
with  
**CURRY**  
&  
**FRUIT JUICE**

**CHICKEN**  
**LASAGNA**  
with  
**SALAD**

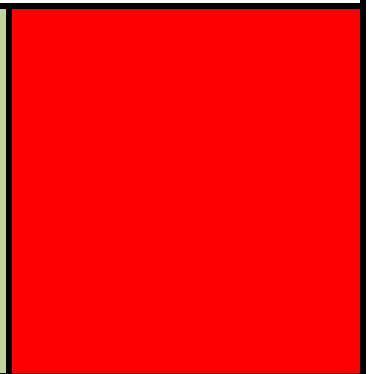
**LUNCH**

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

**CHICKEN**  
and  
**CHEESE PIZZA**  
with  
**CORN RICE**  
& **SALAD**

**ROASTED**  
**CHICKEN**  
with  
**MUSHROOM**  
**PASTA**

**ROAST**  
**CHICKEN CHOP**  
and  
**VEGETABLES**  
with  
**CARROT PASTA**



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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



Monday 22 October

Tuesday 23 October

Wednesday 24 October

Thursday 25 October

Friday 26 October

**MORNING  
SNACKS**

**DRY FRIED  
NOODLES  
WITH  
FRUITS JUICE**

**MIXED VEGIE  
FRIED RICE  
&  
CUT FRUITS**

**NASI  
LEMAK  
&  
CHICKEN**

**DRY  
MEE HOON  
&  
CUT FRUITS**

**FISH  
&  
CHIPS  
with  
GREEN SALAD**

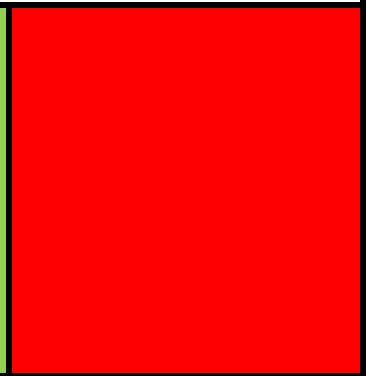
**LUNCH**

**FISH  
IN TOMATO  
STEW  
WITH  
STEAMED RICE**

**CHICKEN  
PIZZA  
with  
SALAD**

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

**AGLIO OLIO  
CHICKEN  
WITH  
SALAD**



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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



**HELP INTERNATIONAL SCHOOL**

Monday 29 October

Tuesday 30 October

Wednesday 31 October

Thursday 01 November

Friday 02 November

**MORNING SNACKS**

**CEREAL  
with  
MILK  
&  
CUT FRUITS**

**FRIED  
SOO HON  
&  
CUT FRUITS**

**NASI  
LEMAK  
&  
CHICKEN**

**DRY  
MEE HOON  
&  
CUT FRUITS**

**SALMON  
KADEGRE  
with  
GREEN SALAD**

**LUNCH**

**CHICKEN  
and  
CHEESE PIZZA  
with  
ASSORTED  
SALAD**

**CHICKEN  
CHASSEUR  
with  
GARLIC  
PASTA**

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

**CHICKEN  
BURGER  
WITH  
SALAD**

