



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 01 October	Tuesday 02 October	Wednesday 03 October	
MORNING SNACKS (PRIMARY)	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
	MORNING SNACKS (SECONDARY)	CEREAL with MILK & CUT FRUITS	TOM YUM FRIED RICE (with Chicken) & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	SIAM FRIED NOODLES (with Chicken) & CUT FRUIT
LUNCH		BAKED CHICKEN PASTA WITH SAUTE VEGETABLES	FISH RAGOU WITH PASTA and SALAD	ROAST FISH and VEGETABLES and PASTA	FISH BONNE FEMME & PASTA
	ASSAM FISH WITH STEAM VEGETABLES & RICE	LIGHT CHICKEN CURRY WITH POTATO, CARROT & WHITE RICE	CRISPY CHICKEN WITH ULAM RICE	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	VEGETARIAN ASSAM FISH with RICE	AGLIO OLIO PASTA WITH SALAD	VEGETARIAN CRISPY CHICKEN WITH ULAM RICE	ASSORTED ROASTED POTATOES served with BOK CHOY and CARMELISED ONIONS	



HELP INTERNATIONAL SCHOOL MENU



HELP
INTERNATIONAL
SCHOOL

	Monday 08 October	Tuesday 09 October	Wednesday 10 October	Thursday 11 October	Friday 12 October
MORNING SNACKS (PRIMARY)	SINGAPORE FRIED MEE HOON & CUT FRUIT	NASI LEMAK & CHICKEN	SALTED FISH FRIED RICE & FRUIT JUICE	KAYA TOAST & CUT FRUITS	CHICKEN CHIP & SALAD
MORNING SNACKS (SECONDARY)	SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT	NASI LEMAK & CHICKEN (BIGGER)	SALTED FISH FRIED RICE & FRUIT JUICE	KAYA TOAST & CUT FRUITS	MACARONI & CHEESE (Bigger)
LUNCH	OVEN ROASTED FISH TOMATO CONCASSEE AGLIO OLIO PASTA	ROAST CHICKEN with BRAISED SPRING DHAL & CARROT RICE	FISH MOUSAKA WITH SALAD	BEEF STEW PASTA WITH ROASTED VEGETABLES	
	CHICKEN PONGTEH & GARLIC RICE	SWEET & SOUR FISH VEGETABLES and RICE	AYAM MASAK MERAH WITH ACAR & STEAM RICE	CHINESE STYLE FISH, SPRING ONION & GINGER with YEE MEE	
	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 15 October	Tuesday 16 October	Wednesday 17 October	Thursday 18 October	Friday 19 October
MORNING SNACKS (PRIMARY)	PORRIDGE with YOU TIOW	WAFFLE WITH HONEY OR CHOCOLATE SAUCE	WAT TAN HOR & CUT FRUIT	PARATHA with CURRY & FRUIT JUICE	CHICKEN LASAGNA with SALAD
MORNING SNACKS (SECONDARY)	CHICKEN 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	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	FISH BURGER WITH FRIES & SALAD	GINGER BEEF CORN RICE & STEAMED	MASAK MERAH FISH ACAR & FLAVOUR RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CAMELISED ONIONS	VEGETARIAN BURGER WITH FRIES & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN CHICKEN WITH PASTA	



HELP INTERNATIONAL SCHOOL MENU



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	Monday 22 October	Tuesday 23 October	Wednesday 24 October	Thursday 25 October	Friday 26 October
MORNING SNACKS (PRIMARY)	DRY FRIED NOODLES & FRUIT JUICE	MIXED VEGIE FRIED RICE & CUT FRUITS	NASI LEMAK & CHICKEN	DRY MEE HOON & CUT FRUITS	FISH & CHIPS with GREEN SALAD
MORNING SNACKS (SECONDARY)	DRY FRIED NOODLES & FRUIT JUICE	MIXED VEGIE FRIED RICE (BIGGER) & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	DRY MEE HOON with CHICKEN & CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
LUNCH	FISH IN TOMATO STEW WITH STEAMED RICE	CHICKEN PIZZA & SALAD	BARBECUE FISH with SAUTEED VEGETABLES and PILAF RICE	AGLIO OLIO CHICKEN WITH SALAD	
	PALEMBANG CHICKEN with RICE and VEGETABLES	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	THAI CHICKEN GREEN CURRY GLASS NOODLES & VEGETABLES	
	DRY ALOO GOBI WITH STEAMED RICE	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	SPICED AUBERGINE and POTATO with RICE	VEGETARIAN THAI CHICKEN GREEN CURRY GLASS NOODLES & VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU



	Monday 29 October	Tuesday 30 October	Wednesday 31 October	Thursday 01 November	Friday 02 November
MORNING SNACKS (PRIMARY)	CEREAL with MILK & CUT FRUITS	FRIED SOO HON & CUT FRUITS	NASI LEMAK & CHICKEN	DRY MEE HOON & CUT FRUITS	SALMON KADEGRE with GREEN SALAD
MORNING SNACKS (SECONDARY)	CEREAL with MILK & CUT FRUITS	FRIED SOO HON & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	DRY MEE HOON with CHICKEN & CUT FRUITS	SALMON KADEGRE with GREEN SALAD (BIGGER)
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	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	LAMB BRIYANI with BRIYANI RICE & SALAD	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	and SOUR VEGETARIAN FISH with FRAGRANT RICE	SPICED AUBERGINE and POTATO with RICE	VEGETARIAN BURGER WITH SALAD	