

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 29 October

Tuesday 30 October

Wednesday 31 October

Thursday 01 November

Friday 02 November

**MORNING  
SNACKS**

**CEREAL  
with  
MILK  
&  
CUT FRUITS**

**FRIED  
SOO HOON  
&  
CUT FRUITS**

**PARATHA  
with  
CURRY  
&  
FRUIT JUICE**

**BANCHANS  
WITH  
CONDIMENT  
&  
CUT FRUITS**

**SALMON  
KEDGEGREE  
with  
GREEN SALAD**

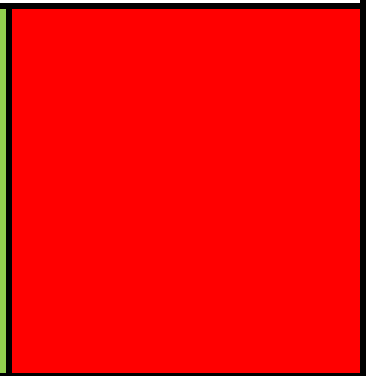
**LUNCH**

**CHICKEN  
and  
CHEESE PIZZA  
with  
ASSORTED  
SALAD**

**CHICKEN  
CHASSEUR  
with  
GARLIC  
PASTA**

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

**CHICKEN  
BURGER  
WITH  
SALAD**



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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



Monday, 5 November, 2018

Tuesday, 6 November, 2018

Wednesday, 7 November, 2018

Thursday, 8 November, 2018

Friday, 9 November, 2018

**MORNING  
SNACKS**

**LUNCH**

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**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



Monday, 12 November, 2018	Tuesday, 13 November, 2018	Wednesday, 14 November, 2018	Thursday, 15 November, 2018	Friday, 16 November, 2018
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**MORNING SNACKS**

YOGURT  
&  
CUT FRUITS

CEREAL  
with  
MILK  
&  
CUT FRUITS

NASI  
LEMAK  
&  
CONDIMENTS

CHEESE  
ON  
TOAST  
with  
FRUIT  
and JUICE

CHICKEN  
LASAGNA  
&  
SALAD

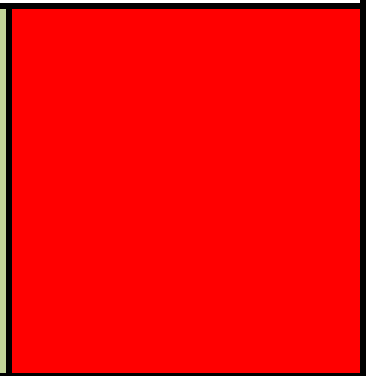
**LUNCH**

MACARONI  
&  
CHEESE



MARINATED  
DORY FISH  
with  
PROVENCAL  
VEGETABLE GRATIN

OVEN ROASTED  
FISH with  
BREAD CRUMBS  
served  
with  
RICE



ROASTED  
CHICKEN  
with  
VEGETABLES  
&  
RICE



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		<b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 19 November, 2018	Tuesday, 20 November, 2018	Wednesday, 21 November, 2018	Thursday, 22 November, 2018	Friday, 23 November, 2018
<b>MORNING SNACKS</b>	CEREAL WITH MILK & CUT FRUITS	KUEY TEOW and CUT FRUITS	DRY FRIED NOODLES & FRUIT JUICE	CHICKEN PORRIDGE with CUT FRUITS	FISH & CHIPS with GREEN SALAD
<b>LUNCH</b>	CHICKEN MOUSSAKA with PILAF RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	POTATO DAY CHICKEN BASQUAISE STYLE POTATO & CAULIFLOWER GRATIN	CHANA MASALA FISH with CABBAGE and STEAM RICE	

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		<b>HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 26 November, 2018	Tuesday, 27 November, 2018	Wednesday, 28 November, 2018	Thursday, 29 November, 2018	Friday, 30 November, 2018
<b>MORNING SNACKS</b>	BANCHANS WITH CONDIMENT & CUT FRUITS	FRIED RICE & FRUIT JUICE	FRIED EGG NOODLES & CUT FRUITS	PARATHA with CURRY & FRUIT	CHICKEN BIRYANI MUSHROOM and MIXED VEGETABLES
<b>LUNCH</b>	SEARED FISH with TOMATO CONCASSE & RICE	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	