



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 29 October		Tuesday 30 October	Wednesday 31 October	Thursday 01 November	Friday 02 November
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CEREAL with MILK & CUT FRUITS	FRIED SOO HON & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	BANCHANS WITH CONDIMENT & CUT FRUITS	SALMON KEDGEGREE 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	SWEET and SOUR VEGETARIAN FISH with FRAGRANT RICE	SPICED AUBERGINE and POTATO with RICE	VEGETARIAN BURGER WITH SALAD		



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
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



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
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CEREAL with MILK & CUT FRUITS	NASI LEMAK & CONDIMENTS	CHEESE ON TOAST with FRUIT and JUICE	CHICKEN LASAGNA & SALAD
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	FRIED RICE & CUT FRUITS	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	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	BLACK PEPPER FISH AND SPRING ONION Served With RICE	SWEET & SOUR CHICKEN with BEE HOON	SESAME FISH FILLET AND FRIED RICE	
	VEGETARIAN SPAGHETTI	ROASTED PUMPKIN BURGER SERVED with MIXED SALAD	TOMATO STEW with STEAMED POTATO	VEGETARIAN PIZZA WHITE SAUCE TOMATO and SAUTE VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 19 November, 2018	Tuesday, 20 November, 2018	Wednesday, 21 November, 2018	Thursday, 22 November, 2018	Friday, 23 November, 2018
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	FRIED RICE with CHICKEN & CUT FRUITS	KUEY TEOW and CUT FRUITS	DRY FRIED NOODLES & FRUIT JUICE	CHICKEN PORRIDGE with CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
LUNCH	CHICKEN MOUSSAKA with PILAF RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	POTATO DAY CHICKEN BASQUAISE STYLE POTATO & CAULIFLOWER GRATIN	BEEF CHILLI CON CARNE with STEAM RICE	
	BLACK PEPPER FISH FRIED YEE MEE with CAPSICUM	AYAM MASAK MERAH ACAR RAMPAI & RICE	POTATO DAY CANTONESE FISH MARINATED CAULIFLOWER CARROTS and POTATO	CHANA MASALA FISH with TUMERIC CABBAGE and STEAM RICE	
	EGGPLANT BURGER with MIXED SALAD	AGLIO PASTA with ROASTED VEGETABLES	POTATO DAY ALOO GOBI SERVED with STEAM RICE	VEGETABLE PUFF served with MIX SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 26 November, 2018	Tuesday, 27 November, 2018	Wednesday, 28 November, 2018	Thursday, 29 November, 2018	Friday, 30 November, 2018
MORNING SNACKS (PRIMARY)	BANCHANS WITH CONDIMENT & CUT FRUITS	FRIED RICE & FRUIT JUICE	FRIED EGG NOODLES & CUT FRUITS	PARATHA with CURRY & FRUIT	CHICKEN BIRYANI MUSHROOM and MIXED VEGETABLES
MORNING SNACKS (SECONDARY)	BANCHANS WITH CONDIMENT & CUT FRUITS	FRIED RICE & FRUIT JUICE	FRIED EGG NOODLES & CUT FRUITS	PARATHA with CURRY & FRUIT	CHICKEN BIRYANI MUSHROOM and MIXED VEGETABLES
LUNCH	SEARED FISH with TOMATO CONCASSE & RICE	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	MUSHROOM CHICKEN with CARROT and POTATO GRATIN	
	CHICKEN RENDANG ACAR & Hujan Panas RICE	CHINESE STYLE FISH FRIED NOODLES	HAINANESE CHICKEN with ASSORTED CONDIMENTS	FISH FRIED NOODLES with CARROT & CABBAGE	
	TOMATO STEW with BAKED POTATO	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNA & SALAD	