



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 3 December, 2018

Tuesday, 4 December, 2018

Wednesday, 5 December, 2018

Thursday, 6 December, 2018

Friday, 7 December, 2018

**MORNING
SNACKS**

CEREAL
with
YOGURT
&
CUT FRUITS

CHICKEN
PORRIDGE
with
YU TIAO
&
FRUIT JUICE

MEE
HOON
with
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

BAKED CHICKEN
RICE
with
WHITE SAUCE
&
SALAD

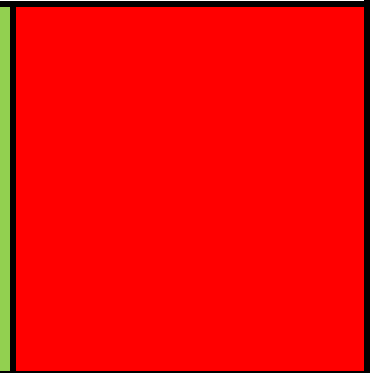
LUNCH

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

CHICKEN
CARBONARA
PASTA
with
SALAD

POACHED
FISH with
CUCUMBER
TOMATO CONCASSE
&
RICE

BEEF
STROGONOFF
with
CARROTS
and
PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 10 December, 2018

Tuesday, 11 December, 2018

Wednesday, 12 December, 2018

Thursday, 13 December, 2018

Friday, 14 December, 2018

**MORNING
SNACKS**

WARM BUN
with
SAUSAGE
BAKED BEAN

PARATHA
with
CURRY
&
FRUIT JUICE

KUEY TEOW
&
CUT FRUITS

ROAST
CHICKEN CHOP
with
CHIPS
and
SALAD

LUNCH

CHICKEN PIZZA
with
VEGETABLE
SALAD
and
SALAD

TURKEY
PASTA
with
VEGETABLES
CRANBERRY
and BREADCRUMBS

FISH
BURGER
SERVED with
FRIES
&
SALAD



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 17 December, 2018

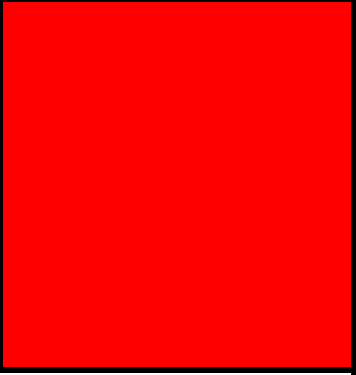
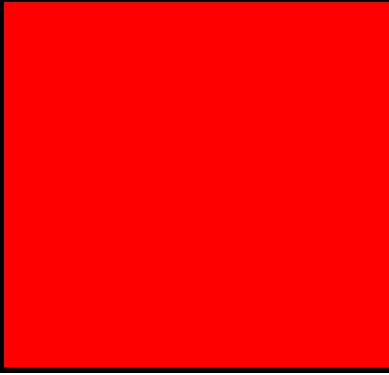
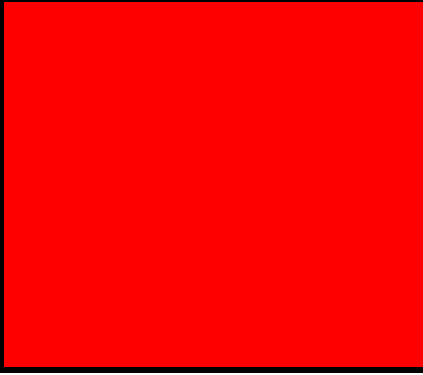
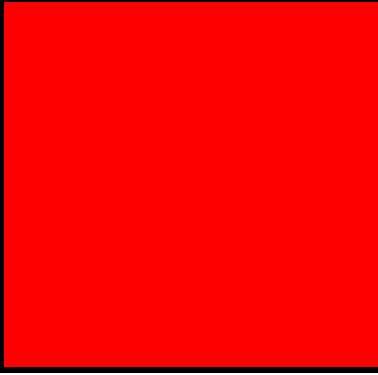
Tuesday, 18 December, 2018

Wednesday, 19 December, 2018

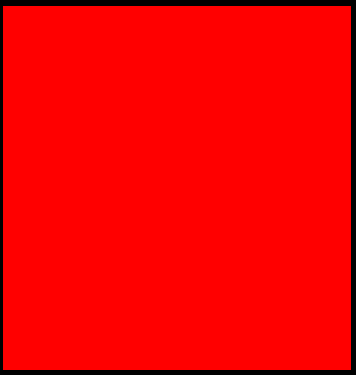
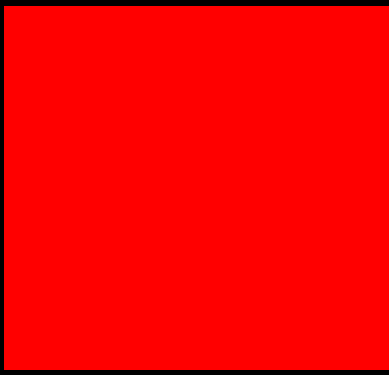
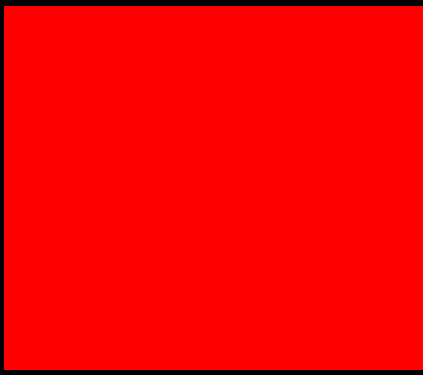
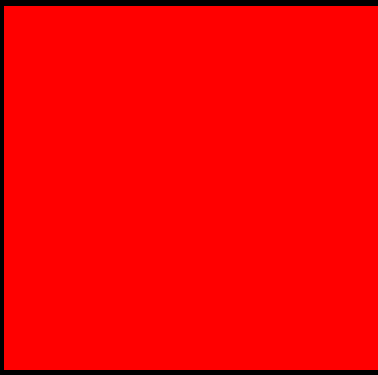
Thursday, 20 December, 2018

Friday, 21 December, 2018

**MORNING
SNACKS**



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 24 December, 2018

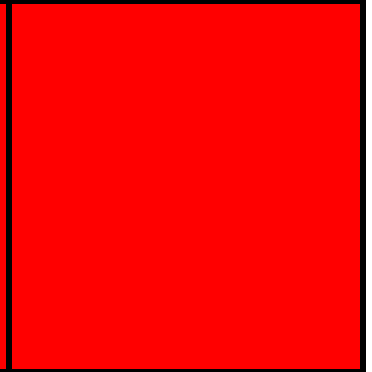
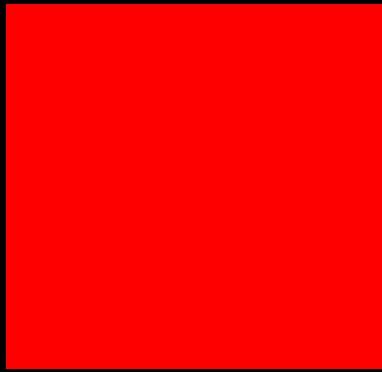
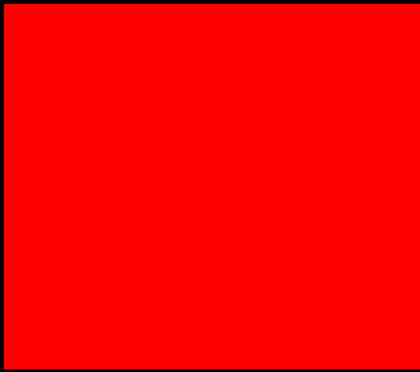
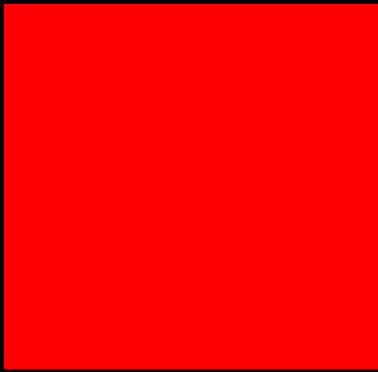
Tuesday, 25 December, 2018

Wednesday, 26 December, 2018

Thursday, 27 December, 2018

Friday, 28 December, 2018

**MORNING
SNACKS**



LUNCH

