



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, 3 December, 2018		Tuesday, 4 December, 2018	Wednesday, 5 December, 2018	Thursday, 6 December, 2018	Friday, 7 December, 2018
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	MEE SIAM with CHICKEN & CUT FRUITS	CHICKEN PORRIDGE with YU TIAO & FRUIT JUICE	MEE HOON with CHICKEN & 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	
BUTTER CHICKEN with RICE and SALAD	STEAM FISH OYSTER SAUCE with GARLIC, GINGER and RICE	AYAM PENYET FRIED TEMPEH VEGETABLES and WHITE RICE	TIKKA MASALA FISH with RICE MARINATED VEGETABLES		
VEGETARIAN PASTA TOMATO SAUCE & ZUCCHINI	MOZZARELLA TOMATOES LETTUCE & CARROT WRAP	TOMATO STEW with STEAM POTATO and CAULIFLOWER	DRY ALOO GOBI SERVED with STEAMED RICE		



HELP INTERNATIONAL SCHOOL MENU



Monday, 10 December, 2018

Tuesday, 11 December, 2018

Wednesday, 12 December, 2018

Thursday, 13 December, 2018

Friday, 14 December, 2018

**MORNING
SNACKS
(PRIMARY)**

WARM BUN
with
SAUSAGE
BAKED BEAN

KAYA TOAST
MILO
&
CUT FRUIT

PARATHA
with
CURRY
&
FRUIT JUICE

ROAST
CHICKEN CHOP
with
CHIPS
and
SALAD

**MORNING
SNACKS
(SECONDARY)**

WARM BUN
with
SAUSAGE
BAKED BEAN

KAYA TOAST
MILO
&
CUT FRUIT

PARATHA
with
CURRY
&
FRUIT JUICE

ROAST
CHICKEN CHOP
with
CHIPS
and
SALAD

LUNCH

CHICKEN PIZZA
with
VEGETABLE
SALAD
and
SALAD

TURKEY
PASTA
with
VEGETABLES
CRANBERRY
and BREADCRUMS

FISH
BURGER
SERVED with
FRIES
&
SALAD

ASSAM FISH
FILLET
AND
FRIED RICE

GINGER FISH
with
CORN AND TOMATO
SALAD

GARLIC & OYSTER
CHICKEN
YELLOW MEE
SERVED with
SALAD

VEGETARIAN
PIZZA
with
SALAD

ROASTED PUMPKIN
served
with
BOK CHOY and
CAMELISED ONIONS

VEGETARIAN
BURGER
SERVED with
FRIES
and
SALAD



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday, 17 December, 2018

Tuesday, 18 December, 2018

Wednesday, 19 December, 2018

Thursday, 20 December, 2018

Friday, 21 December, 2018

**MORNING
SNACKS
(PRIMARY)**

Red box for Monday, 17 Dec 2018

Red box for Tuesday, 18 Dec 2018

Red box for Wednesday, 19 Dec 2018

Red box for Thursday, 20 Dec 2018

Red box for Friday, 21 Dec 2018

**MORNING
SNACKS
(SECONDARY)**

Red box for Monday, 17 Dec 2018

Red box for Tuesday, 18 Dec 2018

Red box for Wednesday, 19 Dec 2018

Red box for Thursday, 20 Dec 2018

Red box for Friday, 21 Dec 2018

LUNCH

Red box for Monday, 17 Dec 2018

Red box for Tuesday, 18 Dec 2018

Red box for Wednesday, 19 Dec 2018

Red box for Thursday, 20 Dec 2018

Red box for Friday, 21 Dec 2018

Red box for Monday, 17 Dec 2018

Red box for Tuesday, 18 Dec 2018

Red box for Wednesday, 19 Dec 2018

Red box for Thursday, 20 Dec 2018

Red box for Friday, 21 Dec 2018

Red box for Monday, 17 Dec 2018

Red box for Tuesday, 18 Dec 2018

Red box for Wednesday, 19 Dec 2018

Red box for Thursday, 20 Dec 2018

Red box for Friday, 21 Dec 2018



HELP INTERNATIONAL SCHOOL MENU



Monday, 24 December, 2018

Tuesday, 25 December, 2018

Wednesday, 26 December, 2018

Thursday, 27 December, 2018

Friday, 28 December, 2018

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH