



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



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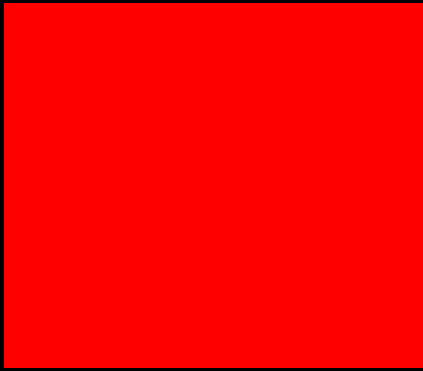
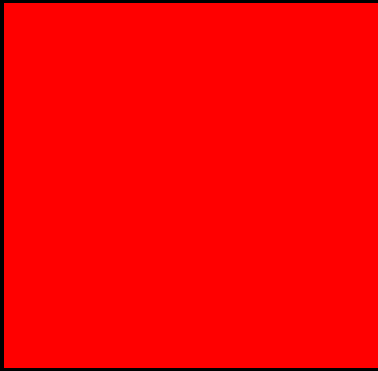
Tuesday, 1 January, 2019

Wednesday, 2 January, 2019

Thursday, 3 January, 2019

Friday, 4 January, 2019

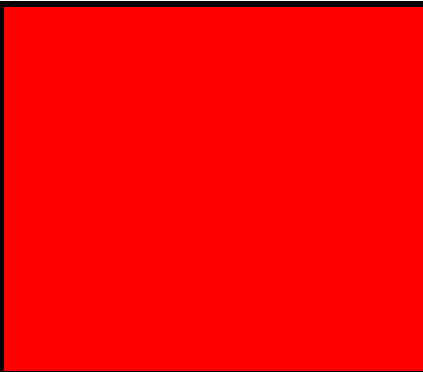
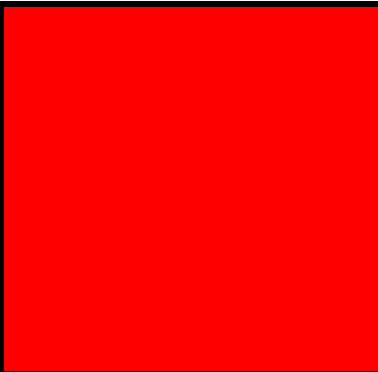
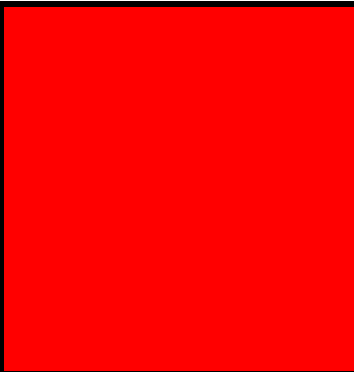
**MORNING  
SNACKS**



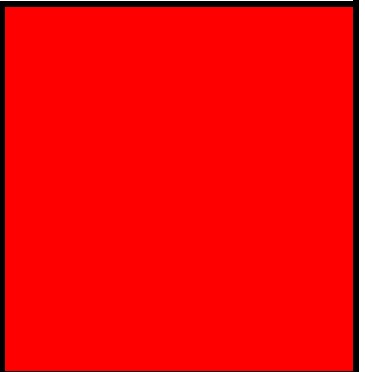
NEW YEAR  
FRIED RICE  
&  
FRUIT

CHEESE  
&  
SAUSAGE  
FRIED RICE  
&  
SALAD

**LUNCH**



MUSHROOM  
CHICKEN  
with  
CARROTS  
and  
PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 7 January, 2019

Tuesday, 8 January, 2019

Wednesday, 9 January, 2019

Thursday, 10 January, 2019

Friday, 11 January, 2019

**MORNING  
SNACKS**

MEE  
HOON  
&  
CUT FRUITS

ENGLISH  
BREAKFAST  
with  
BUN  
&  
CHICKEN HAM

PARATHA  
with  
CURRY  
&  
FRUIT JUICE

CHEESE  
ON  
TOAST  
&  
FRUIT JUICE

CHICKEN  
TORTIGLIONI  
PASTA  
LIGHT SAUCE  
and  
VEGETABLES

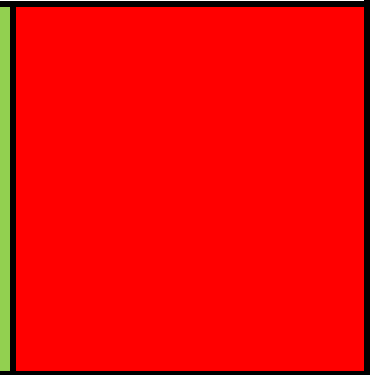
**LUNCH**

BAKED CHICKEN  
RICE  
with  
WHITE SAUCE  
&  
SALAD

ROASTED  
TELAPIA FISH  
with  
TOMATO  
PROVENCAL  
PASTA

ROASTED  
CHICKEN CHOP  
SAUTE  
POTATO, BROCCOLI  
&  
CARROT

OVEN ROASTED  
FISH with LEMON  
HERBS, SPICES  
& LIGHT SAUCE  
served  
with RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 14 January, 2019

Tuesday, 15 January, 2019

Wednesday, 16 January, 2019

Thursday, 17 January, 2019

Friday, 18 January, 2019

**MORNING  
SNACKS**

YOGURT  
with  
CEREALS  
&  
CUT FRUITS

CHEESE  
ON  
TOAST  
with  
FRUIT  
and JUICE

KOREAN  
RICE  
BOWL  
&  
FRUIT

NASI  
LEMAK  
&  
CONDIMENTS

CHICKEN  
BRIYANI  
MUSHROOM  
&  
MIXED VEGETABLES

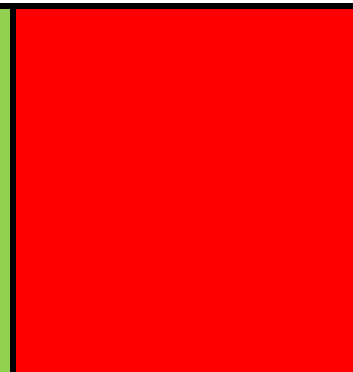
**LUNCH**

MACARONI  
&  
CHEESE

OVEN ROASTED  
FISH with  
BREAD CRUMBS  
served  
with  
RICE

CHICKEN  
PASTA  
with  
ROASTED  
VEGETABLES

MARINATED  
DORY FISH  
with  
PROVENCAL  
VEGETABLE GRATIN





## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday, 21 January, 2019

Tuesday, 22 January, 2019

Wednesday, 23 January, 2019

Thursday, 24 January, 2019

Friday, 25 January, 2019

**MORNING  
SNACKS**

CHICKEN  
PORRIDGE  
&  
CUT  
FRUITS

PARATHA  
with  
CURRY  
&  
FRUIT JUICE

SCRAMBLED EGGS  
BAKED BEANS  
&  
FRUIT JUICE

CHINESE  
MUSHROOMS  
GLUTINOUS  
RICE  
&  
CHICKEN

**LUNCH**

CHICKEN  
SPAGHETTI  
BOLOGNAISE  
with  
SALAD

FISH FILLET  
MUSHROOM  
and TOMATO,  
with  
PASTA  
& CARROT

CHICKEN  
BURGER  
with  
CRINKLE  
CUT  
FRISES



## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday, 28 January, 2019

Tuesday, 29 January, 2019

Wednesday, 30 January, 2019

Thursday, 31 January, 2019

Friday, 1 February, 2019

**MORNING  
SNACKS**

CHINESE  
MEE  
HOON  
&  
CUT FRUIT

LOU MAI KAI  
&  
FRUIT  
JUICE

HAILAM  
NOODLES  
&  
CUT FRUIT

NASI  
LEMAK  
&  
CONDIMENTS

LOTUS  
FRIED  
RICE with  
MUSHROOMS  
&  
CHICKEN

**LUNCH**

MONEY  
BAG  
FAT CHOY  
DUMPLING ,  
BOK CHOY  
&RICE

CHI  
KU  
TEH  
with  
STEAMED  
RICE

PROSPERITY  
CHICKEN  
with  
BROCCOLI  
OYSTER SAUCE  
NOODLES

BRAISED  
MUSHROOM  
CHICKEN  
PAK CHOY  
CAULIFLOWER  
& GARLIC RICE

