



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, 31 December, 2018		Tuesday, 1 January, 2019	Wednesday, 2 January, 2019	Thursday, 3 January, 2019	Friday, 4 January, 2019
MORNING SNACKS (PRIMARY)				NEW YEAR FRIED RICE & FRUIT	CHEESE & SAUSAGE FRIED RICE & SALAD
MORNING SNACKS (SECONDARY)				NEW YEAR FRIED RICE & FRUIT	CHEESE & SAUSAGE FRIED RICE & SALAD
LUNCH				<div style="text-align: center; border-bottom: 1px solid black; padding: 5px;">MUSHROOM CHICKEN with CARROTS and PASTA</div> <div style="text-align: center; border-bottom: 1px solid black; padding: 5px;">FISH, FRIED NOODLES with CARROT AND CABBAGE</div> <div style="text-align: center; padding: 5px;">VEGETARIAN FISH NOODLES CARROT & CABBAGE</div>	

	Monday, 7 January, 2019	Tuesday, 8 January, 2019	Wednesday, 9 January, 2019	Thursday, 10 January, 2019	Friday, 11 January, 2019
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	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	
	CHINESE STYLE FISH FRIED NOODLES	GARLIC & OYSTER CHICKEN YELLOW MEE SERVED with SALAD	ASSAM FISH FILLET AND STEAMED RICE	AYAM MASAK MERAH with JELATAH & RICE	
	VEGETARIAN LASAGNA & SALAD	TOMATO STEW with STEAMED POTATO	POTATO, BROCCOLI CAULIFLOWER & CARROT CURRY	MOZZARELLA TOMATOES LETTUCE & CARROT WRAP	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 14 January, 2019	Tuesday, 15 January, 2019	Wednesday, 16 January, 2019	Thursday, 17 January, 2019	Friday, 18 January, 2019
MORNING SNACKS (PRIMARY)	YOGURT with CEREALS & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	KOREAN RICE BOWL & FRUIT	NASI LEMAK & CONDIMENTS	CHICKEN BRIYANI MUSHROOM & MIXED VEGETABLES
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and FRUITS	MEE SIAM & CUT FRUITS	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	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	TERIYAKI CHICKEN with SALAD Served With RICE	FISH FRIED NOODLES with CARROT & CABBAGE	CHANA MASALA FISH with TUMERIC CABBAGE and STEAMED RICE	
	VEGETARIAN SPAGHETTI	ROASTED PUMPKIN BURGER with MIXED SALADS	TOMATO STEW with STEAMED POTATO	WHITE SAUCE VEGETARIAN PIZZA TOMATO and SAUTE VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



		Monday, 21 January, 2019	Tuesday, 22 January, 2019	Wednesday, 23 January, 2019	Thursday, 24 January, 2019	Friday, 25 January, 2019
MORNING SNACKS (PRIMARY)			CHICKEN PORRIDGE & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	CHINESE MUSHROOMS GLUTINOUS RICE & CHICKEN
	MORNING SNACKS (SECONDARY)		CHICKEN PORRIDGE & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS SAUSAGES & 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 FRISE	
			IKAN MASAK LEMAK with RICE	MONGOLIAN BEEF with BROCCOLI OYSTER SAUCE & RICE	TANDORI FISH with CUCUMBER RAITA & RICE	
			VEGETARIAN CHICKEN LADY FINGER CURRY & RICE	VEGETARIAN TOMATO SAUCE PASTA & ZUCCHINI	EGGPLANT BURGER CRINKLE CUT FRISES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 28 January, 2019	Tuesday, 29 January, 2019	Wednesday, 30 January, 2019	Thursday, 31 January, 2019	Friday, 1 February, 2019
MORNING SNACKS (PRIMARY)	CHINESE MEE HOON & CUT FRUIT	LOU MAI KAI & FRUIT JUICE	HAILAM NOODLES & CUT FRUIT	NASI LEMAK & CONDIMENTS	LOTUS FRIED RICE with MUSHROOMS & CHICKEN
MORNING SNACKS (SECONDARY)	CHINESE MEE HOON & CUT FRUIT	LOU MAI KAI & FRUIT JUICE	HAILAM NOODLES & CUT FRUIT	NASI LEMAK & CONDIMENTS	LOTUS FRIED RICE with MUSHROOMS & CHICKEN
LUNCH	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE with PILAF RICE	FISH SHEPHERD PIE WITH ROASTED VEGETABLES	BAKED FISH CURRY WITH MUSHROOM RICE	
	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	
	MONEY BAG FAT CHOY VEGETARIAN DUMPLING BOK CHOY & RICE	VEGETARIAN CHICKEN ALIO OLIO PASTA	PROSPERITY VEGETARIAN CHICKEN with BROCCOLI, VEGETARIAN SAUCE NOODLES	BRAISED MUSHROOM FISH PAK CHOY CAULIFLOWER & GARLIC RICE	