



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

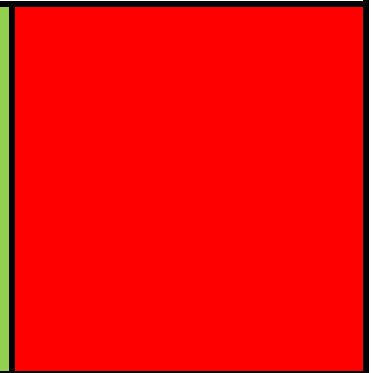
LUNCH

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





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 4 February, 2019

Tuesday, 5 February, 2019

Wednesday, 6 February, 2019

Thursday, 7 February, 2019

Friday, 8 February, 2019

MORNING SNACKS

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 11 February, 2019

Tuesday, 12 February, 2019

Wednesday, 13 February, 2019

Thursday, 14 February, 2019

Friday, 15 February, 2019

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

CHEESE
ON
TOAST
with
FRUIT
and JUICE

NASI
LEMAK
&
CONDIMENTS

YOGURT
&
CUT FRUITS

FISH
&
CHIPS
MIX
SALAD

LUNCH

CAJUN CHICKEN
TORTIGLONI
PASTA
LIGHT SAUCE
and
VEGETABLES

MARINATED
DORY FISH
with
PROVENCAL
VEGETABLE GRATIN

MACCARONI
&
CHEESE

CARROT DAY
ROASTED
CHICKEN CHOP
POTATO, BROCCOLI
&
CARROT

	Monday, 18 February, 2019	Tuesday, 19 February, 2019	Wednesday, 20 February, 2019	Thursday, 21 February, 2019	Friday, 22 February, 2019
MORNING SNACKS	<p>SINGAPORE MEE HOON & CUT FRUITS</p>	<p>PARATHA with CURRY & FRUIT JUICE</p>	<p>KOREAN RICE BOWL & FRUIT</p>	<p>VEGETARIAN GLUTINOUS RICE & FRUITS JUICE</p>	<p>BAKED CHICKEN RICE with WHITE SAUCE MIX VEGETABLES & SALAD</p>
LUNCH	<p>ROASTED CHICKEN CHOP & MASHED POTATO with SAUCE</p>	<p>SEARED FISH with PROVENCAL PASTA TOMATO</p>	<p>SAUTE CHICKEN PASTA & ROASTED VEGETABLES</p>	<p>FISH BURGER & FRENCH FRIES with SALAD</p>	

	Monday, 25 February, 2019	Tuesday, 26 February, 2019	Wednesday, 27 February, 2019	Thursday, 28 February, 2019	Friday, 1 March, 2019
MORNING SNACKS	CEREAL WITH MILK & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHINESE GLUTINOUS RICE MUSHROOMS & CHICKEN
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	TILAPIA FISH TANDORI ACAR RAMPAI & RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE MUSHROOM & VALENCIENNE RICE	