



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, 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
	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	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 4 February, 2019

Tuesday, 5 February, 2019

Wednesday, 6 February, 2019

Thursday, 7 February, 2019

Friday, 8 February, 2019

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 11 February, 2019	Tuesday, 12 February, 2019	Wednesday, 13 February, 2019	Thursday, 14 February, 2019	Friday, 15 February, 2019
MORNING SNACKS (PRIMARY)	CEREAL WITH MILK & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	YOGURT & CUT FRUITS	FISH & CHIPS with MIX SALAD
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	FRIED YEE MEE with CHICKEN & FRUITS	FISH & CHIPS with MIX SALAD

LUNCH	CAJUN CHICKEN TORTIGLONI PASTA with LIGHT SAUCE and VEGETABLES	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	MACCARONI & CHEESE	CARROT DAY ROASTED CHICKEN CHOP POTATO, BROCCOLI & CARROT	
	TERIYAKI FISH SHREDDED VEGETABLES & RICE	KUNG POW CHICKEN & GARLIC PAK CHOI	KOREAN STYLE CHICKEN with GARLIC FRIE DRICE & KIMCHI	CARROT DAY CHANA MASALA FISH TUMERIC CABBAGE CARROT RICE	
	TOMATO STEW with STEAMED POTATO & RICE	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	TOMATO STEW with STEAMED POTATO	CARROT DAY VEGETARIAN SPAGHETTI & CARROT	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 18 February, 2019	Tuesday, 19 February, 2019	Wednesday, 20 February, 2019	Thursday, 21 February, 2019	Friday, 22 February, 2019
MORNING SNACKS (PRIMARY)	SINGAPORE MEE HOON & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	KOREAN RICE BOWL & FRUIT	VEGETARIAN GLUTINOUS RICE & FRUITS JUICE	BAKED CHICKEN RICE with WHITE SAUCE MIX VEGETABLES & SALAD
MORNING SNACKS (SECONDARY)	SINGAPORE MEE HOON & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	KOREAN RICE BOWL & FRUIT	VEGETARIAN GLUTINOUS RICE & FRUITS JUICE	BAKED CHICKEN RICE with WHITE SAUCE MIX VEGETABLES & SALAD
LUNCH	ROASTED CHICKEN CHOP & MASHED POTATO with SAUCE	SEARED FISH with PROVENCAL PASTA TOMATO	SAUTE CHICKEN PASTA & ROASTED VEGETABLES	FISH BURGER & FRENCH FRIES with SALAD	
	THAI LIME FISH & LONG BEAN CORIANDER RICE	DALCA CURRY CHICKEN with LONG BEAN CAULIFLOWER & RICE	TANDOORI FISH with SHREDDED VEGETABLES & RICE	LAMB VARUVAL WITH BRINJAL & BRYANI RICE	
	VEGETARIAN SPAGHETTI & SALAD	SWEET & SOUR BROCCOLI with CAULIFLOWER & RICE	CREAMY VEGETARIAN PIZZA & SALAD	EGGPLANT BURGER & FRENCH FRIES with SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 25 February, 2019

Tuesday, 26 February, 2019

Wednesday, 27 February, 2019

Thursday, 28 February, 2019

Friday, 1 March, 2019

**MORNING
SNACKS
(PRIMARY)**

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

**MORNING
SNACKS
(SECONDARY)**

TOM YAM
FRIED RICE
&
CUT FRUITS

CHAR KOI
PORRIDGE
with
CUT
FRUITS

SCRAMBLED EGGS
BAKED BEANS
SAUSAGES
&
FRUIT JUICE

NASI
LEMAK
&
CONDIMENTS

CHINESE
GLUTINOUS
RICE
MUSHROOMS
&
CHICKEN

LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

BRAISED
BEEF
ESTOUFFADE
&
POTATO
GRATIN

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
BLANQUETTE
MUSHROOM
&
VALENCIENNE
RICE

BRAISED
SOY
CHICKEN,
OKRA
CARROT
& RICE

TILAPIA FISH
TANDORI
ACAR RAMPAI
&
RICE

AYAM
GORENG
BEREMPAH
&
ULAM
RICE

IKAN
THREE
FLAVOR ,
SAMBAL
BELACHAN
FRIED RICE

RATATOUILLE
SERVED
with
RICE
&
SALAD

VEGETARIAN
KEBAB
&
RICE

AGLIO
PASTA
with

ROASTED
VEGETABLES

VEGETARIAN
FRIED RICE