



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 25 February, 2019	Tuesday, 26 February, 2019	Wednesday, 27 February, 2019	Thursday, 28 February, 2019	Friday, 1 March, 2019
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL WITH MILK & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	SCRAMBLED EGGS, BAKED BEANS & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHINESE GLUTINOUS RICE with MUSHROOMS & CHICKEN
<b>MORNING SNACKS (SECONDARY)</b>	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 with MUSHROOMS & CHICKEN
<b>LUNCH</b>	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	IKAN CURRY with SAMBAL BELACHAN FRIED RICE	AYAM GORENG BEREMPAH & ULAM RICE	TILAPIA FISH TANDORI ACAR RAMPAI & RICE	
	RATATOUILLE SERVED with RICE & SALAD	VEGETARIAN KEBAB & RICE	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN FRIED RICE	

	Monday, 4 March, 2019	Tuesday, 5 March, 2019	Wednesday, 6 March, 2019	Thursday, 7 March, 2019	Friday, 8 March, 2019
<b>MORNING SNACKS (PRIMARY)</b>	HAM & CHEESE ON TOAST & FRUIT JUICE	FRIED TOM YAM RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	VEGETARIAN GLUTINOUS RICE & FRUITS JUICE	FISH SHEPHERD PIE & MIX SALAD
<b>MORNING SNACKS (SECONDARY)</b>	HAM & CHEESE ON TOAST & FRUIT JUICE	FRIED GREEN TEA RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	VEGETARIAN GLUTINOUS RICE & FRUITS JUICE	FISH SHEPHERD PIE & MIX SALAD
<b>LUNCH</b>	POACHED FISH with CUCUMBER TOMATO CONCASSEE & RICE	CHICKEN PIZZA & ASSORTED SALAD	SEARED FISH with TOMATO SAUCE & PASTA	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	
	AYAM BEREMPAH NASI MINYAK	THAI LIME FISH & LONG BEAN CORIANDER RICE	KOREAN STYLE CHICKEN with GARLIC FRIED DRICE & KIMCHI	FISH BURGER & FRENCH FRIES with SALAD	
	MOZZARELLA TOMATOES LETTUCE & CARROT WRAP	VEGETARIAN PIZZA & ASSORTED SALAD	DRY ALOO GOBI SERVED with RICE	EGGPLANT BURGER & FRENCH FRIES with SALAD	



**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



	Monday, 11 March, 2019	Tuesday, 12 March, 2019	Wednesday, 13 March, 2019	Thursday, 14 March, 2019	Friday, 15 March, 2019
<b>MORNING SNACKS (PRIMARY)</b>	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	
<b>MORNING SNACKS (SECONDARY)</b>	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	

<b>LUNCH</b>	EGGPLANT DAY BEEF MOUSSAKA & SALAD	MUSHROOM CHICKEN with CARROTS and POTATO GRATIN	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM RICE & TOMATO	
	EGGPLANT DAY AYAM PERCIK PAJERI BRINJAL & SAUCE	STEAMED FISH, ASAM BOI, LONG CABBAGE & RICE	HAINANESE CHICKEN RICE & RICE	LAMB BRIYANI MIXED VEGETABLES	
	BRINJAL ALOO GOBI & RICE	VEGETARIAN STUFFED CABBAGE & RICE	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	VEGETABLE PUFF served with MIX SALAD	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday, 18 March, 2019	Tuesday, 19 March, 2019	Wednesday, 20 March, 2019	Thursday, 21 March, 2019	Friday, 22 March, 2019
<b>MORNING SNACKS (PRIMARY)</b>	TOM YAM NOODLES & CUT FRUITS	KERABU FRIED RICE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUIT	FISH & CHIPS MIX SALAD
<b>MORNING SNACKS (SECONDARY)</b>	TOM YAM NOODLES & CUT FRUITS	KERABU FRIED RICE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUIT	FISH & CHIPS MIX SALAD
<b>LUNCH</b>	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	BRAISED BEEF ESTOUFFADE & MASHED POTATO	FISH BLANQUETTE with MUSHROOM & RICE VALENCIENNE	
	GINGER FISH with BOK CHOY & NOODLES	CHICKEN TERIYAKI with SEAWEED FRIED RICE	DALCA CURRY CHICKEN with LONG BEAN CAULIFLOWER & RICE	BRAISED SOY CHICKEN, OKRA CARROT & RICE	
	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNE served with SALAD	ROASTED VEGETABLES served with BOK CHOY and CAMELISED ONIONS	TOMATO STEW with STEAMED POTATO & RICE	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday, 25 March, 2019	Tuesday, 26 March, 2019	Wednesday, 27 March, 2019	Thursday, 28 March, 2019	Friday, 29 March, 2019
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL WITH MILK & CUT FRUITS	CHAR KOI PORRIDGE with & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
<b>MORNING SNACKS (SECONDARY)</b>	TOM YAM FRIED RICE & CUT FRUITS	CHAR KOI PORRIDGE with & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS SAUSAGES & FRUIT JUICE	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
<b>LUNCH</b>	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE with MUSHROOM & PASTA	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	
	IKAN THREE FLAVOR, & SAMBAL BELACHAN FRIED RICE	AYAM GORENG BEREMPAH & ULAM RICE	TERIYAKI FISH SHREDDED VEGETABLES & RICE	LEMON CHICKEN KAI LAN & WHITE RICE	
	RATATOUILLE SERVED with RICE & SALAD	TOMATO STEW with STEAMED POTATO & RICE	AGLIO PASTA ROASTED VEGETABLES	VEGETARIAN FRIED RICE	