



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

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

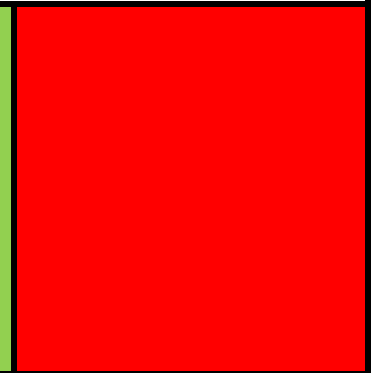
LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

ROASTED
CHICKEN
with
SALAD
&
POTATO
GRATIN

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
BLANQUETTE
MUSHROOM
&
VALENCIENNE
RICE



Monday, 4 March, 2019

Tuesday, 5 March, 2019

Wednesday, 6 March, 2019

Thursday, 7 March, 2019

Friday, 8 March, 2019

**MORNING
SNACKS**

HAM & CHEESE
ON
TOAST
&
FRUIT JUICE

FRIED
TOM YAM
RICE
&
CUT FRUITS

PARATHA
with
CURRY
&
CUT FRUITS

VEGETARIAN
GLUTINOUS RICE
&
FRUIT JUICE

FISH
SHEPHERD
PIE
&
MIX
SALAD

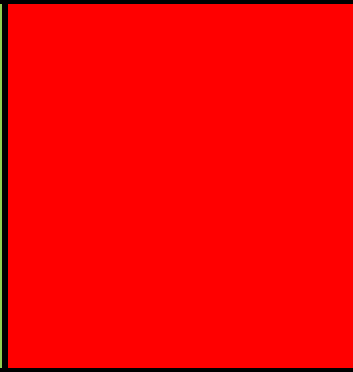
LUNCH

POACHED
FISH with
CUCUMBER
TOMATO CONCASSEE
&
RICE

CHICKEN
PIZZA
&
ASSORTED
SALAD

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

MUSHROOM
CHICKEN
with
CARROTS
and
POTATO GRATIN



Monday, 11 March, 2019

Tuesday, 12 March, 2019

Wednesday, 13 March, 2019

Thursday, 14 March, 2019

Friday, 15 March, 2019

**MORNING
SNACKS**

YOGURT
&
CUT FRUITS

CHEESE
ON
TOAST
with
FRUIT
and JUICE

NASI
LEMAK
&
CONDIMENTS

SAMBAL
FRIED
NOODLES
&
CUT FRUITS

LUNCH

EGGPLANT DAY
AYAM PERCIK
PAJERI
BRINJAL
&
SAUCE

MUSHROOM
CHICKEN
with
CARROTS
and
POTATO GRATIN

CHICKEN
SPAGHETTI BOLOGNAISE
with
SALAD

ROASTED
FISH
with
MUSHROOM RICE
&
TOMATO

Monday, 18 March, 2019

Tuesday, 19 March, 2019

Wednesday, 20 March, 2019

Thursday, 21 March, 2019

Friday, 22 March, 2019

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

KERABU
FRIED
RICE
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

KOREAN
RICE
BOWL
&
CUT FRUIT

FISH
&
CHIPS
MIX
SALAD

LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

DALCA CURRY
CHICKEN
with
LONG BEAN
CAULIFLOWER
& RICE

FISH
BLANQUETTE
MUSHROOM
&
RICE
VALENCIENNE



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 25 March, 2019

Tuesday, 26 March, 2019

Wednesday, 27 March, 2019

Thursday, 28 March, 2019

Friday, 29 March, 2019

**MORNING
SNACKS**

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

LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

FISH FILLET,
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
BLANQUETTE,
MUSHROOM
&
PASTA

FISH FILLET,
MUSHROOM,
and TOMATO
with
FETTUCINE
and CARROT

