



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 1 April, 2019

Tuesday, 2 April, 2019

Wednesday, 3 April, 2019

Thursday, 4 April, 2019

Friday, 5 April, 2019

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

CHEESE
ON
TOAST
with
FRUIT
JUICE

PARATHA
with
CURRY
&
FRUIT

KAYA
TOAST
&
CUT FRUITS

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

LUNCH

JUMBO SAUSAGE
SAUERKRAUT
WITH
MASH POTATO

FISH BURGER
WITH
FRIES
& SALAD

ROASTED FISH
WITH
PASTA
&
MIXED VEGETABLES

CHICKEN BLANQUETTE
WITH
ROASTED VEGETABLE



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HELP INTERNATIONAL SCHOOL

Monday, 8 April, 2019

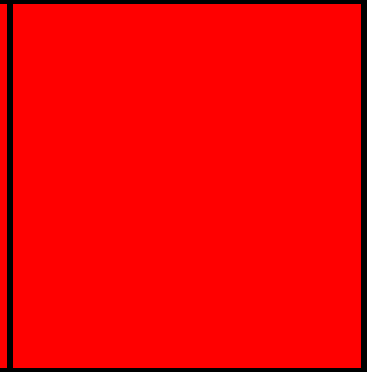
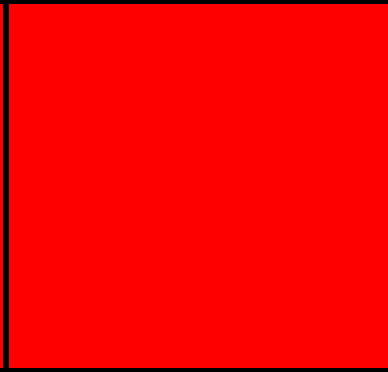
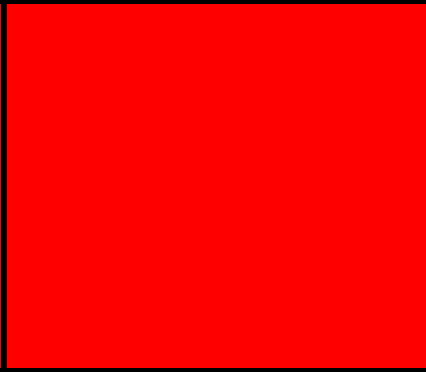
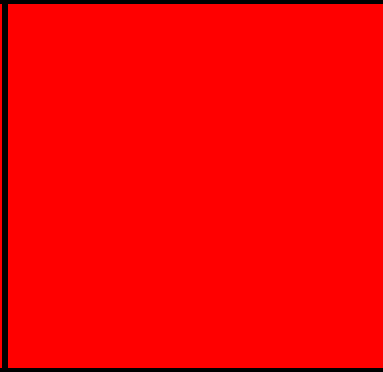
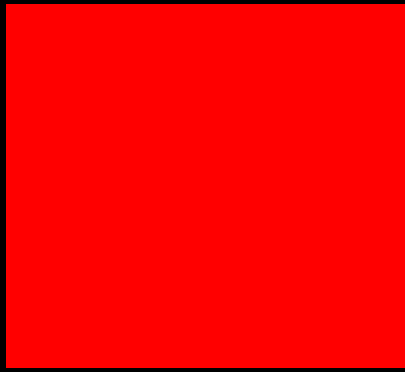
Tuesday, 9 April, 2019

Wednesday, 10 April, 2019

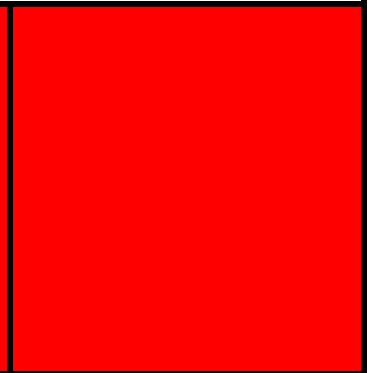
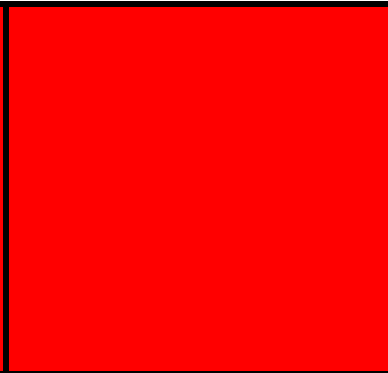
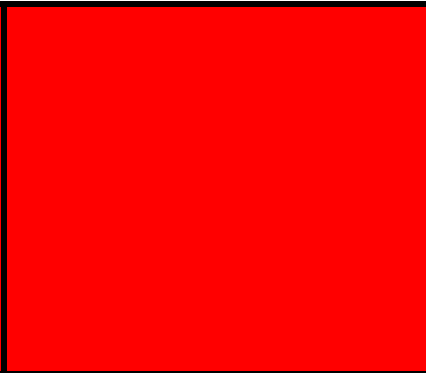
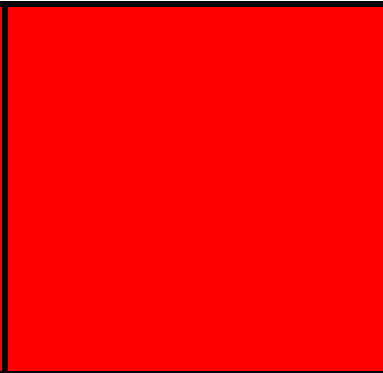
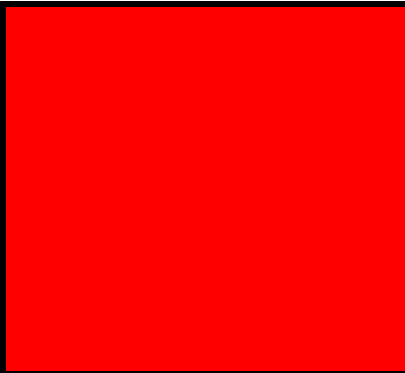
Thursday, 11 April, 2019

Friday, 12 April, 2019

MORNING SNACKS



LUNCH





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HELP
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SCHOOL

Monday, 15 April, 2019

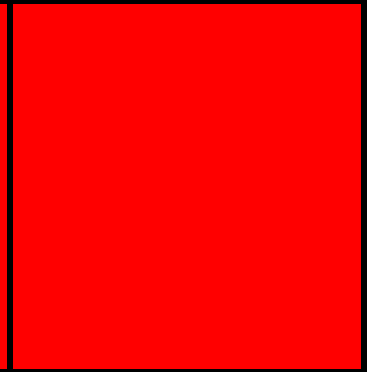
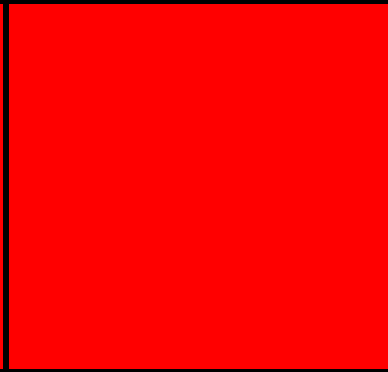
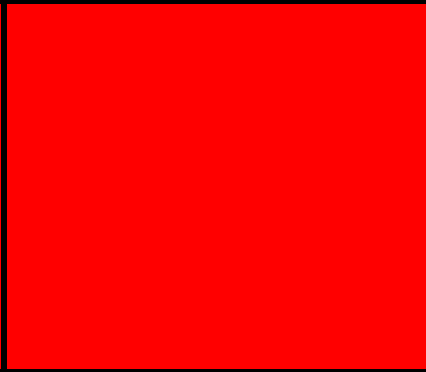
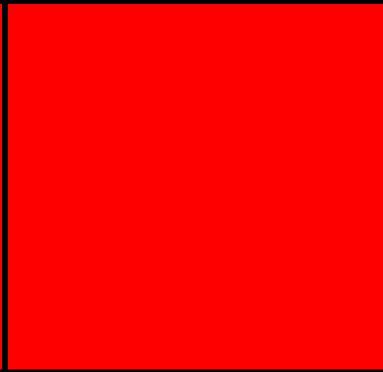
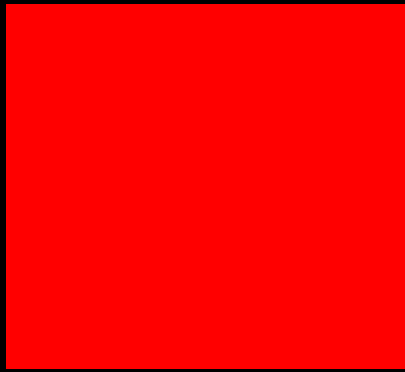
Tuesday, 16 April, 2019

Wednesday, 17 April, 2019

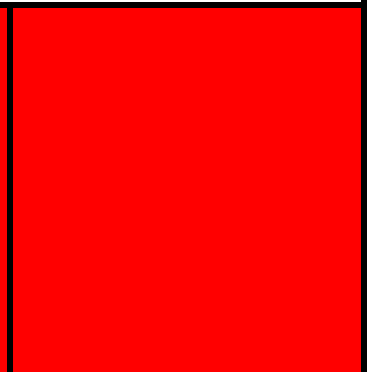
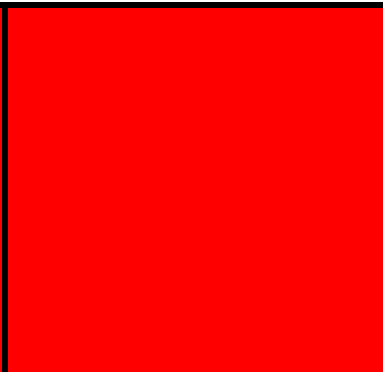
Thursday, 18 April, 2019

Friday, 19 April, 2019

**MORNING
SNACKS**



LUNCH



Monday, 22 April, 2019

Tuesday, 23 April, 2019

Wednesday, 24 April, 2019

Thursday, 25 April, 2019

Friday, 26 April, 2019

**MORNING
SNACKS**

YOGHURT
WITH
JAM
&
CUT FRUITS

PORRIDGE
&
YOU TIAO

NASI
LEMAK
&
CONDIMENTS

STIR FRY
BEE HOON
&
CUT FRUITS

MACCARONI
&
CHEESE

LUNCH

CHICKEN
STROGANOFF
with
PASTA

FISH
BROCCOLI & CARROT
with
PILAF RICE

CHICKEN
LASAGNA
SERVED
WITH
SALAD

STEAM FISH
RATATOUILLE
WITH
RICE



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 29 April, 2019

Tuesday, 30 April, 2019

Wednesday, 1 May, 2019

Thursday, 2 May, 2019

Friday, 3 May, 2019

**MORNING
SNACKS**

SAMBAL
FRIED
NOODLES
&
CUT FRUITS

NASI
LEMAK
&
CONDIMENTS

PARATHA
with
CURRY
&
FRUIT

CHICKEN
TORTIGLONI
with
LIGHT SAUCE
and
VEGETABLES

LUNCH

ROASTED
CHICKEN GREMOLATA
AGLIO OLIO
PASTA

CHICKEN
SHEPHERD PIE
&
SALAD

SEARED
FISH
with
TOMATO SAUCE
&
PASTA