



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, 1 April, 2019		Tuesday, 2 April, 2019	Wednesday, 3 April, 2019	Thursday, 4 April, 2019	Friday, 5 April, 2019
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CEREAL WITH MILK & CUT FRUITS	MEE SIAM & CUT FRUITS	PARATHA with CURRY & FRUIT	TOM YAM FRIED RICE & CUT FRUITS	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH	JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO	EASTER SPECIAL LAMB TAGINE with COUSCOUS with GARNISH	ROASTED FISH WITH PASTA & MIXED VEGETABLES	CHICKEN BLANQUETTE WITH ROASTED VEGETABLE	
CHANA MASALA FISH WITH RICE & VEGETABLE	FISH BURGER WITH FRIES & SALAD	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	ASSAM POACHED FISH with RICE AND SEASONAL VEGETABLES		
VEGETARIAN CHANA MASALA WITH RICE	VEGETARIAN BURGER WITH FRIES & SALAD	VEGETARIAN FRIED RICE	VEGETARIAN PESTO PASTA and SALAD		



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 8 April, 2019

Tuesday, 9 April, 2019

Wednesday, 10 April, 2019

Thursday, 11 April, 2019

Friday, 12 April, 2019

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 15 April, 2019

Tuesday, 16 April, 2019

Wednesday, 17 April, 2019

Thursday, 18 April, 2019

Friday, 19 April, 2019

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 22 April, 2019	Tuesday, 23 April, 2019	Wednesday, 24 April, 2019	Thursday, 25 April, 2019	Friday, 26 April, 2019
MORNING SNACKS (PRIMARY)	YOGHURT WITH JAM & CUT FRUITS	PORRIDGE & YOU TIAO	NASI LEMAK & CONDIMENTS	STIR FRY BEE HOON & CUT FRUITS	MACCARONI & CHEESE
MORNING SNACKS (SECONDARY)	TOM YAM NOODLES & 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	
	SWEET & SOUR FISH OYSTER KAILAN with RICE	CHICKEN RENDANG WITH RICE & RAITA	STEAM FISH WITH LIGHT SOY SEASONING STIR FRY BOK CHOY & RICE	ROASTED CHICKEN WITH SPICES OKRA CARROT & NOODLE	
	SWEET & SOUR VEGETARIAN FISH & RICE	VEGETARIAN ALO GOBI served with RICE	VEGETARIAN LASAGNE served with SALAD	RATATOUILLE SERVED 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 (PRIMARY)	SAMBAL FRIED NOODLES & CUT FRUITS	NASI LEMAK & CONDIMENTS		PARATHA with CURRY & FRUIT	CHICKEN TORTIGLONI with LIGHT SAUCE and VEGETABLES
MORNING SNACKS (SECONDARY)	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	
	STEAM FISH WITH GREEN CURRY SAUCE & KAMPUNG FRIED RICE	KOREAN STYLE CHICKEN with GARLIC FRIED DRICE & KIMCHI		HAINANESE CHICKEN RICE WITH CONDIMENTS	
	VEGETARIAN GREMOLATA PASTA	VEGETARIAN SHEPHERD PIE & SALAD		VEGETARIAN FISH TOMATO SAUCE & PASTA	