



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, 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	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 06 May

Tuesday 07 May

Wednesday 08 May

Thursday 09 May

Friday 10 May

MORNING SNACKS (PRIMARY)

FRIED NOODLE & FRUITS

NASI LEMAK

KAYA TOAST & CUT FRUITS

KUEY TEOW & CUT FRUITS

MACARONI & CHEESE

MORNING SNACKS (SECONDARY)

FRIED NOODLE & FRUITS

NASI LEMAK & CHICKEN

MEE SIAM CHICKEN & CUT FRUITS

KUEY TEOW WITH CHICKEN & CUT FRUITS

MACARONI & CHEESE

LUNCH

LEMON CRUST FISH with AGLIO OLIO PASTA

CHICKEN PIZZA with SALAD

FISH SPAGHETTI CONCASSEE & STEAM VEGETABLES

ROASTED CHICKEN WITH CHIPS & SALAD

KURMA CHICKEN WITH RICE

SEAR FISH with SALTED BLACK BEAN & RICE

SPICES FRIED CHICKEN with ULAM RICE

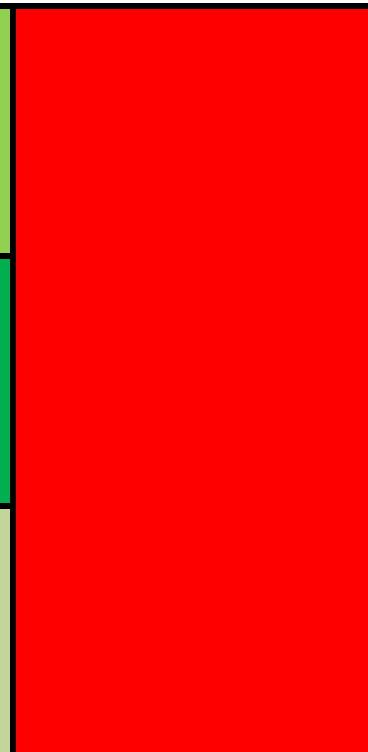
WOK FRIED GINGER BEEF with RICE

TOMATO PROVENCAL with PASTA

VEGETARIAN PIZZA WITH SALAD

TOMATO STEW with POTATO & CAULIFLOWER

VEGETARIAN SKEWER served with CHIPS & SALAD





HELP INTERNATIONAL SCHOOL MENU



	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
MORNING SNACKS (PRIMARY)	CHAR KOI with PORRIDGE & FRUIT JUICE	TOAST with JAM & FRUIT JUICE	SCRAMBLED EGGS, BAKED BEANS WITH SAUSAGE & FRUIT JUICE	PARATHA with CURRY & FRUIT	STEAMED LOTUS RICE WITH CHICKEN & VEGE
MORNING SNACKS (SECONDARY)	CHAR KOI with PORRIDGE & FRUIT JUICE	FRIED RICE KAMPUNG with CHICKEN & FRUIT JUICE	SCRAMBLED EGGS, BAKED BEANS WITH SAUSAGE & FRUIT JUICE	PARATHA with CHICKEN CURRY & FRUIT	STEAMED LOTUS RICE WITH CHICKEN & VEGE
LUNCH	BARBECUE FISH with SAUTÉ VEGETABLES and PILAR RICE	CHICKEN BOLOGNAISE WITH PASTA & SALAD	CABBAGE DAY ROASTED FISH WITH SPRING DHALL & CABBAGE	ROAST CHICKEN CHOP, CARROTS & ROASTED POTATO	
	LIGHT CURRY CHICKEN with POTATO & RICE	FISH TIKKA MASALA WITH STEAM RICE & EGGPLANT	CABBAGE DAY KOREAN STYLE CHICKEN WITH GARLIC FRIEDRICE & KIMCHI	IKAN BERLADA with WHITE RICE and SAUTE VEGE	
	VEGETARIAN ALOO GOBI with RICE	VEGETARIAN MASALA & RICE	CABBAGE DAY CABBAGE & MIXED VEGETABLE FRIED RICE	ROASTED VEGE & POTATO	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 20 May

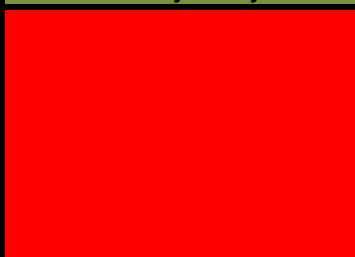
Tuesday 21 May

Wednesday 22 May

Thursday 23 May

Friday 24 May

**MORNING
SNACKS
(PRIMARY)**



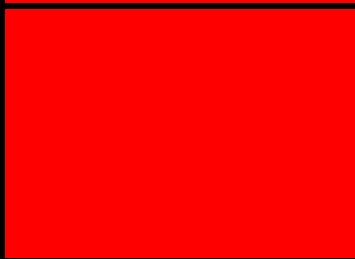
BUBUR
LAMBUK
WITH
CHICKEN



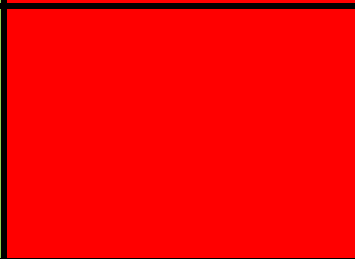
KERABU
FRIED
RICE
&
FRUIT JUICE

BREADCRUMB
TUNA
PASTA
with
SALAD

**MORNING
SNACKS
(SECONDARY)**



BUBUR
LAMBUK
WITH
CHICKEN



KERABU
FRIED
RICE
&
FRUIT JUICE

BREADCRUMB
TUNA
PASTA
with
SALAD

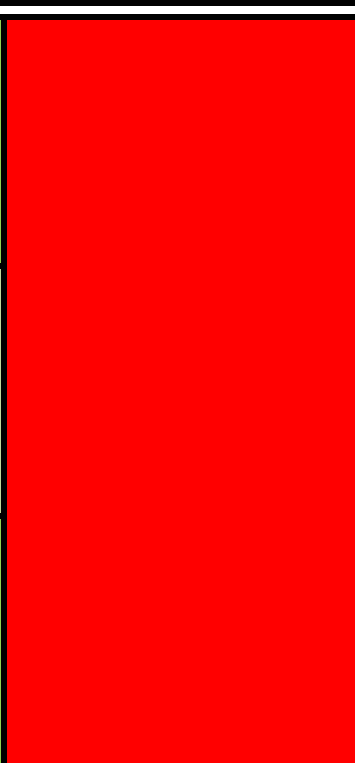
LUNCH



FISH
CARBONARA
with
LIGHT
SAUCE
PASTA

MALAY STYLE
CHICKEN RICE
WITH
CONDIMENTS

CREAMY PASTA
SPINACH
with
LEMON
BREADCRUMBS



ROASTED FISH
PASTA
&
STEAM VEGETABLE

AYAM
MASAK MERAH
WITH
ACAR
NASI TOMATO

STEAM VEGETABLES
with
PASTA





HELP INTERNATIONAL SCHOOL MENU



	Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
MORNING SNACKS (PRIMARY)	KAYA TOAST & CUT FRUITS	TOM YAM NOODLES & CUT FRUITS	NASI LEMAK & CHICKEN	KOREAN RICE BOWL & CUT FRUIT	FISH & CHIPS with MIX SALAD
MORNING SNACKS (SECONDARY)	MEE SIAM CHICKEN & CUT FRUITS	TOM YAM NOODLES & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	KOREAN RICE BOWL & CUT FRUIT	FISH & CHIPS with MIX SALAD
LUNCH	JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO	BRAISED BEEF ESTOUFFADE & MASHED POTATO	CHICKEN BASQUAISE WITH POTATO AU GRATIN	ROASTED FISH PASTA & STEAM VEGETABLE	
	FRIED FISH WITH EGG DROP YEE MEE	DALCA CHICKEN with LONG BEANS, CAULIFLOWER & RICE	GINGER SCALLION FISH WITH RICE	AYAM MASAK MERAH WITH ACAR NASI TOMATO	
	VEGETARIAN CANTONESE YEE MEE	ROASTED VEGETABLES served with BOK CHOY and CAMELISED ONIONS	VEGETARIAN GINGER SCALION FISH with RICE	STEAM VEGETABLES with PASTA	