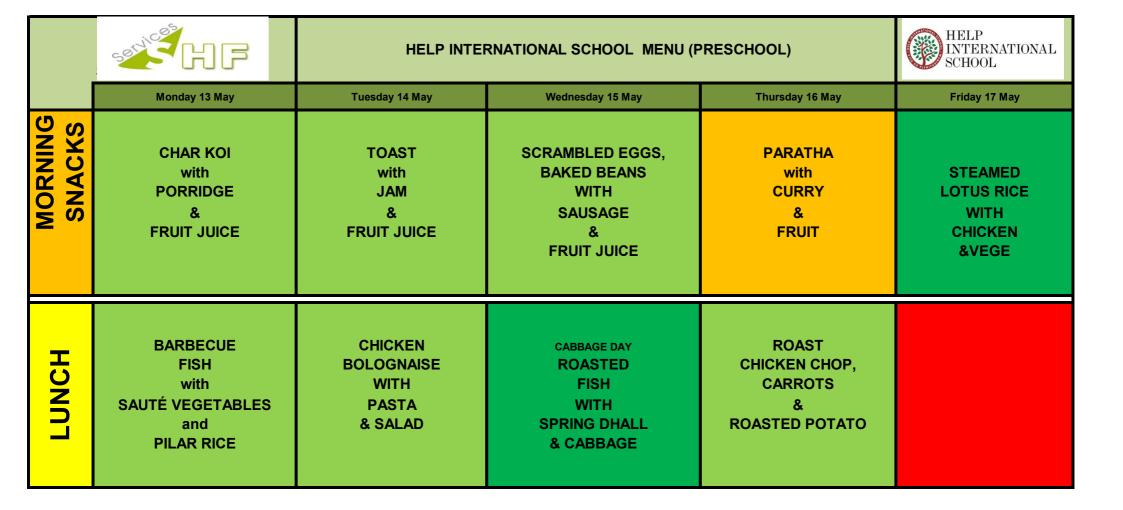
| | Services HF | HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL) | | | HELP INTERNATIONAL SCHOOL |
|-------------------|---|--|------------------------|--|---|
| | Monday, 29 April, 2019 | Tuesday, 30 April, 2019 | Wednesday, 1 May, 2019 | Thursday, 2 May, 2019 | Friday, 3 May, 2019 |
| MORNING SNACKS | 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 | |



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



| | Monday 06 May | Tuesday 07 May | Wednesday 08 May | Thursday 09 May | Friday 10 May |
|-------------------|--|--------------------------------|--|--|-------------------------|
| MORNING SNACKS | FRIED NOODLE & FRUITS | NASI LEMAK | KAYA TOAST & CUT FRUITS | KUEY TEOW & CUT FRUITS | MACARONI & CHEESE |
| LUNCH | LEMON CRUST FISH with AGLIO OLIO PASTA | CHICKEN PIZZA with SALAD | FISH SPAGHETTI CONCASE & STEAM VEGETABLE | ROASTED CHICKEN WITH CHIPS & SALAD | |



| | Services HF | HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL) | | | HELP INTERNATIONAL SCHOOL |
|-------------------|---------------|--|------------------|---|--|
| | Monday 20 May | Tuesday 21 May | Wednesday 22 May | Thursday 23 May | Friday 24 May |
| MORNING SNACKS | | BUBUR LAMBUK WITH CHICKEN | | KERABU FRIED RICE & FRUIT JUICE | BREADCRUMB TUNA PASTA with SALAD |
| LUNCH | | FISH CARBONARA with LIGHT SAUCE PASTA | | ROASTED FISH PASTA & STEAM VEGETABLE | |

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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



| | Monday 27 May | Tuesday 28 May | Wednesday 29 May | Thursday 30 May | Friday 31 May |
|-------------------|--|--|---|---|------------------------------------|
| MORNING SNACKS | KAYA TOAST & CUT FRUITS | TOM YAM NOODLES & CUT FRUITS | NASI LEMAK & CHICKEN | KOREAN RICE BOWL & CUT FRUIT | FISH & CHIPS MIX SALAD |
| LUNCH | JUMBO SAUSAGE SAUERKRAUT WITH MASH POTATO | DALCA CHICKEN with LONG BEANS, CAULIFLOWER & RICE | CHICKEN BASQUAISE WITH POTATO AU GRATIN | ROASTED FISH PASTA & STEAM VEGETABLE | |