

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)



HELP
INTERNATIONAL
SCHOOL

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

	Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
MORNING SNACKS	<p>CHAR KOI with PORRIDGE & FRUIT JUICE</p>	<p>TOAST with JAM & FRUIT JUICE</p>	<p>SCRAMBLED EGGS, BAKED BEANS WITH SAUSAGE & FRUIT JUICE</p>	<p>PARATHA with CURRY & FRUIT</p>	<p>STEAMED LOTUS RICE WITH CHICKEN &VEGE</p>
LUNCH	<p>BARBECUE FISH with SAUTÉ VEGETABLES and PILAR RICE</p>	<p>CHICKEN BOLOGNAISE WITH PASTA & SALAD</p>	<p>CABBAGE DAY ROASTED FISH WITH SPRING DHALL & CABBAGE</p>	<p>ROAST CHICKEN CHOP, CARROTS & ROASTED POTATO</p>	



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



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

	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	

