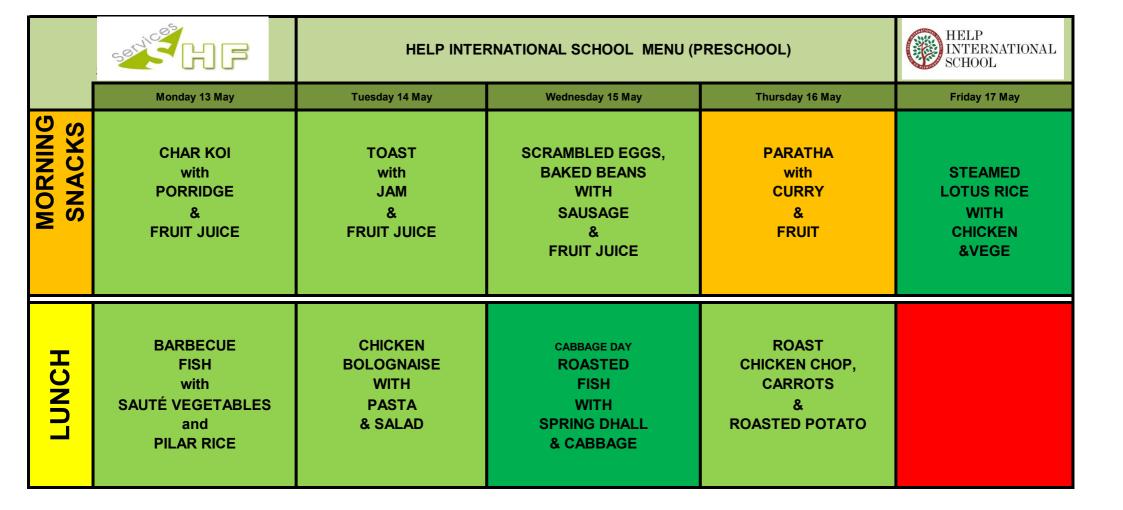
	Services HF	HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)			HELP INTERNATIONAL SCHOOL
	Monday, 29 April, 2019	Tuesday, 30 April, 2019	Wednesday, 1 May, 2019	Thursday, 2 May, 2019	Friday, 3 May, 2019
MORNING SNACKS	SAMBAL FRIED NOODLES & CUT FRUITS	NASI LEMAK & CONDIMENTS		PARATHA with CURRY & FRUIT	CHICKEN 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	