



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 03 June	Tuesday 04 June	Wednesday 05 June	Thursday 06 June	Friday 07 June					
MORNING SNACKS (PRIMARY)											
						MORNING SNACKS (SECONDARY)					
LUNCH											



HELP INTERNATIONAL SCHOOL MENU



	Monday 10 June	Tuesday 11 June	Wednesday 12 June	Thursday 13 June	Friday 14 June
MORNING SNACKS (PRIMARY)	CEREAL with YOGURT & FRUIT	NASI LEMAK & CUT FRUIT	BUBUR LAMBOK & FRUIT	KUEW TEOW & FRUIT JUICE	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
	MORNING SNACKS (SECONDARY)	MEE SIAM with CHICKEN & CUT FRUIT	NASI LEMAK CHICKEN & CUT FRUIT	BUBUR LAMBOK	KUEW TEOW CHICKEN & FRUIT JUICE
LUNCH	ROAST CHICKEN with TOMATO SAUCE & PASTA	FISH BLANQUETTE MUSHROOM & VALENCIENNE RICE	RAMADAN SPECIAL SAMBAL GRILED FISH & STEAMED RICE	ROASTED CHICKEN WITH PASTA & SALAD	
	DEEP FRY SESAME FISH WITH EGG DROP NOODLES	AYAM PERCIK WITH VEGETABLES & CORN RICE	RAMADAN SPECIAL BEEF RENDANG with NASI MINYAK & ACAR	FISH CURRY WITH RICE & VEGETABLES	
	FRIED VEGETARIAN FISH WITH EGG DROP NOODLES	VEGETARIAN CHICKEN PERCIK WITH CORN RICE	RAMADAN SPECIAL LONTONG STEW & NASI IMPIT	VEGETARIAN FISH CURRY WITH RICE	



HELP INTERNATIONAL SCHOOL MENU



	Monday 17 June	Tuesday 18 June	Wednesday 19 June	Thursday 20 June	Friday 21 June
MORNING SNACKS (PRIMARY)	CHEESE ON TOAST & CUT FRUIT	PARATHA with CURRY & CUT FRUIT	SINGAPORE BEE HOON WITH FRUIT JUICE	KAYA TOAST WITH CUT FRUIT	SALMON KADGREE
MORNING SNACKS (SECONDARY)	DRY FRIED NOODLE CHICKEN & CUT FRUIT	PARATHA with CHICKEN CURRY & CUT FRUIT	SINGAPORE BEE HOON WITH FRUIT JUICE	TOM YUM FRIED RICE WITH CUT FRUIT	SALMON KADGREE
LUNCH	ROASTED FISH WITH AGLIO OLIO PASTA	CHICKEN PIZZA WITH SALAD	CHICKEN BLANQUETTE, MUSHROOM & VALENCIENNE RICE	ROAST CHICKEN WITH CHIPS & SALAD	
	AYAM GORENG KUNYIT WITH RICE & SALAD	LAMB BIRYANI WITH BIRYANI RICE & PICKLED VEGETABLES	FISH KAM HEONG WITH STEAMED RICE	BLACK PEPPER FISH WITH STEAMED RICE	
	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN PIZZA WITH SALAD	VEGETARIAN FISH KAM HEONG WITH STEAMED RICE	FRIED NOODLES WITH VEGETARIAN CHICKEN	



HELP INTERNATIONAL SCHOOL MENU



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	Monday 24 June	Tuesday 25 June	Wednesday 26 June	Thursday 27 June	Friday 28 June
MORNING SNACKS (PRIMARY)	CEREAL WITH MILK & CUT FRUIT	KAMPUNG FRIED RICE WITH & CUT FRUIT	PORRIDGE & YOU TIAO	NASI LEMAK & CUT FRUIT	FISH & CHIPS & SALAD
MORNING SNACKS (SECONDARY)	CEREAL WITH MILK & CUT FRUIT	KAMPUNG FRIED RICE WITH & CUT FRUIT	PORRIDGE & YOU TIAO	NASI LEMAK CHICKEN & FRUITS	FISH & CHIPS with SALAD
LUNCH	CHICKEN BASQUAISE POTATO GRATIN & MIXED VEGETABLES	FISH GREMOLATA WITH GARLIC BREAD CRUMB	ROAST CHICKEN PASTA & STEAMED VEGETABLE	FISH BURGER WITH FRIES & SALAD	
	FISH TERIYAKI WITH RICE AND VEGETABLES	CHICKEN TANDORI WITH RICE	CHICKEN RENDANG WITH RICE	CHICKEN MANDI WITH MANDI RICE	
	VEGETABLE WRAP & SALAD	CREAMY PASTA SPINACH & LEMON BREADCRUMBS	LONTONG STEW with NASI IMPIT	VEGETARIAN BURGER WITH FRIES & SALAD	