



# HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 03 June

Tuesday 04 June

Wednesday 05 June

Thursday 06 June

Friday 07 June

**MORNING  
SNACKS**

**LUNCH**



## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 10 June

Tuesday 11 June

Wednesday 12 June

Thursday 13 June

Friday 14 June

**MORNING  
SNACKS**

CEREAL  
with  
YOGURT  
&  
FRUIT

NASI  
LEMAK  
&  
CUT FRUIT

BUBUR  
LAMBOK  
&  
FRUIT

KUEW TEOW  
&  
FRUIT JUICE

CHICKEN CHORIZO  
WITH  
TRIGOLONI PASTA  
&  
SALAD

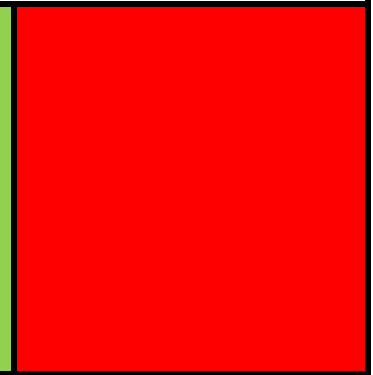
**LUNCH**

ROAST  
CHICKEN  
with  
TOMATO SAUCE  
&  
PASTA

FISH  
BLANQUETTE  
MUSHROOM  
&  
VALENCIENNE  
RICE

RAMADAN SPECIAL  
SPECIAL  
GRILED FISH  
&  
STEAMED RICE

ROASTED  
CHICKEN  
WITH  
PASTA  
&  
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

	Monday 17 June	Tuesday 18 June	Wednesday 19 June	Thursday 20 June	Friday 21 June
MORNING SNACKS	CHEESE ON TOAST & CUT FRUIT	PARATHA with CURRY & CUT FRUIT	SINGAPORE BEE HOON WITH FRUIT JUICE	KAYA TOAST 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	

	Monday 24 June	Tuesday 25 June	Wednesday 26 June	Thursday 27 June	Friday 28 June
MORNING SNACKS	CEREAL WITH MILK & CUT FRUIT	KAMPUNG FRIED RICE WITH & CUT FRUIT	PORRIDGE & YOU TIAO	NASI LEMAK & CUT FRUIT	FISH & CHIPS WITH SALAD
LUNCH	CHICKEN BASQUAISE, POTATO GRATIN & MIXED VEGETABLES	FISH GREMOLATA WITH GARLIC BREAD CRUMBS	ROAST CHICKEN PASTA & STEAMED VEGETABLES	FISH BURGER WITH FRIES & SALAD	







