



## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 01 July

Tuesday 02 July

Wednesday 03 July

Thursday 04 July

Friday 05 July

**MORNING  
SNACKS**

SINGAPORE  
FRIED  
NOODLES  
&  
FRUIT JUICE

YOGURT  
with  
HONEY  
AND  
TOAST

PARATHA  
WITH  
CURRY  
&  
CUT FRUITS

NASI  
LEMAK  
&  
CONDIMENTS

BAKED  
CHICKEN  
RICE  
&  
SALAD

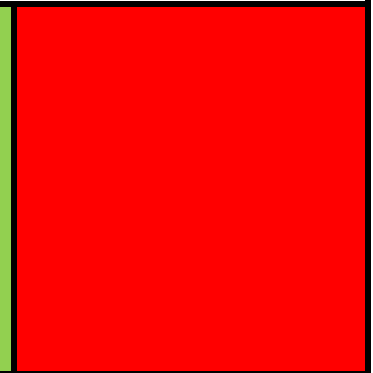
**LUNCH**

SEARED  
SALMON  
with  
ROASTED  
VEGETABLES  
AND RICE

CHICKEN  
BLANQUETTE  
with  
PASTA  
&  
MIXED VEGETABLES

BBQ FISH  
with  
CRISPS  
&  
SALAD

ROAST  
CHICKEN  
with  
SALAD  
&  
FRIES





# HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 08 July

Tuesday 09 July

Wednesday 10 July

Thursday 11 July

Friday 12 July

**MORNING  
SNACKS**

CEREAL  
&  
MILK

KOREAN RICE BOWL  
&  
CUT FRUITS

NASI  
LEMAK  
&  
CONDIMENT

PARATHA  
WITH  
CURRY  
&  
CUT FRUITS

ROASTED  
CHICKEN  
RIGOLONI PASTA  
&  
SALAD

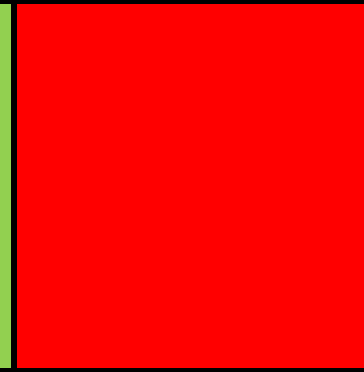
**LUNCH**

MARINATED  
FISH  
with  
RICE

SEARED  
SEA BASS  
with  
LEMON  
PASTA

CHICKEN  
CHASSEUR  
WITH  
FRIES &  
VEGETABLE

FISH  
BURGER  
with  
CHIPS  
&  
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 16 July

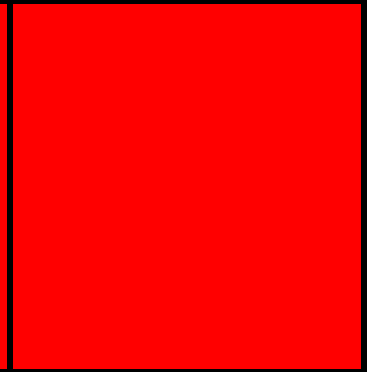
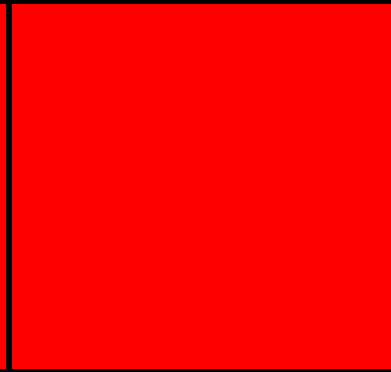
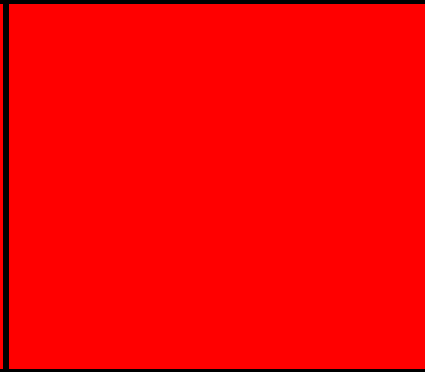
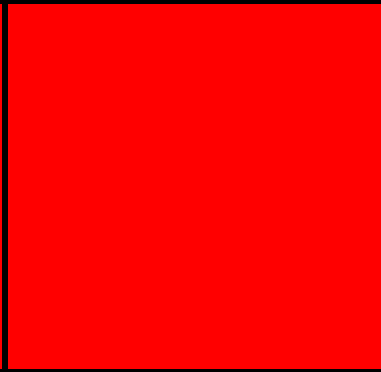
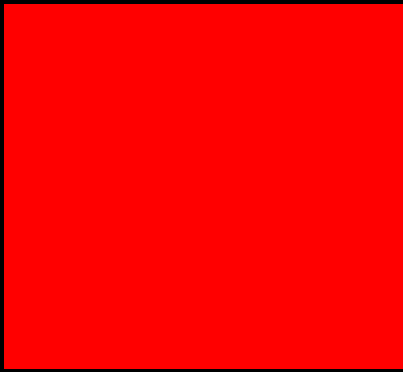
Tuesday 17 July

Wednesday 18 July

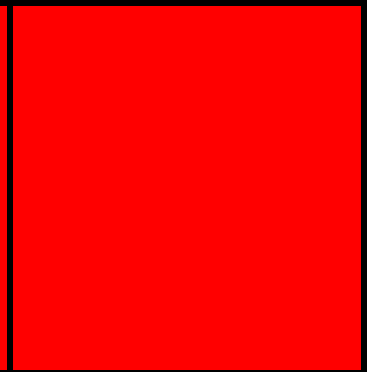
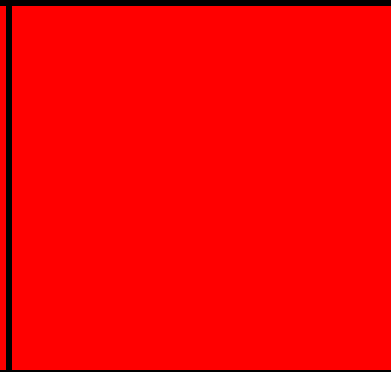
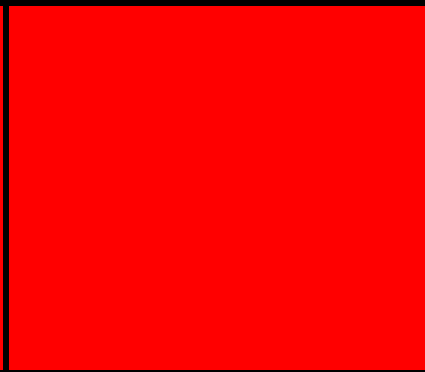
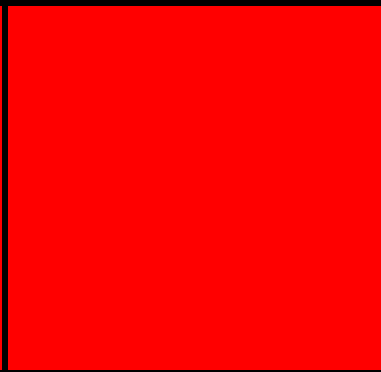
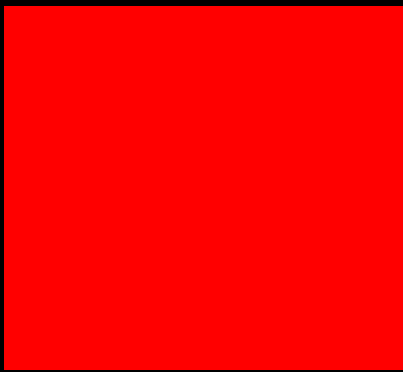
Thursday 19 July

Friday 20 July

**MORNING  
SNACKS**



**LUNCH**





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 29 July

Tuesday 30 July

Wednesday 31 July

Thursday 01 August

Friday 02 August

MORNING  
SNACKS

LUNCH



# HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 22 July

Tuesday 23 July

Wednesday 24 July

Thursday 25 July

Friday 26 July

**MORNING  
SNACKS**

**LUNCH**











