



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 01 July	Tuesday 02 July	Wednesday 03 July	
MORNING SNACKS (PRIMARY)	SINGAPORE FRIED NOODLES & FRUIT JUICE	YOGURT with HONEY AND TOAST	PARATHA WITH CURRY & CUT FRUITS	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE RICE & SALAD
	MORNING SNACKS (SECONDARY)	SINGAPORE FRIED NOODLES & FRUIT JUICE	TOM YUM FRIED RICE & FRUIT	PARATHA WITH CURRY & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)
LUNCH		SEARED SALMON with ROASTED VEGETABLES AND RICE	CHICKEN BLANQUETTE with PASTA & MIXED VEGETABLES	BBQ FISH with CRISPS & SALAD	ROAST CHICKEN with SALAD & FRIES
	BUTTER CHICKEN with RICE & VEGETABLES	STIR FRIED GINGER fish WITH STEAMED RICE	KORAN CHICKEN with GARLIC FRIED RICE	TANDORI CHICKEN WITH BRIYANI RICE	
	VEGETABLE STEW WITH ROASTED POTATO	VEGETARIAN GINGER FISH WITH RICE	VEGETARIAN FRIED RICE	VEGETABLE STEW with PASTA	



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	Monday 08 July	Tuesday 09 July	Wednesday 10 July	Thursday 11 July	Friday 12 July
MORNING SNACKS (PRIMARY)	CEREAL & MILK	KOREAN RICE BOWL & CUT FRUITS	NASI LEMAK & CONDIMENTS	PARATHA WITH CURRY & CUT FRUITS	ROASTED CHICKEN RIGOLONI PASTA & SALAD
MORNING SNACKS (SECONDARY)	DRY FRIED NOODLES (CHICKEN) & CUT FRUIT	CEREAL WITH MILK & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	PARATHA WITH CURRY & CUT FRUITS	ROASTED CHICKEN RIGOLONI PASTA & SALAD
LUNCH	BEEF STROGANOFF with MASH POTATO & SALAD	SEARED SEA BASS with LEMON PASTA	CHICKEN CHASSEUR WITH FRIES & VEGETABLE	FISH BURGER with CHIPS & SALAD	
	ASSAM FISH with RICE	CHICKEN CURRY WITH GLASS NODLES	FISH CHANA MASSALA with STEAMED RICE	AYAM MASAK MERAH ACAR & RICE	
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETABLE PUFF & SALAD	VEGETABLE CHANA MASSALA & RICE	VEGETARIAN FISH BURGER with CHIPS & SALAD	



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Monday 16 July

Tuesday 17 July

Wednesday 18 July

Thursday 19 July

Friday 20 July

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH



HELP INTERNATIONAL SCHOOL MENU



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Monday 22 July

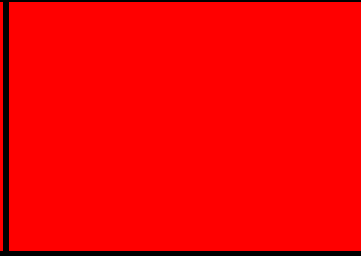
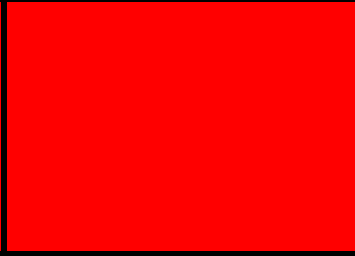
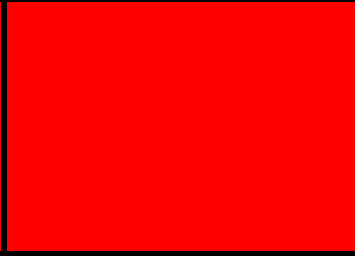
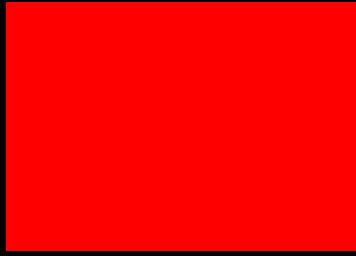
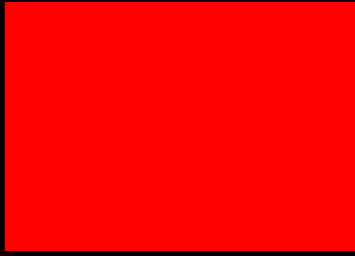
Tuesday 23 July

Wednesday 24 July

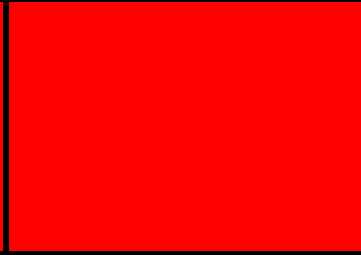
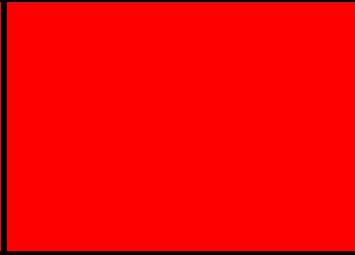
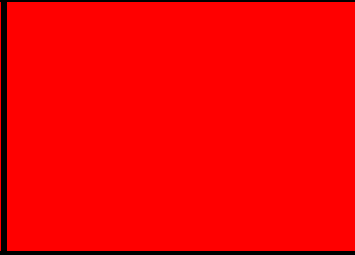
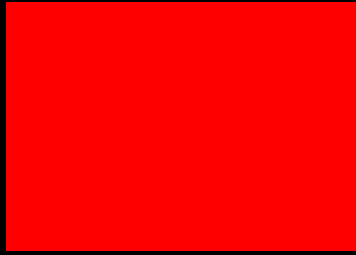
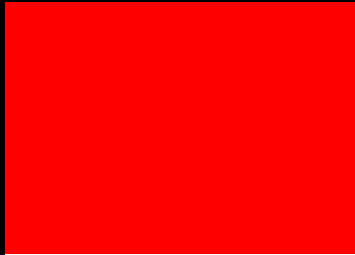
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Friday 26 July

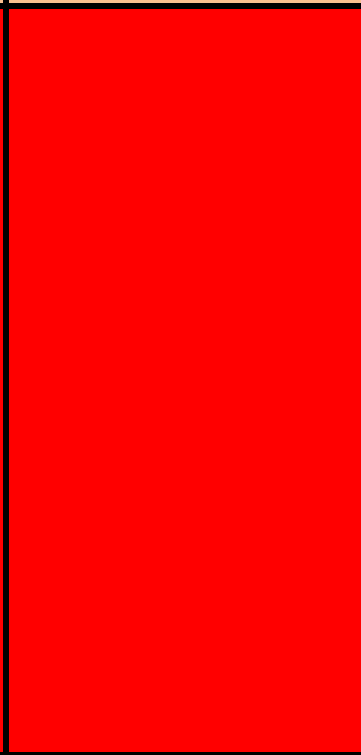
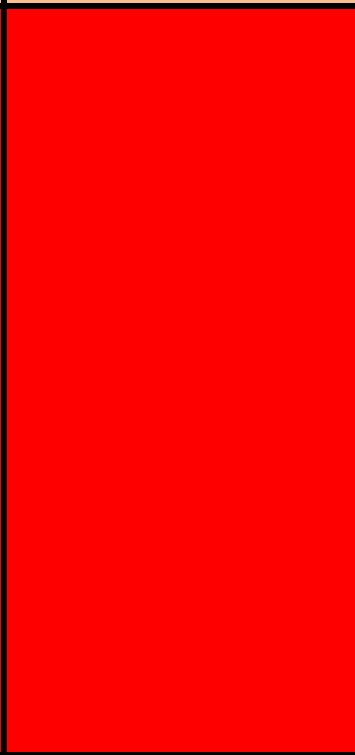
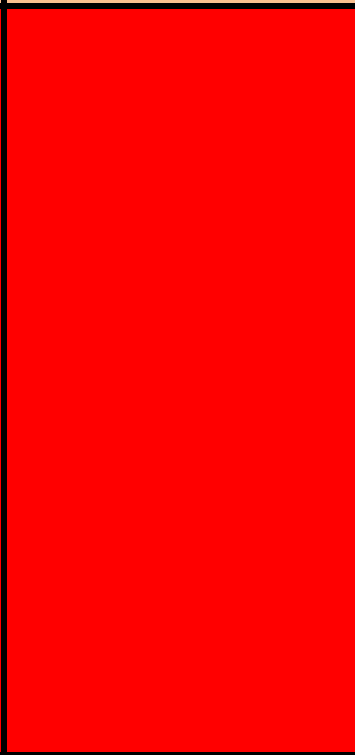
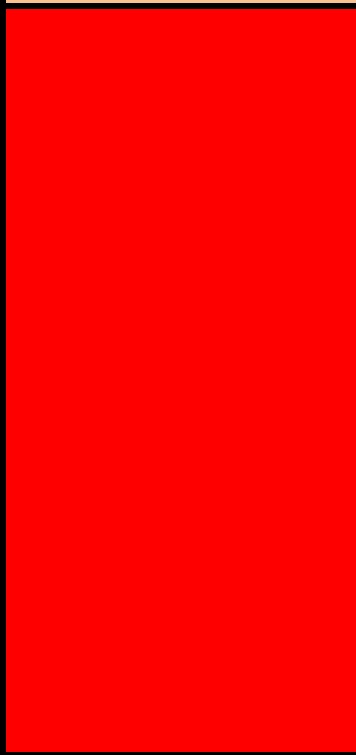
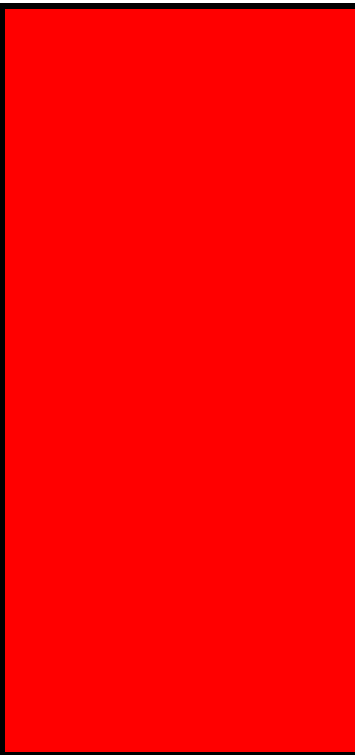
**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH





HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 29 July

Tuesday 30 July

Wednesday 31 July

Thursday 01 August

Friday 02 August

**MORNING
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(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH