



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 02 September

Tuesday 03 September

Wednesday 04 September

Thursday 05 September

Friday 06 September

**MORNING
SNACKS**

CEREAL
with
MILK
&
CUT FRUITS

MIX VEGETABLE
FRIED RICE
&
FRUIT JUICE

FRIED
YEE MEE
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

HERBS
FISH
BAKED RICE
with
VEGETABLE
& SALAD

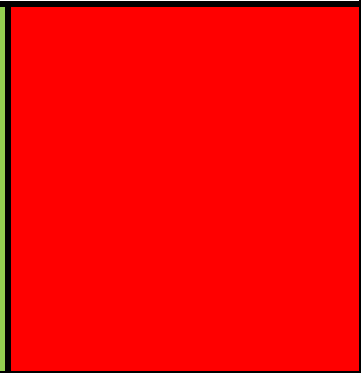
LUNCH

CHICKEN
BASQUAISE
(STEW)
STYLE &
MIXED POTATOES
GRATIN

ROASTED
FISH,
MUSHROOMS,
SAUTED VEGETABLES
and
PASTA

ROAST
CHICKEN CHOP
and
VEGETABLES
and
POTATOES

HAINANESE
CHICKEN RICE
with
ASSORTED CONDIMENTS





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

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MORNING SNACKS

CEREAL WITH MILK & CUT FRUITS

KOREAN RICE BOWL & CUT FRUITS

NASI LEMAK & CONDIMENTS

KAMPONG FRIED RICE & FRUIT JUICE

ROASTED CHICKEN PASTA & SALAD

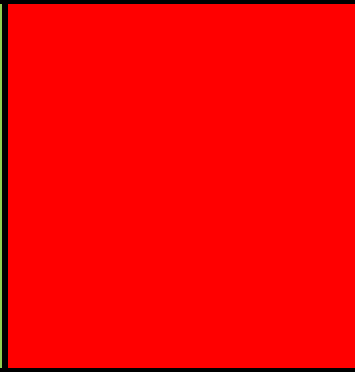
LUNCH

PAPRIKA CHICKEN with PILAF RICE & SALAD

SEARED SEA BASS with LEMON PASTA

CHICKEN CHASSEUR WITH FRIES & VEGETABLE

FISH BURGER with CHIPS & SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Tuesday 03 January

Wednesday 04 January

Thursday 05 January

Friday 06 January

Saturday 07 January

**MORNING
SNACKS**

SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT

SCRAMBLED EGGS,
BAKED BEANS
&
SAUSAGE
with
FRUIT JUICE

SPECIAL BEACH DAY
THAI
FRIED RICE
with
PINEAPPLE
GREEN BEANS

PARATHA
WITH
CURRY
&
CUT FRUITS

CHICKEN CHORIZO
WITH
TRIGOLONI PASTA
&
SALAD

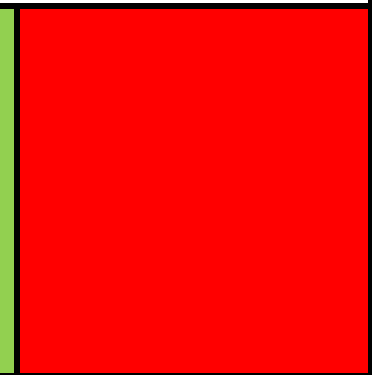
LUNCH

ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
CARROT RICE

LEMON
CRUST
FISH
with
SPICED RICE

SPECIAL BEACH DAY
CHICKEN
BLANQUETTE
WITH
ROASTED VEGETABLES

OVEN ROASTED
FISH WITH
LEMON & HERBS
SPICED SAUCE
with
PILAF RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Tuesday 03 January

Wednesday 04 January

Thursday 05 January

Friday 06 January

Saturday 07 January

**MORNING
SNACKS**

A.B.C
SOUP
with
SOFT
BUN

MYSTERY BOX DAY
KAMPONG
FRIED RICE
with
FRUIT JUICE

NASI
LEMAK
&
CONDIMENTS

CINTAN NOODLES
KAMPONG
STYLE
with
FRUIT JUICE

SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

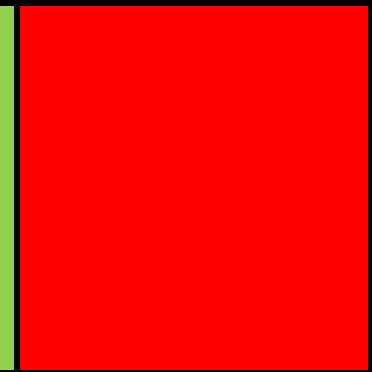
LUNCH

BARBECUE
FISH
with
SAUTÉ VEGETABLES
and
PILAF RICE

ROASTED
CAJUN CHICKEN
WRAP
with
PINAPPLE RICE
& SALAD

CHICKEN
TANDOORI
with
BASMATI RICE
&
SALAD

ROAST
CHICKEN CHOP
and
VEGETABLES
with
CARROT PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

#VALUE!

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**MORNING
SNACKS**

CINTAN
NOODLES
BEAN SPROUT
EGGS and TOOFU
with
FRUIT JUICE

CEREAL WITH
MILK
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

DRY
MEE HOON
&
CUT FRUITS

FISH
&
CHIPS
with
GREEN SALAD

LUNCH

CHICKEN
and
CHEESE PIZZA
with
ASSORTED
SALAD

SAUSAGE &
BROCCOLI
TORTIGLIONI
with
GARLIC
BREADCRUMBS

BARBECUE
FISH
with
SAUTEED VEGETABLES
and
PILAF RICE

SAUERKRAUT
CHICKEN
SAUSAGE
with
BROCCOLI
&
MASH POTATO



