



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday 02 September	Tuesday 03 September	Wednesday 04 September	Thursday 05 September	Friday 06 September
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	CEREAL with MILK & CUT FRUITS	MIX VEGETABLE FRIED RICE (with Chicken) & FRUIT JUICE	FRIED YEE MEE CHICKEN & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	HERBS FISH BAKED RICE with VEGETABLE & SALAD
<b>LUNCH</b>	CHICKEN BASQUAISE (STEW) STYLE & MIXED POTATOES GRATIN	ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES and PASTA	ROAST CHICKEN CHOP and VEGETABLES and POTATOES	BRAISED BEEF ESTOUFFADE & MASHED POTATEOS	
	ROAST FISH TIKKA MASALA with SPICED AUBERGINE	AYAM GORENG BEREMPAH with ULAM RICE & VEGETABLES	FISH CURRY WITH ACAR & HUJAN PANAS RICE	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	MIX POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETARIAN LASAGNA served with SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday 09 September	Tuesday 10 September	Wednesday 11 September	Thursday 12 September	Friday 13 September
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL WITH MILK & CUT FRUITS	KOREAN RICE BOWL & CUT FRUITS	NASI LEMAK & CONDIMENTS	KAMPONG FRIED RICE & FRUIT JUICE	ROASTED CHICKEN PASTA & SALAD
<b>MORNING SNACKS (SECONDARY)</b>	DRY FRIED NOODLES (CHICKEN) & CUT FRUIT	KOREAN RICE BOWL & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	KAMPONG FRIED RICE (with Chicken) & FRUIT JUICE	ROASTED CHICKEN PASTA & SALAD
<b>LUNCH</b>	PAPRIKA CHICKEN with PILAF RICE & 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	



## HELP INTERNATIONAL SCHOOL MENU



	Monday 16 September	Tuesday 17 September	Wednesday 18 September	Thursday 19 September	Friday 20 September
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	SINGAPORE FRIED MEE HOON (with Chicken) & 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
<b>LUNCH</b>	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	
	WASABI FISH with LONG BEANS and FRIED RICE	ROAST CHICKEN TIKKA MASALA with AUBERGINE FRIES SERVED with RICE	SPECIAL BEACH DAY THAI FISH, SPRING ONION & GINGER with RICE	CRISPY CHICKEN with ULAM RICE & VEGETABLES	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLES WRAP with RICE & SALAD	SPECIAL BEACH DAY THAI STYLE SAUTED VEGETABLES with RICE	VEGETARIAN LASAGNA served with SALAD	



## HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 23 September	Tuesday 24 September	Wednesday 25 September	Thursday 26 September	Friday 27 September
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	A.B.C SOUP with SOFT BUN	MYSTERY BOX DAY KAMPONG FRIED RICE with CHICKEN & FRUIT JUICE	NASI LEMAK & CHICKEN (BIGGER)	CINTAN NOODLES KAMPONG STYLE with CHICKEN & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
<b>LUNCH</b>	BARBECUE FISH with SAUTÉ VEGETABLES and PILAF RICE	ROASTED CAJUN CHICKEN WRAP with PINAPPLE RICE & SALAD	LAMB TAJINE with SEMOULINA & CHICKPEAS	ROAST CHICKEN CHOP and VEGETABLES with CARROT PASTA	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	THAI FISH, SAUTE VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	FISH CURRY WITH POTATO, CARROT & BIRYANI RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CARAMELISED ONIONS	MIX POTATOES, BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN CHICKEN with GREMOLATA PASTA	



## HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 30 September	Tuesday 01 October	Wednesday 02 October	Thursday 03 October	Friday 04 October
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	CINTAN NOODLES BEAN SPROUT EGGS and TOOFU with FRUIT JUICE	KOREAN RICE BOWL & FRUITS JUICE	PARATHA WITH CURRY & CUT FRUITS	DRY MEE HOON with CHICKEN & CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
<b>LUNCH</b>	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	SAUSAGE & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS	BARBECUE FISH with SAUTEED VEGETABLES and PILAF RICE	CHICKEN SAUSAGE with BROCCOLI & MASH POTATO	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	BEEF MASALA with BUTTER RICE & ACAR	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	SPICED AUBERGINE and POTATO with RICE	CAULIFLOWER and COCONUT DHAL with BASMATI RICE	









