

NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 30 September

Tuesday 01 October

Wednesday 02 October

Thursday 03 October

Friday 04 October

**MORNING
SNACKS**

**NOODLES with BEAN
SPROUTS, EGG, TOFU
&
FRUIT JUICE**

**CEREAL WITH
MILK
&
CUT FRUITS**

**PARATHA
WITH
CURRY
&
CUT FRUITS**

**DRY
MEE HOON
&
CUT FRUITS**

**FISH
&
CHIPS
with
GREEN SALAD**

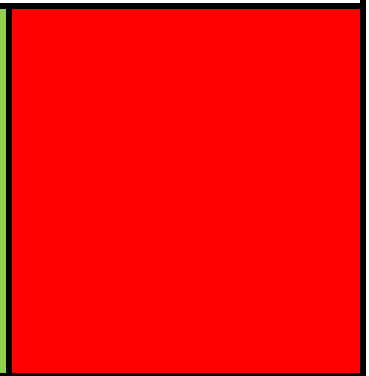
LUNCH

**CHICKEN
and
CHEESE PIZZA
with
ASSORTED
SALAD**

**SAUSAGE &
BROCCOLI
TORTIGLIONI
with
GARLIC
BREADCRUMBS**

**BARBECUE
FISH
with
SAUTE VEGETABLES
and PILAF RICE**

**SAUERKRAUT
CHICKEN SAUSAGE
with
BROCCOLI
&
MASHED POTATO**



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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 07 October

Tuesday 08 October

Wednesday 09 October

Thursday 10 October

Friday 11 October

**MORNING
SNACKS**

**SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT**

**NASI
LEMAK
&
CHICKEN**

**SALTED FISH
FRIED RICE
&
FRUIT JUICE**

**KOREAN RICE BOWL
&
CUT FRUITS**

**SALMON
KADEGRE
with
GREEN SALAD**

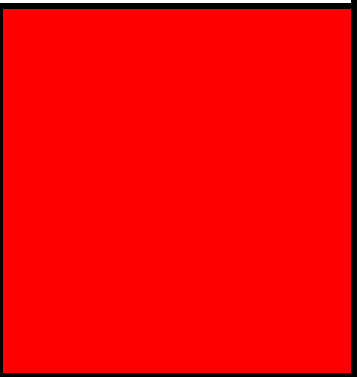
LUNCH

**OVEN ROASTED
FISH with
TOMATO
CONCASSEE
& AGLIO OLIO
PASTA**



**ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
CARROT RICE**

**FISH
MOUSAKA
WITH
SALAD**

**CHINESE
STYLE
FISH,
SPRING ONION & GINGER
with YEE MEE**



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		HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)			 HELP INTERNATIONAL SCHOOL
	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Friday 18 October
MORNING SNACKS	PORRIDGE with YOU TIAO	WAFFLE WITH HONEY OR CHOCOLATE SAUCE	PUMPKIN DAY PUMPKIN & GARLIC FRIED RICE & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	CHICKEN LASAGNA with SALAD
LUNCH	BARBECUE FISH with SAUTÉ VEGETABLES PILAF RICE	ROASTED CHICKEN with MUSHROOM PASTA	PUMPKIN DAY FISH BURGER WITH FRIES & SALAD	ROAST CHICKEN CHOP and VEGETABLES with CARROT PASTA	

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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 21 October

Tuesday 22 October

Wednesday 23 October

Thursday 24 October

Friday 25 October

**MORNING
SNACKS**

DEEPAVALI DAY
DRY FRIED
NOODLES
&
FRUIT JUICE

MIXED
VEGIETABLES
FRIED RICE
&
CUT FRUITS

NASI
LEMAK
&
CHICKEN

DRY
MEE HOON
&
CUT FRUITS

MACARONI
CHEESE
with
GREEN SALAD

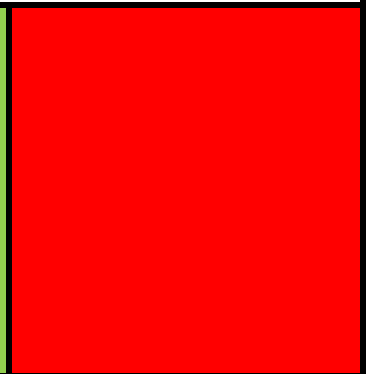
LUNCH

DEEPAVALI DAY
FISH
SHASHLIK
& VEGETABLES
with
BIRYANI RICE

CHICKEN
and
CHEESE PIZZA
with
SALAD & CORN

ROASTED
FISH
with
ASSORTED VEGETABLES
&
PILAF RICE

AGLIO OLIO
CHICKEN
WITH
SALAD



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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 28 October

Tuesday 29 October

Wednesday 30 October

Thursday 31 October

Friday 01 November

**MORNING
SNACKS**

LUNCH