



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 30 September	Tuesday 01 October	Wednesday 02 October	Thursday 03 October
<b>MORNING SNACKS (PRIMARY)</b>	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
	<b>MORNING SNACKS (SECONDARY)</b>	NOODLES with BEAN SPROUTS, EGG, TOFU & FRUIT JUICE	KOREAN RICE BOWL & FRUIT JUICE	PARATHA WITH CURRY & CUT FRUITS	DRY MEE HOON with CHICKEN & CUT FRUITS
<b>LUNCH</b>		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
	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	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday 07 October	Tuesday 08 October	Wednesday 09 October	Thursday 10 October	Friday 11 October
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT	NASI LEMAK & CHICKEN (BIGGER)	SALTED FISH FRIED RICE & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUITS	SALMON KADEGRE with GREEN SALAD (BIGGER)
<b>LUNCH</b>	OVEN ROASTED FISH with TOMATO CONCASSEE & AGLIO OLIO PASTA	ROAST CHICKEN with BRAISED SPRING DHAL & CARROT RICE	FISH MOUSAKA WITH SALAD	BEEF STEW PASTA WITH ROASTED VEGETABLES	
	CHICKEN PONGTEH & GARLIC RICE	SWEET & SOUR FISH VEGETABLES and RICE	AYAM MASAK MERAH WITH ACAR & STEAM RICE	CHINESE STYLE FISH, SPRING ONION & GINGER with YEE MEE	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLES WRAP with RICE & SALAD	TOMATO STEW with POTATO and CAULIFLOWER	VEGETARIAN LASAGNA served with SALAD	



## HELP INTERNATIONAL SCHOOL MENU



	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Friday 18 October
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	CHICKEN PORRIDGE with YOU TIAO	WAFFLE WITH HONEY OR CHOCOLATE SAUCE	PUMPKIN DAY PUMPKIN & GARLIC FRIED RICE & CUT FRUITS (BIGGER)	PARATHA with CURRY & FRUIT JUICE	CHICKEN LASAGNA with SALAD
<b>LUNCH</b>	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	
	LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE	LIGHT FISH CURRY WITH POTATO, CARROT & WHITE RICE	PUMPKIN DAY CHICKEN & PUMPKIN CURRY with RICE	MASAK MERAH FISH ACAR & FLAVOUR RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CAMELISED ONIONS	VEGETABLE GRATIN with CARROT RICE & KAI LAN	PUMPKIN DAY PUMPKIN BURGER WITH FRIES & SALAD	VEGETARIAN CHICKEN WITH PASTA	



## HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 21 October	Tuesday 22 October	Wednesday 23 October	Thursday 24 October	Friday 25 October
<b>MORNING SNACKS (PRIMARY)</b>	DEEPAVALI DAY DRY FRIED NOODLES & FRUIT JUICE	MIXED VEGETABLES FRIED RICE & CUT FRUITS	NASI LEMAK & CHICKEN	DRY MEE HOON & CUT FRUITS	MACARONI CHEESE with GREEN SALAD
<b>MORNING SNACKS (SECONDARY)</b>	DEEPAVALI DAY DRY FRIED NOODLES & FRUIT JUICE	MIXED VEGETABLES FRIED RICE (BIGGER) & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	DRY MEE HOON with CHICKEN & CUT FRUITS	MACARONI CHEESE with GREEN SALAD (BIGGER)
<b>LUNCH</b>	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	
	DEEPAVALI DAY TANDOORI CHICKEN with ONION RICE	EGG DROP FISH with FRIED YEE MEE	KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI	THAI FISH GREEN CURRY GLASS NOODLES with VEGETABLES	
	DEEPAVALI DAY MIXED VEGETABLE PAKODAS with STEAMED RICE	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	SPICED AUBERGINE and POTATOES with RICE	DRY ALOO GOBI WITH STEAMED RICE	



# HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 28 October

Tuesday 29 October

Wednesday 30 October

Thursday 31 October

Friday 01 November

**MORNING  
SNACKS  
(PRIMARY)**

**MORNING  
SNACKS  
(SECONDARY)**

**LUNCH**