

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 (PRESCHOOL)**



Monday 04 November

Tuesday 05 November

Wednesday 06 November

Thursday 07 November

Friday 08 November

**MORNING  
SNACKS**

European Day  
**WAFFLE**  
with **HONEY**  
OR  
**CHOCOLATE SAUCE**

**FRIED RICE**  
&  
**FRUIT JUICE**

**BANCHAN**  
WITH  
**CONDIMENTS**  
&  
**CUT FRUITS**

**NASI**  
**LEMAK**  
&  
**CONDIMENTS**

**CHICKEN**  
**BIRYANI**  
**MUSHROOM**  
and  
**MIXED VEGETABLES**

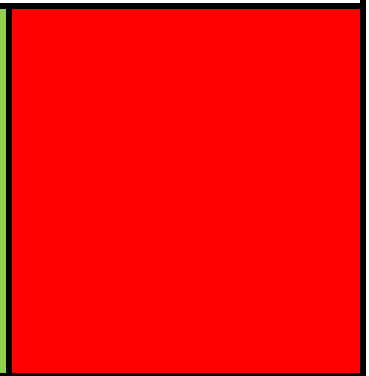
**LUNCH**

European Day  
**TAPENADE FISH**  
with **RATATOUILLE**  
**DILL SAUCE**  
&  
**PILAF RICE**

**CHICKEN**  
**SPAGHETTI**  
**BOLOGNAISE**  
with  
**SALAD**

**ROASTED**  
**FISH**  
with  
**MUSHROOM RICE**  
&  
**TOMATO**

**MUSHROOM**  
**CHICKEN**  
with  
**CARROT**  
and  
**POTATO GRATIN**



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 (PRESCHOOL)**



**HELP INTERNATIONAL SCHOOL**

Monday 11 November

Tuesday 12 November

Wednesday 13 November

Thursday 14 November

Friday 15 November

**MORNING SNACKS**

**CEREAL  
with  
MILK  
&  
CUT FRUITS**

**FRIED  
SOO HOON  
&  
CUT FRUITS**

**PARATHA  
with  
CURRY  
&  
FRUIT JUICE**

**SALTED FISH  
FRIED RICE  
&  
FRUIT JUICE**

**SALMON  
KEDGEGREE  
with  
GREEN SALAD**

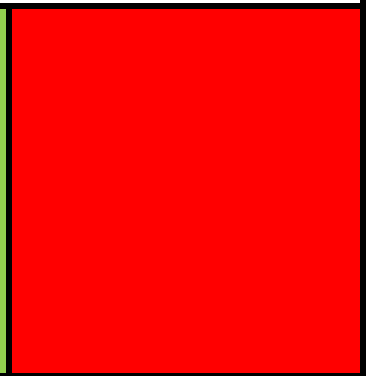
**LUNCH**

**CHICKEN  
and  
CHEESE PIZZA  
with  
ASSORTED  
SALAD**

**CHICKEN  
CHASSEUR  
with  
GARLIC  
PASTA**

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

**CHICKEN  
BURGER  
WITH  
CRISPS  
& SALAD**



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 (PRESCHOOL)**



Monday 18 November

Tuesday 19 November

Wednesday 20 November

Thursday 21 November

Friday 22 November

**MORNING  
SNACKS**

**YOGURT  
&  
CUT FRUITS**

**CEREAL  
with  
MILK  
&  
CUT FRUITS**

**NASI  
LEMAK  
&  
CONDIMENTS**

**SARAWAK  
KOLO  
MEE  
with  
CHICKEN  
& FRUIT JUICE**

**CHICKEN  
BASQUAISE  
SAUTED  
POTATO  
& BROCCOLIS**

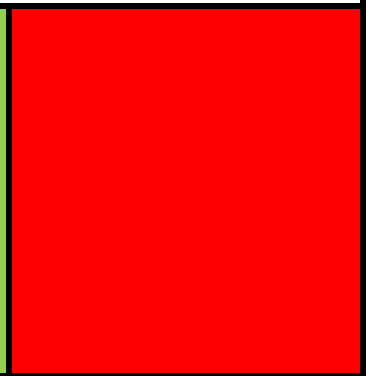
**LUNCH**

**CHICKEN  
LASAGNA  
&  
SALAD**

**MARINATED  
DORY FISH  
with  
PROVENCAL  
VEGETABLE GRATIN**

**OVEN ROASTED  
FISH with  
BREAD CRUMBS  
served  
with  
RICE**

**ROASTED  
CHICKEN  
with  
VEGETABLES  
&  
RICE**



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 (PRESCHOOL)**



Monday 25 November

Tuesday 26 November

Wednesday 27 November

Thursday 28 November

Friday 29 November

**MORNING  
SNACKS**

**CEREAL  
WITH  
MILK  
&  
CUT FRUITS**

**KUEY TEOW  
and  
CUT FRUITS**

**DRY FRIED  
NOODLES  
&  
FRUIT JUICE**

**CHICKEN  
PORRIDGE  
with  
CUT  
FRUITS**

**FISH  
&  
CHIPS  
with  
GREEN SALAD**

**LUNCH**

**CHICKEN  
MOUSSAKA  
with  
PILAF RICE**

**FISH FILLET  
MUSHROOM  
and TOMATO  
with  
FETTUCINE  
and CARROT**

**POTATO DAY  
CHICKEN  
BASQUAISE  
STYLE  
POTATO &  
CAULIFLOWER GRATIN**

**CHANA MASALA  
FISH  
with  
CABBAGE  
and  
STEAM RICE**