



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			 HELP INTERNATIONAL SCHOOL
Monday 04 November		Tuesday 05 November	Wednesday 06 November	Thursday 07 November	Friday 08 November
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	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	
European Day DEVIL CHICKEN PATATAS BRAVAS TORTILLAS & SLAD	CHINESE STYLE FISH FRIED NOODLES	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	FISH FRIED NOODLES with CARROT & CABBAGE		
European Day VEGETARIAN FISH with RATATOUILLE & WHITE RICE	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	LADY FINGER CURRY & RICE	VEGETARIAN LASAGNA & SALAD		

	Monday 11 November	Tuesday 12 November	Wednesday 13 November	Thursday 14 November	Friday 15 November
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CEREAL with MILK & CUT FRUITS	FRIED SOO HON & CUT FRUITS	PARATHA with CURRY & FRUIT JUICE	SALTED FISH FRIED RICE & FRUIT JUICE	SALMON KEDGEGREE with GREEN SALAD (BIGGER)
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	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOYA CHICKEN with CORN RICE	LAMB BRIYANI with BRIYANI RICE & SALAD	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	SWEET & SOUR VEGETARIAN FISH with FRAGRANT RICE	SPICED AUBERGINE and POTATO with RICE	VEGETARIAN BURGER WITH CRISPS & SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday 18 November	Tuesday 19 November	Wednesday 20 November	Thursday 21 November	Friday 22 November
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CEREAL with MILK & CUT FRUITS	NASI LEMAK & CONDIMENTS	SARAWAK KOLO MEE with CHICKEN & FRUIT JUICE	CHICKEN BASQUAISE SAUTED POTATO & BROCCOLI
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	SARAWAK KOLO MEE with CHICKEN & FRUIT JUICE	CHICKEN BASQUAISE SAUTED POTATO & BROCCOLIS
LUNCH	CHICKEN LASAGNE & SALAD	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	OVEN ROASTED FISH with BREAD CRUMBS served with RICE	ROASTED CHICKEN with VEGETABLES & RICE	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	BLACK PEPPER FISH AND SPRING ONION Served With RICE	KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI	SESAME FISH FILLET AND FRIED RICE	
	VEGETARIAN SPAGHETTI	ROASTED PUMPKIN BURGER SERVED with MIXED SALAD	TOMATO STEW with STEAMED POTATO	VEGETARIAN PIZZA WHITE SAUCE TOMATO and SAUTE VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday 25 November	Tuesday 26 November	Wednesday 27 November	Thursday 28 November	Friday 29 November
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	FRIED RICE with CHICKEN & CUT FRUITS	KUEY TEOW and CUT FRUITS	DRY FRIED NOODLES & FRUIT JUICE	CHICKEN PORRIDGE with CUT FRUITS	FISH & CHIPS with GREEN SALAD (BIGGER)
LUNCH	CHICKEN MOUSSAKA with PILAF RICE	FISH FILLET MUSHROOM and TOMATO with FETTUCCHINE and CARROT	POTATO DAY CHICKEN BASQUAISE STYLE POTATO & CAULIFLOWER GRATIN	BEEF CHILLI CON CARNE with STEAM RICE	
	BLACK PEPPER FISH FRIED YEE MEE with CAPSICUM	AYAM MASAK MERAH ACAR RAMPAI & RICE	POTATO DAY CANTONESE FISH MARINATED CAULIFLOWER CARROTS and POTATO	CHANA MASALA FISH with TURMERIC CABBAGE & NOODLES	
	EGGPLANT BURGER with MIXED SALAD	AGLIO PASTA with ROASTED VEGETABLES	POTATO DAY ALOO GOBI SERVED with STEAM RICE	VEGETABLE PUFF served with MIX SALAD	