



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 2 December, 2019

Tuesday, 3 December, 2019

Wednesday, 4 December, 2019

Thursday, 5 December, 2019

Friday, 6 December, 2019

**MORNING
SNACKS**

**CHICKEN
PORRIDGE
with
YU TIAO
&
FRUIT JUICE**

**KOREAN RICE BOWL
&
CUT FRUITS**

**MEE
HOON
with
CUT FRUITS**

**NASI
LEMAK
&
CUT FRUITS**

**BAKED
SMOKED DUCK
RICE
with
WHITE SAUCE
& SALAD**

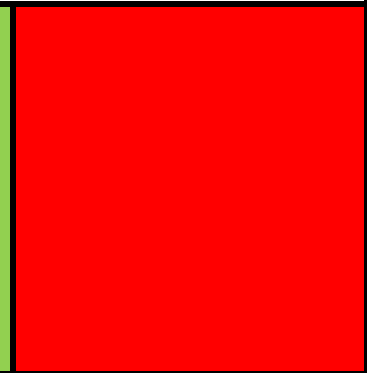
LUNCH

**SEARED
FISH
PASTA**

**CHICKEN
CARBONARA
PASTA
with
SALAD**

**POACHED
FISH with
CUCUMBER
TOMATO CONCASSE
&
RICE**

**TIKKA MASALA
FISH
with RICE
MARINATED
VEGETABLES**





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 9 December, 2019

Tuesday, 10 December, 2019

Wednesday, 11 December, 2019

Thursday, 12 December, 2019

Friday, 13 December, 2019

**MORNING
SNACKS**

WARM BUN
with
SAUSAGE
&
BAKED BEANS

FISH
FRIED RICE
&
FRUIT JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

ROAST
BLACK PEPPER
CHICKEN
with
CHIPS
& SALAD

LUNCH

CHICKEN PIZZA
with
VEGETABLE
SALAD
and
SALAD

FISH
MOUSAKA
WITH
SALAD

FISH
BURGER
SERVED with
FRIES
&
SALAD



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 16 December, 2019

Tuesday, 17 December, 2019

Wednesday, 18 December, 2019

Thursday, 19 December, 2019

Friday, 20 December, 2019

**MORNING
SNACKS**

SARAWAK
KOLO
MEE
with
CHICKEN
& FRUIT

BANCHAN
WITH
CONDIMENTS
&
CUT FRUITS

KAYA TOAST
MILO
&
CUT FRUIT

LUNCH

DEVIL
CHICKEN
PATATAS BRAVAS
TORTILLAS
&
SLAD

SALMON
KADEGRE
with
GREEN SALAD

MUSHROOM
CHICKEN
with
CAULIFLOWER
&
POTATO GRATIN



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 23 December, 2019

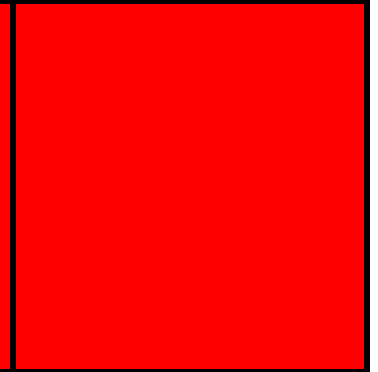
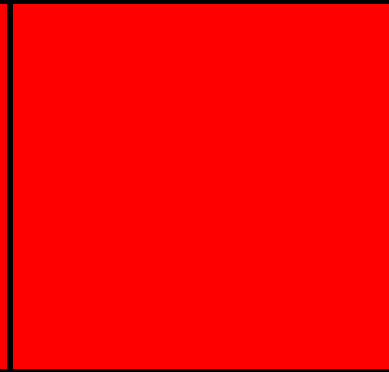
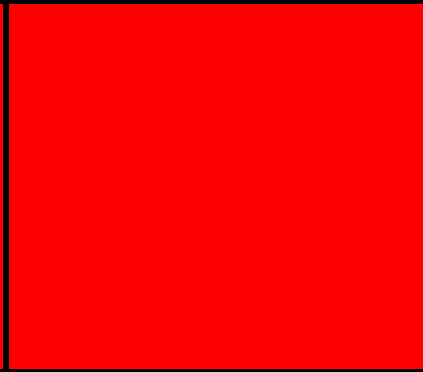
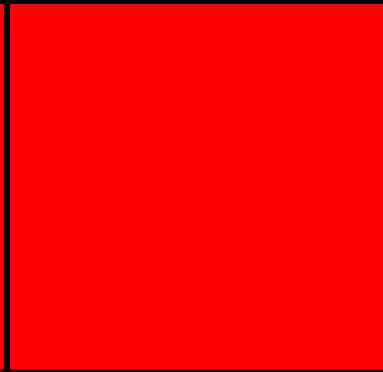
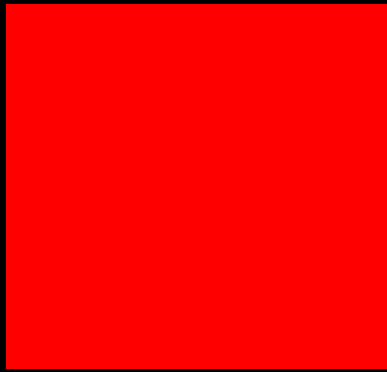
Tuesday, 24 December, 2019

Wednesday, 25 December, 2019

Thursday, 26 December, 2019

Friday, 27 December, 2019

**MORNING
SNACKS**



LUNCH

