



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, 2 December, 2019		Tuesday, 3 December, 2019	Wednesday, 4 December, 2019	Thursday, 5 December, 2019	Friday, 6 December, 2019
MORNING SNACKS (PRIMARY)	CHICKEN PORRIDGE with YU TIAO & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUITS	MEE HOON & CUT FRUITS	NASI LEMAK & CUT FRUITS	BAKED SMOKED DUCK RICE with WHITE SAUCE & SALAD
MORNING SNACKS (SECONDARY)	CHICKEN PORRIDGE with YU TIAO & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUITS	MEE HOON with CHICKEN & CUT FRUITS	NASI LEMAK & CUT FRUITS	BAKED SMOKED DUCK RICE with WHITE SAUCE & SALAD
LUNCH	SEARED FISH with PASTA	CHICKEN CARBONARA PASTA with SALAD	POACHED FISH with CUCUMBER TOMATO CONCASSE & RICE	BEEF STROGONOFF with CARROTS and PASTA	
BUTTER CHICKEN with RICE and SALAD	STEAM FISH OYSTER SAUCE with GARLIC, GINGER and RICE	AYAM PENYET FRIED TEMPEH VEGETABLES and WHITE RICE	TIKKA MASALA FISH with RICE & MARINATED VEGETABLES		
VEGETARIAN PASTA & ZUCCHINI	MOZZARELLA TOMATOES LETTUCE & CARROT WRAP	TOMATO STEW with STEAM POTATO and CAULIFLOWER	DRY ALOO GOBI SERVED with STEAMED RICE		



HELP INTERNATIONAL SCHOOL MENU



	Monday, 9 December, 2019	Tuesday, 10 December, 2019	Wednesday, 11 December, 2019	Thursday, 12 December, 2019	Friday, 13 December, 2019
MORNING SNACKS (PRIMARY)	WARM BUN with SAUSAGE & BAKED BEANS	FISH FRIED RICE & FRUIT JUICE		PARATHA with CURRY & FRUIT JUICE	ROAST BLACK PEPPER CHICKEN with CHIPS & SALAD
MORNING SNACKS (SECONDARY)	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 & SALAD	FISH MOUSAKA WITH SALAD		FISH BURGER SERVED with FRIES & SALAD	
	ASSAM FISH FILLET AND FRIED RICE	CHICKEN BIRYANI & MIXED VEGETABLES		HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	VEGETARIAN PIZZA with SALAD	LADY FINGER CURRY & RICE		VEGETARIAN BURGER SERVED with FRIES and SALAD	



HELP INTERNATIONAL SCHOOL MENU



Monday, 16 December, 2019

Tuesday, 17 December, 2019

Wednesday, 18 December, 2019

Thursday, 19 December, 2019

Friday, 20 December, 2019

**MORNING
SNACKS
(PRIMARY)**

SARAWAK
KOLO
MEE
with
CHICKEN
& FRUIT

BANCHAN
WITH
CONDIMENTS
&
CUT FRUITS

KAYA TOAST
MILO
&
CUT FRUIT

**MORNING
SNACKS
(SECONDARY)**

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

SOYA
GINGER FISH
with
CORN & TOMATO
RICE

TURKEY
PASTA
with
VEGETABLES
CRANBERRY
and BREADCRUMS

GINGER FISH
with
CORN AND TOMATO
SALAD

VEGETARIAN FISH
SAUTE VEGETABLES
&
CHEESE
WRAP

VEGETARIAN
CHICKEN PASTA
with
VEGETABLES
CRANBERRY
and BREADCRUMS

ROASTED PUMPKIN
served
with
BOK CHOY and
CAMELISED ONIONS



HELP INTERNATIONAL SCHOOL MENU



Monday, 23 December, 2019

Tuesday, 24 December, 2019

Wednesday, 25 December, 2019

Thursday, 26 December, 2019

Friday, 27 December, 2019

**MORNING
SNACKS
(PRIMARY)**

**MORNING
SNACKS
(SECONDARY)**

LUNCH