



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday, 30 December, 2019

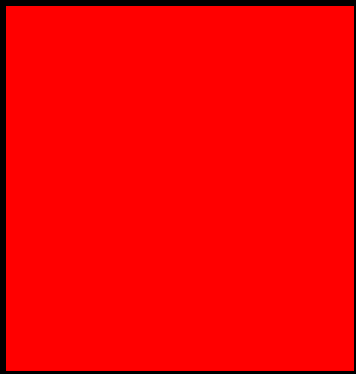
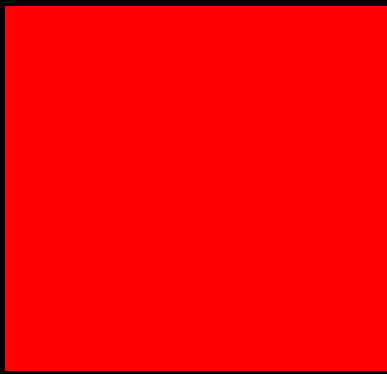
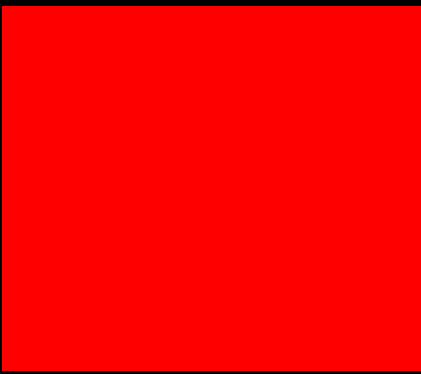
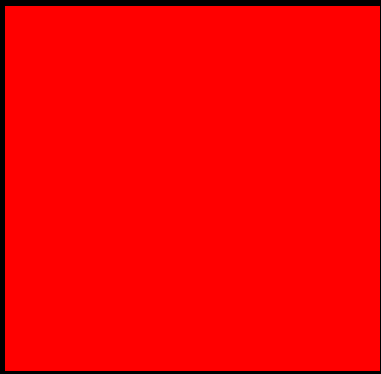
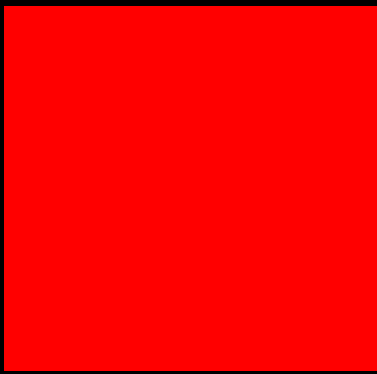
Tuesday, 31 December, 2019

Wednesday, 1 January, 2020

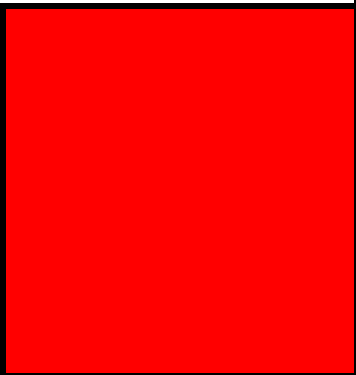
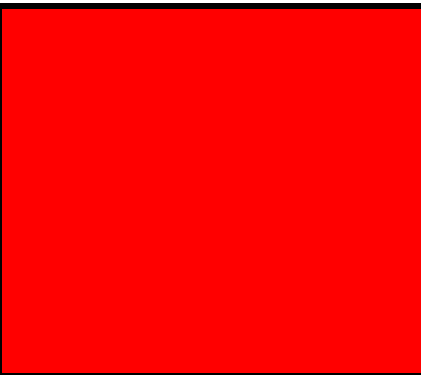
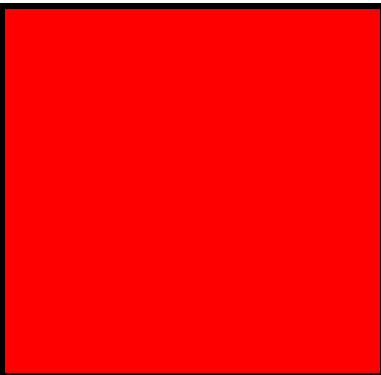
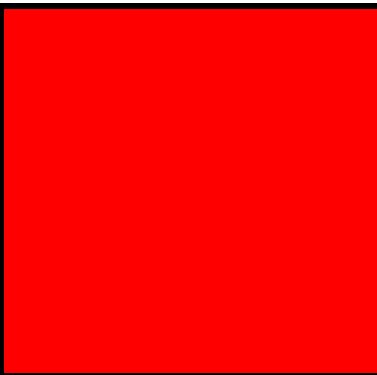
Thursday, 2 January, 2020

Friday, 3 January, 2020

MORNING SNACKS



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 6 January, 2020

Tuesday, 7 January, 2020

Wednesday, 8 January, 2020

Thursday, 9 January, 2020

Friday, 10 January, 2020

**MORNING
SNACKS**

MEE
HOON
&
CUT FRUITS

ENGLISH
BREAKFAST
with
BUN
&
CHICKEN HAM

PARATHA
with
CURRY
&
FRUIT JUICE

NEW YEAR
FRIED RICE
&
FRUIT

CHICKEN
TORTIGLIONI
PASTA with
LIGHT SAUCE
and
VEGETABLES

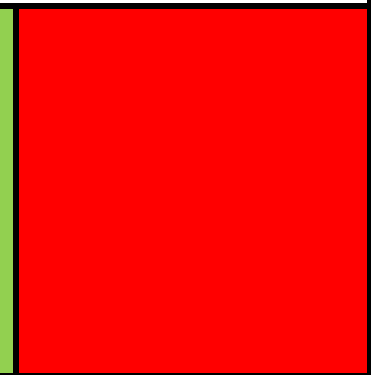
LUNCH

BAKED CHICKEN
RICE
with
WHITE SAUCE
&
SALAD

ROASTED
TELAPIA FISH
with
TOMATO
PROVENCAL
PASTA

ROASTED
CHICKEN CHOP
SAUTÉ with
POTATO, BROCCOLI
&
CARROT

OVEN ROASTED
FISH with LEMON
HERBS, SPICES
& LIGHT SAUCE
served
with RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 13 January, 2020	Tuesday, 14 January, 2020	Wednesday, 15 January, 2020	Thursday, 16 January, 2020	Friday, 17 January, 2020
MORNING SNACKS	YOGURT with CEREALS & CUT FRUITS	FORTUNE MONEY BAG LONGEVITY FRIED NOODLES with FRUIT	KOREAN RICE BOWL & FRUIT	NASI LEMAK & CONDIMENTS	CHEESE & SAUSAGE FRIED RICE & SALAD
LUNCH	MACARONI & CHEESE	OVEN ROASTED FISH with BREAD CRUMBS served with RICE	CHICKEN PASTA with ROASTED VEGETABLES	MARINATED DORY FISH with PROVENCAL VEGETABLE GRATIN	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, 20 January, 2020	Tuesday, 21 January, 2020	Wednesday, 22 January, 2020	Thursday, 23 January, 2020	Friday, 24 January, 2020
MORNING SNACKS	CHINESE MEE HOON & CUT FRUIT	LOU MAI KAI & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	HAILAM NOODLES & CUT FRUIT	
LUNCH	FISH FILLET MUSHROOM and TOMATO with FETTUCCHINE and CARROT	CHICKEN BLANQUETTE with PILAF RICE	SEARED SEA-BASS with LEMON AGLIO OLIO & DILL SAUCE	CHICKEN SHEPHERD PIE WITH ROASTED VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 27 January, 2020

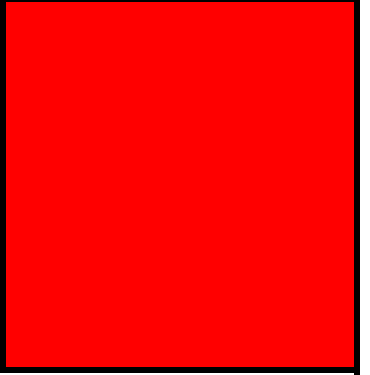
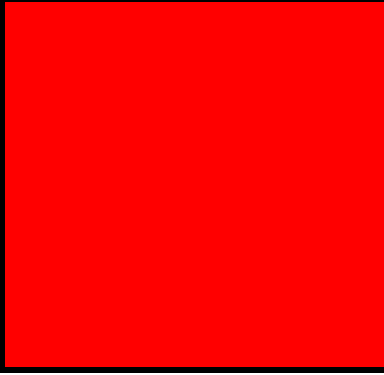
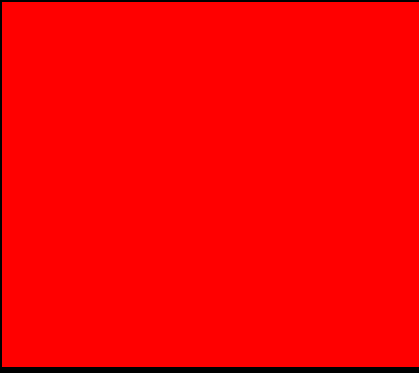
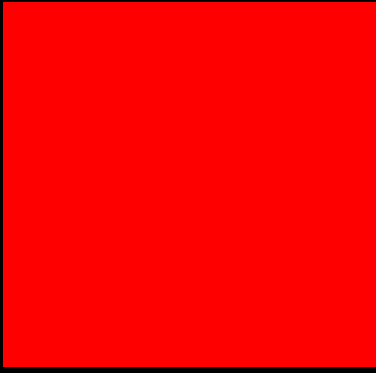
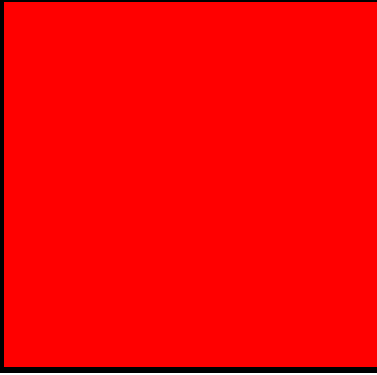
Tuesday, 28 January, 2020

Wednesday, 29 January, 2020

Thursday, 30 January, 2020

Friday, 31 January, 2020

**MORNING
SNACKS**



LUNCH

