

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, 30 December, 2019		Tuesday, 31 December, 2019	Wednesday, 1 January, 2020	Thursday, 2 January, 2020	Friday, 3 January, 2020
MORNING SNACKS (PRIMARY)					
MORNING SNACKS (SECONDARY)					
LUNCH					

Monday, 6 January, 2020

Tuesday, 7 January, 2020

Wednesday, 8 January, 2020

Thursday, 9 January, 2020

Friday, 10 January, 2020

**MORNING
SNACKS
(PRIMARY)**

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

**MORNING
SNACKS
(SECONDARY)**

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

CHINESE STYLE
FISH
FRIED
NOODLES

GARLIC & OYSTER
CHICKEN
YELLOW MEE
SERVED with
SALAD

ASSAM FISH
FILLET
AND
STEAMED RICE

AYAM
MASAK MERAH
with
JELATAH
&
RICE

VEGETARIAN
LASAGNES
&
SALAD

TOMATO STEW
with
STEAMED
POTATO

POTATO,
BROCCOLI
CAULIFLOWER
&
CARROT
CURRY

MOZZARELLA
TOMATOES
LETTUCE
&
CARROT
WRAP



HELP INTERNATIONAL SCHOOL MENU



	Monday, 13 January, 2020	Tuesday, 14 January, 2020	Wednesday, 15 January, 2020	Thursday, 16 January, 2020	Friday, 17 January, 2020
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN and 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	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	TERIYAKI CHICKEN with SALAD Served With RICE	FISH FRIED NOODLES with CARROT & CABBAGE	CHANA MASALA FISH with TURMERIC CABBAGE and STEAMED RICE	
	VEGETARIAN SPAGHETTI	ROASTED PUMPKIN BURGER with MIXED SALADS	TOMATO STEW with STEAMED POTATO	WHITE SAUCE VEGETARIAN PIZZA TOMATO and SAUTÉ VEGETABLES	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 20 January, 2020	Tuesday, 21 January, 2020	Wednesday, 22 January, 2020	Thursday, 23 January, 2020	Friday, 24 January, 2020
MORNING SNACKS (PRIMARY)	CHINESE MEE HOON & CUT FRUIT	LOU MAI KAI & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	HAILAM NOODLES & CUT FRUIT	
MORNING SNACKS (SECONDARY)	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	LAMB SHEPHERD PIE WITH ROASTED VEGETABLES	
	MONEY BAG FAT CHOY DUMPLING with BOK CHOY & RICE	CHI KU TEH TOFU & MUSHROOMS with STEAMED RICE	MONGOLIAN BEEF with BROCCOLI OYSTER SAUCE & RICE	PROSPERITY CHICKEN with BROCCOLI, OYSTER SAUCE NOODLES	
	MONEY BAG FAT CHOY VEGETARIAN DUMPLING with BOK CHOY & RICE	BRAISED MUSHROOM FISH with PAK CHOY CAULIFLOWER & STEAMED RICE	VEGETARIAN TOMATO SAUCE PASTA & ZUCCHINI	PROSPERITY VEGETARIAN CHICKEN with BROCCOLI, VEGETARIAN SAUCE NOODLES	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday, 27 January, 2020

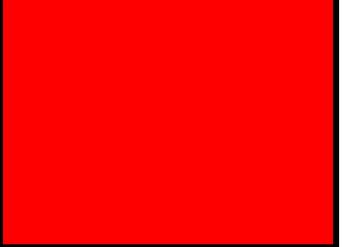
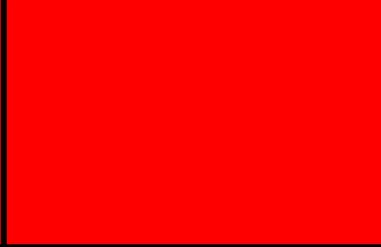
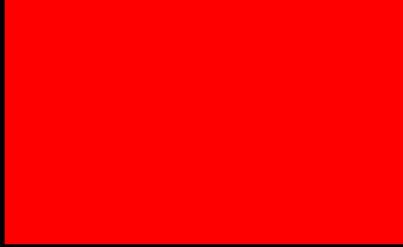
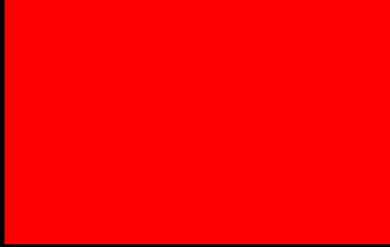
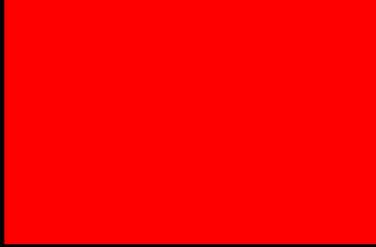
Tuesday, 28 January, 2020

Wednesday, 29 January, 2020

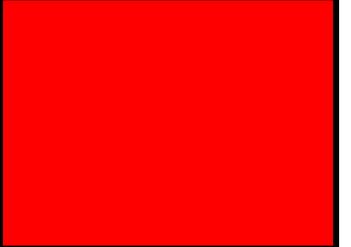
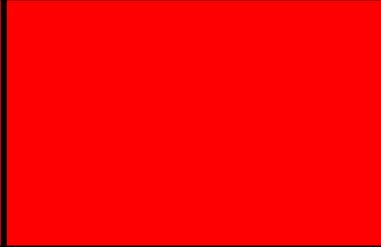
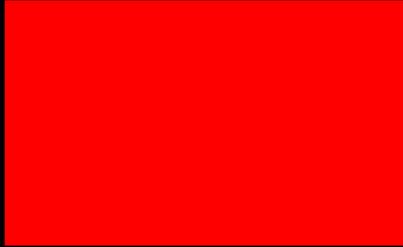
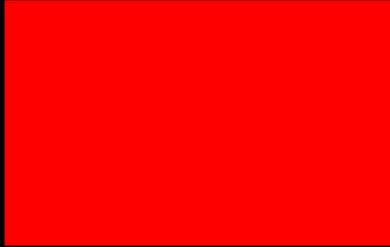
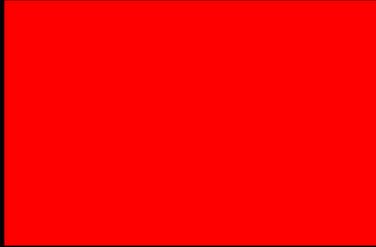
Thursday, 30 January, 2020

Friday, 31 January, 2020

**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH

