



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 3 February, 2020

Tuesday, 4 February, 2020

Wednesday, 5 February, 2020

Thursday, 6 February, 2020

Friday, 7 February, 2020

**MORNING
SNACKS**

CHINESE
MEE
HOON
&
CUT FRUIT

HAILAM
NOODLES
&
CUT FRUIT

NASI
LEMAK
&
CONDIMENTS

LOTUS
LEAF
RICE
&
FRUIT
JUICE

PANDAN
FRIED
RICE with
MUSHROOMS
&
CHICKEN

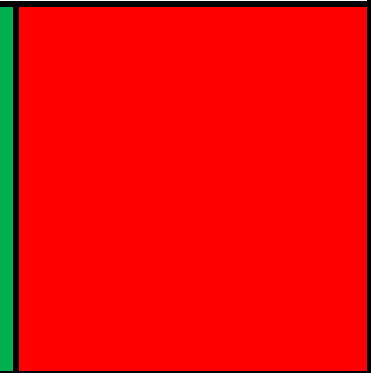
LUNCH

FISH FILLET
MUSHROOM
and TOMATO
with
FETTUCINE
and CARROT

CHICKEN
BLANQUETTE
with
PILAF RICE

FISH SHEPHERD
PIE
WITH
ROASTED
VEGETABLES

PROSPERITY
CHICKEN
with
BROCCOLI &
OYSTER SAUCE
NOODLES





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 10 February, 2020

Tuesday, 11 February, 2020

Wednesday, 12 February, 2020

Thursday, 13 February, 2020

Friday, 14 February, 2020

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

CHAR KOI
PORRIDGE
with
CUT
FRUITS

SCRAMBLED EGGS
with
BAKED BEANS
&
FRUIT JUICE

NASI
LEMAK
&
CONDIMENTS

CHINESE
GLUTINOUS
RICE with
MUSHROOMS
&
CHICKEN

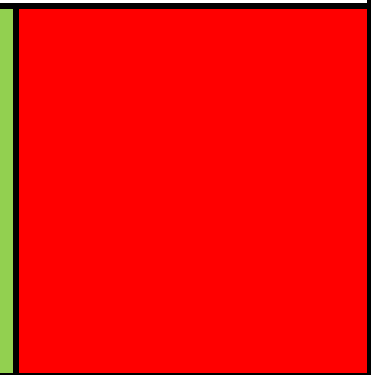
LUNCH

CHICKEN
SPAGHETTI
BOLOGNAISE
with
SALAD

BRAISED
BEEF
ESTOUFFADE
&
POTATO
GRATIN

SIAKAP
TOMATO
CONCASSEE
with
FETTUCINE
and CARROT

ROASTED
CHICKEN
with
MUSHROOM &
VALENCIENNE
RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 17 February, 2020

Tuesday, 18 February, 2020

Wednesday, 19 February, 2020

Thursday, 20 February, 2020

Friday, 21 February, 2020

**MORNING
SNACKS**

CEREAL
WITH
MILK
&
CUT FRUITS

RED BEAN
ON
TOAST
with
FRUIT
& MILK

NASI
LEMAK
&
CONDIMENTS

CHICKEN
GYUDON
with
EGG
&
CUT FRUITS

FISH
&
CHIPS
with
MIX SALAD

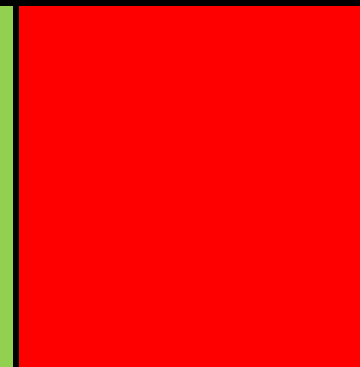
LUNCH

CAJUN CHICKEN
TORTIGLONI
PASTA with
LIGHT SAUCE
and
VEGETABLES

MARINATED
SEABASS FISH
with
PROVENAL
VEGETABLE GRATIN

KOREAN STYLE
CHICKEN
with
GARLIC
FRIE DRICE

ROASTED
CHICKEN CHOP
with
POTATO, BROCCOLI
&
CARROT





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 24 February, 2020

Tuesday, 25 February, 2020

Wednesday, 26 February, 2020

Thursday, 27 February, 2020

Friday, 28 February, 2020

**MORNING
SNACKS**

SINGAPORE
MEE
HOON
&
CUT FRUITS

KOREAN
RICE
BOWL
&
FRUIT

PARATHA
with
CURRY
&
FRUIT JUICE

VEGETARIAN
TREASOR
FRIED RICE
&
CUT FRUITS

BAKED CHICKEN
RICE
with
TOMATO SAUCE,
MIX VEGETABLES
& SALAD

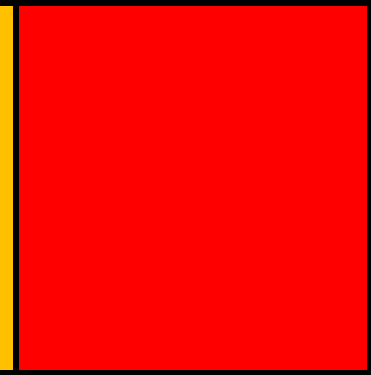
LUNCH

ROASTED
CHICKEN CHOP
&
MASHED POTATO
with
SAUCE

SEARED
FISH
with
PROVENCAL
PASTA
TOMATO

SAUTE CHICKEN
PASTA
&
ROASTED
VEGETABLES

FISH
BURGER
&
FRENCH FRIES
with
SALAD



&

FRUIT

JUICE

