



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
		Monday, 3 February, 2020	Tuesday, 4 February, 2020	Wednesday, 5 February, 2020	Thursday, 6 February, 2020
<b>MORNING SNACKS (PRIMARY)</b>	CHINESE MEE HOON & CUT FRUIT	HAILAM NOODLES & CUT FRUIT	NASI LEMAK & CONDIMENTS	LOTUS LEAF RICE & FRUIT JUICE	PANDAN FRIED RICE with MUSHROOMS & CHICKEN
	<b>MORNING SNACKS (SECONDARY)</b>	CHINESE MEE HOON & CUT FRUIT	HAILAM NOODLES & CUT FRUIT	NASI LEMAK & CONDIMENTS	LOTUS LEAF RICE & FRUIT JUICE
<b>LUNCH</b>		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
	GARLIC OYSTER CHICKEN WITH NOODLES AND VEGETABLES	TANDORI FISH WITH RAITA AND ONION RICE	CHICKEN RENDANG WITH ACAR AND TOMATO RICE	MONEY BAG FAT CHOY with DUMPLING BOK CHOY & RICE	
	GARLIC OYSTER VEGETARIAN CHICKEN WITH NOODLES AND VEGETABLES	VEGETARIAN CHICKEN ALIO OLIO PASTA	VEGETARIAN FISH SHEPHERD PIE WITH ROASTED VEGETABLES	MONEY BAG FAT CHOY with VEGETARIAN DUMPLING BOK CHOY & RICE	

	Monday, 10 February, 2020	Tuesday, 11 February, 2020	Wednesday, 12 February, 2020	Thursday, 13 February, 2020	Friday, 14 February, 2020
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	TOM YAM FRIED RICE & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	SCRAMBLED EGGS with BAKED BEANS SAUSAGES & FRUIT JUICE	NASI LEMAK & CONDIMENTS	CHINESE GLUTINOUS RICE with MUSHROOMS & CHICKEN
<b>LUNCH</b>	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	BRAISED BEEF ESTOUFFADE & POTATO GRATIN	SIAKAP TOMATO CONCASSEE with FETTUCINE and CARROT	ROASTED CHICKEN with MUSHROOM & VALENCIENNE RICE	
	BRAISED SOY CHICKEN, OKRA, CARROT & RICE	TILAPIA FISH TANDORI with ACAR RAMPAI & RICE	AYAM GORENG BEREMPAH & ULAM RICE	IKAN THREE FLAVOR, SAMBAL BELACHAN & FRIED RICE	
	RATATOUILLE SERVED with RICE & SALAD	VEGETARIAN KEBAB & RICE	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN LAMB FRIED RICE with SALAD	



**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
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	CHICKEN GYUDON with EGG & CUT FRUITS	FISH & CHIPS with MIX SALAD
<b>LUNCH</b>	CAJUN CHICKEN TORTIGLONI PASTA with LIGHT SAUCE and VEGETABLES	MARINATED SEABASS FISH with PROVENCAL VEGETABLE GRATIN	BEEF STROGONOFF with MASHED POTATO & SALAD	ROASTED CHICKEN CHOP with POTATO, BROCCOLI & CARROT	
	TERIYAKI FISH, SHREDDED VEGETABLES, LADY FINGER & RICE	KUNG POW CHICKEN & GARLIC PAK CHOI	KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI	CHANA MASALA FISH with TUMERIC CABBAGE & TOMATO RICE	
	TOMATO STEW with STEAMED POTATO & RICE	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	TOMATO STEW with MASHED POTATO	VEGETARIAN COD SPAGHETTI & 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
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	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
<b>LUNCH</b>	ROASTED CHICKEN CHOP & MASHED POTATO with SAUCE	SEARED FISH with PROVENCAL PASTA TOMATO	SAUTE CHICKEN PASTA & ROASTED VEGETABLES	FISH BURGER & FRENCH FRIES with SALAD	
	THAI LIME FISH with LONG BEAN, CORIANDER & RICE	DALCA CURRY CHICKEN with LONG BEAN CAULIFLOWER & RICE	TANDOORI FISH with SHREDDED VEGETABLES & RICE	LAMB VARUVAL WITH BRINJAL & BRYANI RICE	
	VEGETARIAN SPAGHETTI & SALAD	SWEET & SOUR BROCCOLI with CAULIFLOWER & RICE	CREAMY VEGETARIAN PIZZA & SALAD	VEGETARIAN BURGER & FRENCH FRIES with SALAD	