



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, March 02, 2020

Tuesday, March 03, 2020

Wednesday, March 04, 2020

Thursday, March 05, 2020

Friday, March 06, 2020

**MORNING  
SNACKS**

CEREAL  
WITH  
MILK  
&  
CUT FRUITS

HAM & CHEESE  
ON  
TOAST  
&  
FRUIT JUICE

NASI  
LEMAK  
&  
CONDIMENTS

SCRAMBLED EGGS,  
BAKED BEANS  
&  
FRUIT JUICE

SALMON KADEGRE  
with  
MUSHROOMS  
&  
MIXED VEGETABLES

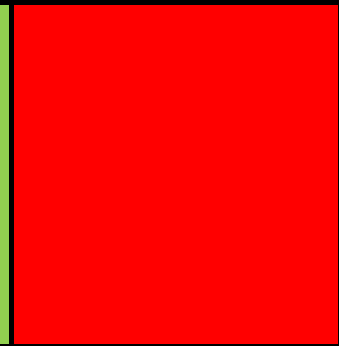
**LUNCH**

CHICKEN  
CABONARA  
PASTA  
with  
SALAD

ROASTED  
CHICKEN  
with  
SALAD  
&  
POTATO  
GRATIN

FISH FILLET  
MUSHROOM  
and TOMATO  
with  
FETTUCINE  
and CARROT

ROASTED  
PROVENCE  
CHICKEN CHOP  
with  
ROASTED POTATO,  
BROCCOLI, MUSHROOM  
& CARROT





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	Monday, March 09, 2020	Tuesday, March 10, 2020	Wednesday, March 11, 2020	Thursday, March 12, 2020	Friday, March 13, 2020
MORNING SNACKS	CHAR KOI PORRIDGE with CUT FRUITS	FRIED TOM YAM RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	BANCHAN WITH CONDIMENTS & CUT FRUITS	ROASTED CHICKEN CHOP with BROCCOLI & CARROT CRISPS & MIX SALAD
LUNCH	POACHED MEDITERRANEAN FISH with CUCUMBER SALAD, TOMATO CONCASSEE & RICE	CHICKEN & SAUTED VEGETABLE PIZZA with ASSORTED SALAD	SEARED FISH with MUSHROOM in WHITE SAUCE & PASTA	CHICKEN BASQUAISE with BROCCOLI, CARROT, MASHED POTATO & SALAD	



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	Monday, March 16, 2020	Tuesday, March 17, 2020	Wednesday, March 18, 2020	Thursday, March 19, 2020	Friday, March 20, 2020
MORNING SNACKS	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	MACCARONI & CHEESE with MIXED SALADS
LUNCH	MUSHROOM CHICKEN with CARROTS, SAUCE & POTATO GRATIN	St. PATRICK'S DAY DUBLIN CHICKEN CODDLE, SAUTED CABBAGE, STEAMED CARROT & SAUCE	CHICKEN SPAGHETTI BOLOGNAISE with SALAD	ROASTED FISH with MUSHROOM & TOMATO RICE	



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	Monday, March 23, 2020	Tuesday, March 24, 2020	Wednesday, March 25, 2020	Thursday, March 26, 2020	Friday, March 27, 2020
MORNING SNACKS	CEREAL WITH MILK & CUT FRUITS	KERABU FRIED RICE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	CORN's DAY KOREAN RICE BOWL with CORN & CUT FRUIT	FISH & CHIPS with MIX SALAD
LUNCH	CHICKEN SPAGHETTI BOLOGNAISE with MIXED SALAD	FISH FILLET LEEKS and TOMATO with FETTUCINE and CARROT	LIGHT DALCA CURRY CHICKEN with LONG BEAN CAULIFLOWER & RICE	CORN's DAY FISH BLANQUETTE MUSHROOMS, CORN & RICE VALENCIENNE	



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	Monday, March 30, 2020	Tuesday, March 31, 2020	Wednesday, April 01, 2020	Thursday, April 02, 2020	Friday, April 03, 2020
MORNING SNACKS	SINGAPORE FRIED MEE HOON & CUT FRUITS	CHAR KOI PORRIDGE with & FRUIT JUICE	CHICKEN GYUDON with EGG & CUT FRUITS	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
LUNCH	CHICKEN SPAGHETTI NAPOLITAN with SALAD	FISH FILLET, MUSHROOM and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE, MUSHROOM & PASTA	BAKED FISH FILLET, POTATOES, OLIVE and CORROT with FETTUCINE and MUSHROOMS	





