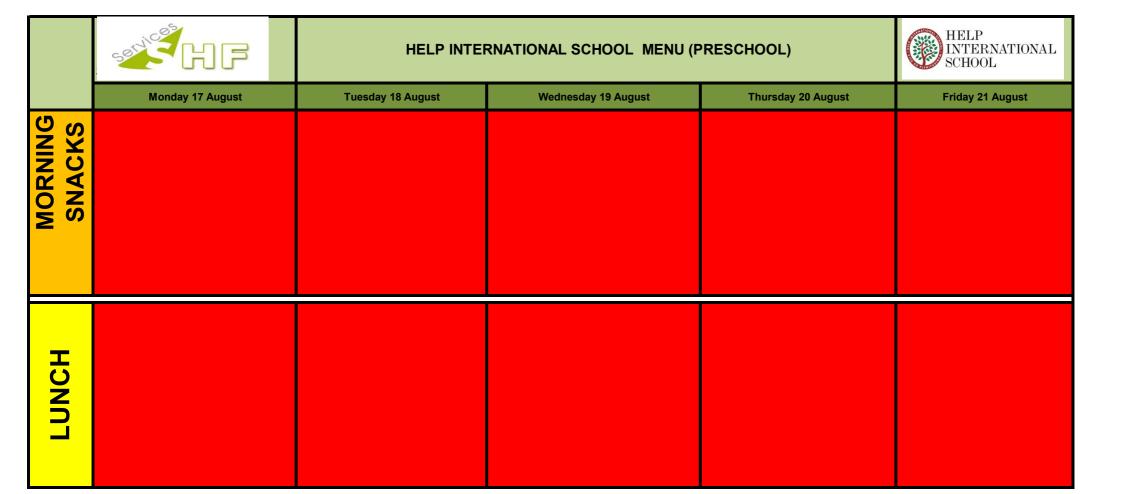
	SET SHIF	HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)			HELP INTERNATIONAL SCHOOL
	Monday 03 August	Tuesday 04 August	Wednesday 05 August	Thursday 06 August	Friday 07 August
MORNING					
LUNCH					

		HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)			HELP INTERNATIONAL SCHOOL
	Monday 10 August	Tuesday 11 August	Wednesday 12 August	Thursday 13 August	Friday 14 August
MORNING SNACKS					
LUNCH					



		HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)			HELP INTERNATIONAL SCHOOL
	Monday 24 August	Tuesday 25 August	Wednesday 26 August	Thursday 27 August	Friday 28 August
MORNING SNACKS		KAMPONG FRIED RICE with FRUIT JUICE	NASI LEMAK & CONDIMENTS	CINTAN NOODLES KAMPONG STYLE with FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH		ROASTED CAJUN CHICKEN WRAP with PINEAPPLE RICE & SALAD	CHICKEN TANDOORI with BASMATI RICE & SALAD	ROASTED CHICKEN CHOP & VEGETABLES with CARROT PASTA	

