



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 03 August

Tuesday 04 August

Wednesday 05 August

Thursday 06 August

Friday 07 August

**MORNING
SNACKS**

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 17 August

Tuesday 18 August

Wednesday 19 August

Thursday 20 August

Friday 21 August

MORNING SNACKS

LUNCH



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



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**



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 31 August

Tuesday 01 September

Wednesday 02 September

Thursday 03 September

Friday 04 September

**MORNING
SNACKS**

CEREAL
with
MILK
&
CUT FRUITS

MIX VEGETABLE
FRIED RICE
&
FRUIT JUICE

FRIED
YEE MEE
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

HERBED
FISH
BAKED RICE
with
VEGETABLE
& SALAD

LUNCH

CHICKEN
BASQUAISE
STEW
&
MIXED POTATOES
GRATIN

ROASTED
FISH,
MUSHROOMS,
SAUTEED VEGETABLES
and
PASTA

ROAST
CHICKEN CHOP
with
VEGETABLES
and
POTATOES

HAINANESE
CHICKEN RICE
with
ASSORTED CONDIMENTS

