



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY	
			HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
	Monday 03 August	Tuesday 04 August	Wednesday 05 August	Thursday 06 August	Friday 07 August	
MORNING SNACKS (PRIMARY)						
MORNING SNACKS (SECONDARY)						
LUNCH						



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

Monday 10 August

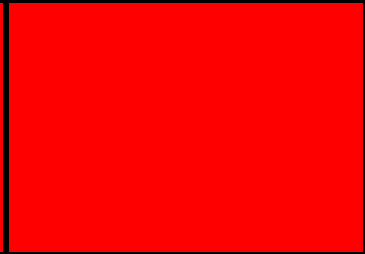
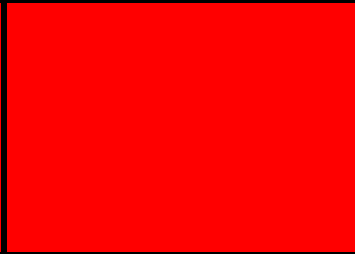
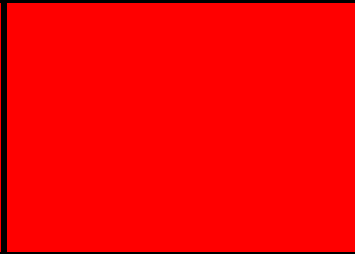
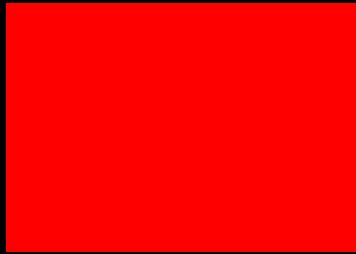
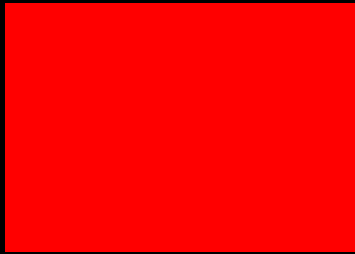
Tuesday 11 August

Wednesday 12 August

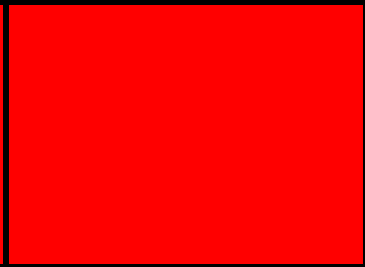
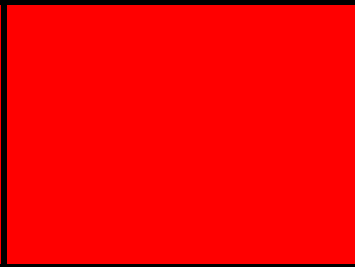
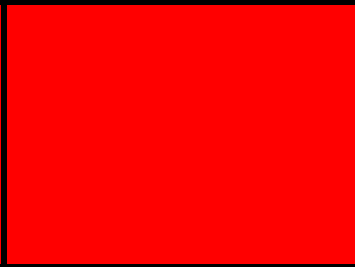
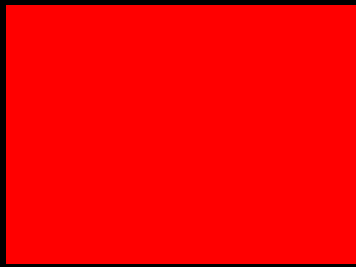
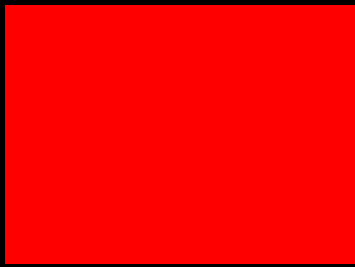
Thursday 13 August

Friday 14 August

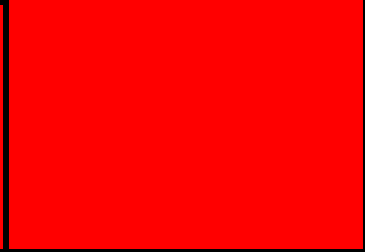
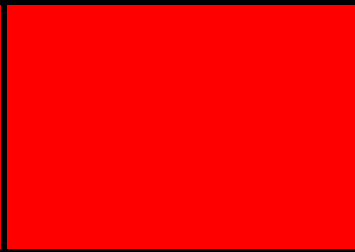
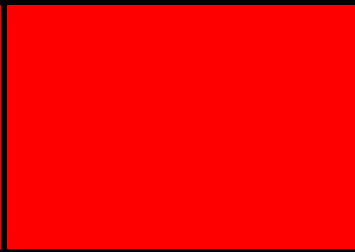
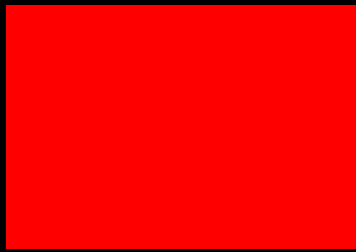
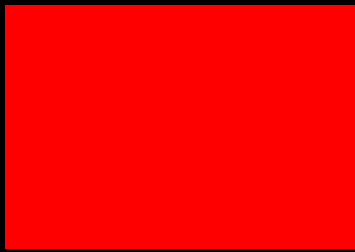
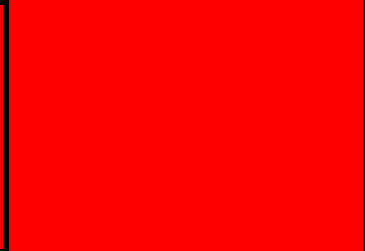
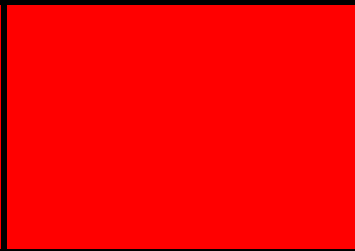
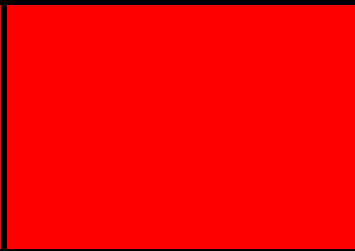
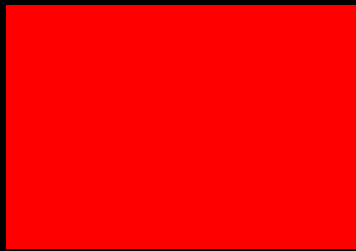
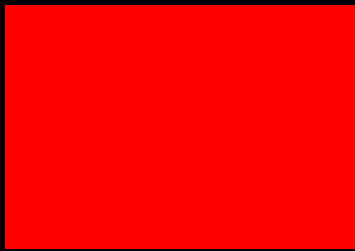
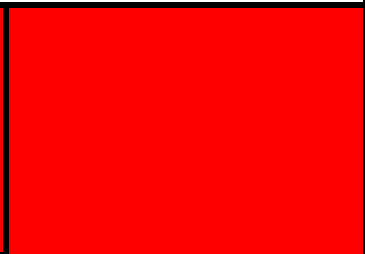
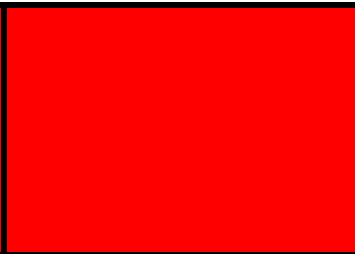
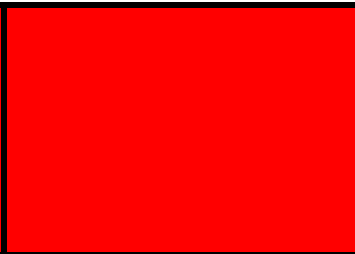
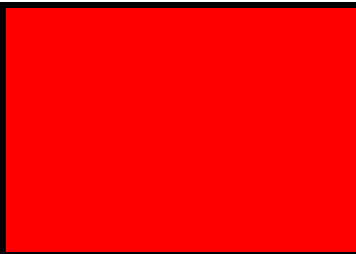
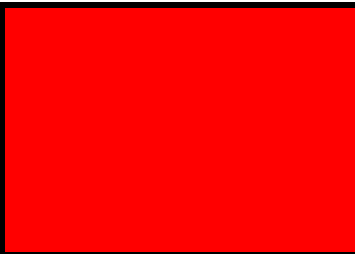
MORNING SNACKS
(PRIMARY)



MORNING SNACKS
(SECONDARY)



LUNCH





HELP INTERNATIONAL SCHOOL MENU



HELP
INTERNATIONAL
SCHOOL

	Monday 17 August	Tuesday 18 August	Wednesday 19 August	Thursday 20 August	Friday 21 August
MORNING SNACKS (PRIMARY)					
MORNING SNACKS (SECONDARY)					
LUNCH					



HELP INTERNATIONAL SCHOOL MENU



	Monday 24 August	Tuesday 25 August	Wednesday 26 August	Thursday 27 August	Friday 28 August
MORNING SNACKS (PRIMARY)		KAMPONG FRIED RICE with FRUIT JUICE	NASI LEMAK & CONDIMENTS	CINTAN NOODLES KAMPONG STYLE with FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
MORNING SNACKS (SECONDARY)		KAMPONG FRIED RICE with CHICKEN & FRUIT JUICE	NASI LEMAK & CHICKEN (BIGGER)	CINTAN NOODLES KAMPONG STYLE with CHICKEN & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH		ROASTED CAJUN CHICKEN WRAP with PINEAPPLE RICE & SALAD	LAMB TAJINE with SEMOLINA & CHICKPEAS	ROAST CHICKEN CHOP and VEGETABLES with CARROT PASTA	
		THAI FISH, SAUTEED VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	FISH CURRY WITH POTATOES, CARROTS & BIRYANI RICE	
		MIXED POTATOES, BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN CHICKEN with GREMOLATA PASTA	



HELP INTERNATIONAL SCHOOL MENU



	Monday 31 August	Tuesday 01 September	Wednesday 02 September	Thursday 03 September	Friday 04 September
MORNING SNACKS (PRIMARY)	CEREAL with MILK & CUT FRUITS	MIXED VEGETABLE FRIED RICE & FRUIT JUICE	FRIED YEE MEE with & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	HERBED FISH BAKED RICE with VEGETABLE & SALAD
	SINGAPORE FRIED MEE HOON & CUT FRUIT	MIX VEGETABLE FRIED RICE (with Chicken) & FRUIT JUICE	FRIED YEE MEE with CHICKEN & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	HERBED FISH BAKED RICE with VEGETABLE & SALAD
LUNCH	CHICKEN BASQUAISE (STEW) & MIXED POTATOS GRATIN	ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES and PASTA	ROAST CHICKEN CHOP with VEGETABLES and POTATOES	BRAISED BEEF ESTOUFFADE & MASHED POTATEOS	
	ROASTED FISH TIKKA MASALA with SPICED AUBERGINE	AYAM GORENG BEREMPAH with ULAM RICE & VEGETABLES	FISH CURRY WITH ACAR & HUJAN PANAS RICE	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	MIXED POTATOES BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETARIAN LASAGNA with SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS	