



## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 31 August

Tuesday 01 September

Wednesday 02 September

Thursday 03 September

Friday 04 September

**MORNING  
SNACKS**

CEREAL  
with  
MILK  
&  
CUT FRUITS

MIXED VEGETABLE  
FRIED RICE  
&  
FRUIT JUICE

FRIED  
YEE MEE  
&  
CUT FRUITS

PARATHA  
WITH  
CURRY  
&  
CUT FRUITS

HERBED  
FISH  
BAKED RICE  
with  
VEGETABLE  
& SALAD

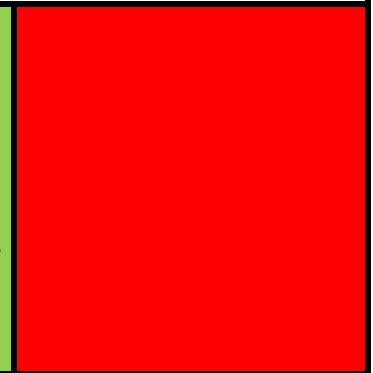
**LUNCH**

CHICKEN  
BASQUAISE  
STEW  
&  
MIXED POTATOES  
GRATIN

ROASTED  
FISH,  
MUSHROOMS,  
SAUTED VEGETABLES  
and  
PASTA

ROASTED  
CHICKEN CHOP  
WITH  
VEGETABLES  
&  
POTATOES

HAINANESE  
CHICKEN RICE  
with  
ASSORTED CONDIMENTS





## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday 07 September

Tuesday 08 September

Wednesday 09 September

Thursday 10 September

Friday 11 September

**MORNING  
SNACKS**

WAFFLE with  
HONEY  
WITH  
MILK  
&  
CUT FRUITS

KOREAN RICE BOWL  
&  
CUT FRUITS

NASI  
LEMAK  
&  
CONDIMENTS

KAMPONG  
FRIED  
RICE  
&  
FRUIT JUICE

ROASTED  
CHICKEN  
PASTA  
&  
SALAD

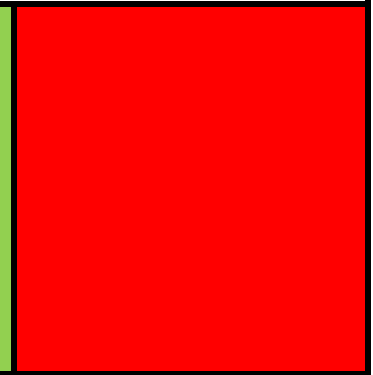
**LUNCH**

PAPRIKA  
CHICKEN  
with  
PILAF RICE  
&  
SALAD

SEARED  
SEA BASS  
with  
LEMON  
PASTA

CHICKEN  
CHASSEUR  
WITH  
FRIES &  
VEGETABLES

FISH  
BURGER  
with  
CHIPS  
&  
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 14 September

Tuesday 15 September

Wednesday 16 September

Thursday 17 September

Friday 18 September

**MORNING  
SNACKS**

SINGAPORE  
FRIED  
MEE HOON  
&  
CUT FRUITS

SCRAMBLED EGGS,  
BAKED BEANS  
&  
SAUSAGES  
with  
FRUIT JUICE

SPECIAL BEACH DAY  
THAI  
FRIED RICE  
with  
PINEAPPLE  
&  
GREEN BEANS

PARATHA  
WITH  
CURRY  
&  
CUT FRUITS

CHICKEN CHORIZO  
WITH  
TRIGOLONI PASTA  
&  
SALAD

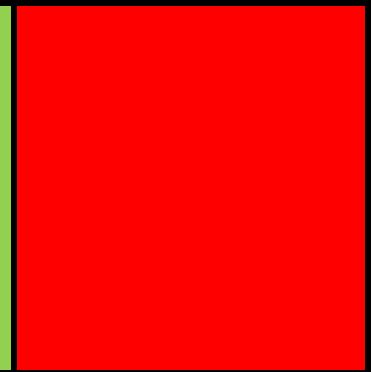
**LUNCH**

ROASTED CHICKEN  
with  
BRAISED  
SPRING DHAL  
&  
CARROT RICE

LEMON  
CRUSTED  
FISH  
with  
SPICED RICE

SPECIAL BEACH DAY  
CHICKEN  
BLANQUETTE  
WITH  
ROASTED VEGETABLES

OVEN ROASTED  
FISH WITH  
LEMON & HERB  
SPICED SAUCE  
&  
PILAF RICE





# HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 21 September

Tuesday 22 September

Wednesday 23 September

Thursday 24 September

Friday 25 September

**MORNING  
SNACKS**

A.B.C  
SOUP  
with  
SOFT  
BUN

MYSTERY BOX DAY  
KAMPONG  
FRIED RICE  
with  
FRUIT JUICE

NASI  
LEMAK  
&  
CONDIMENTS

CINTAN NOODLES  
KAMPONG  
STYLE  
with  
FRUIT JUICE

SALMON  
KEDGEREE  
SUMMER  
STYLE  
with  
SNAP PEAS

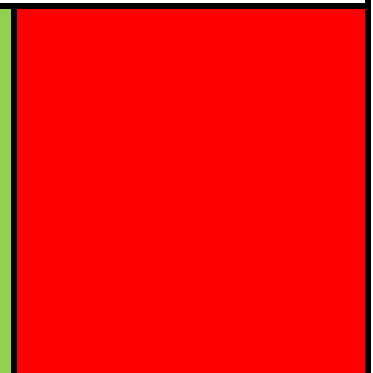
**LUNCH**

BARBECUE  
FISH  
with  
SAUTÉWD VEGETABLES  
and  
PILAF RICE

ROASTED  
CAJUN CHICKEN  
WRAP  
with  
PINEAPPLE RICE  
& SALAD

CHICKEN  
TANDOORI  
with  
BASMATI RICE  
&  
SALAD

ROASTED  
CHICKEN CHOP  
and  
VEGETABLES  
with  
CARROT PASTA





# HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 28 September

Tuesday 29 September

Wednesday 30 September

Thursday 01 October

Friday 02 October

**MORNING  
SNACKS**

CINTAN  
NOODLES  
BEAN SPROUT  
EGG and TOFU  
with  
FRUIT JUICE

CEREAL  
With  
MILK  
&  
CUT FRUITS

PARATHA  
WITH  
CURRY  
&  
CUT FRUITS

DRY  
MEE HOON  
&  
CUT FRUITS

FISH  
&  
CHIPS  
with  
SALAD

**LUNCH**

CHICKEN  
and  
CHEESE PIZZA  
with  
SALAD

SAUSAGE &  
BROCCOLI  
TORTIGLIONI  
with  
GARLIC  
BREADCRUMBS

BARBECUE  
FISH  
with  
SAUTEED VEGETABLES  
and  
PILAF RICE

SAUERKRAUT  
CHICKEN  
SAUSAGE  
with  
BROCCOLI  
&  
MASHed POTATO

