



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY	
			<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday 31 August	Tuesday 01 September	Wednesday 02 September	Thursday 03 September	Friday 04 September	
<b>MORNING SNACKS (PRIMARY)</b>	<b>CEREAL</b> with <b>MILK</b> & <b>CUT FRUITS</b>	<b>MIXED VEGETABLE</b> <b>FRIED RICE</b> & <b>FRUIT JUICE</b>	<b>FRIED YEE MEE</b> & <b>CUT FRUITS</b>	<b>PARATHA WITH CURRY</b> & <b>CUT FRUITS</b>	<b>HERBSED FISH BAKED RICE</b> with <b>VEGETABLE &amp; SALAD</b>	
<b>MORNING SNACKS (SECONDARY)</b>	<b>SINGAPORE FRIED MEE HOON</b> & <b>CUT FRUIT</b>	<b>MIX VEGETABLE FRIED RICE (with CHICKEN)</b> & <b>FRUIT JUICE</b>	<b>FRIED YEE MEE CHICKEN</b> & <b>CUT FRUITS</b>	<b>PARATHA WITH CURRY</b> & <b>CUT FRUITS</b>	<b>HERBSED FISH BAKED RICE</b> with <b>VEGETABLE &amp; SALAD</b>	
<b>LUNCH</b>	<b>CHICKEN BASQUAISE (STEW)</b> & <b>MIXED POTATOES GRATIN</b>	<b>ROASTED FISH, MUSHROOMS, SAUTED VEGETABLES and PASTA</b>	<b>ROAST CHICKEN CHOP with VEGETABLES and POTATOES</b>	<b>BRAISED BEEF ESTOUFFADE &amp; MASHED POTATOES</b>		
<b>ROASTED FISH TIKKA MASALA with SPICED AUBERGINE</b>	<b>AYAM GORENG BEREMPAH with ULAM RICE &amp; VEGETABLES</b>	<b>FISH CURRY WITH ACAR &amp; HUJAN PANAS RICE</b>	<b>HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS</b>			
<b>MIXED ZUCCHINI NUTMEG GRATIN with RICE</b>	<b>MIXED POTATOES BROCCOLI and CAPSICUM WRAP with RICE &amp; SALAD</b>	<b>VEGETARIAN LASAGNA with SALAD</b>	<b>ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS</b>			



**HELP INTERNATIONAL SCHOOL MENU**



**HELP INTERNATIONAL SCHOOL**

	Monday 07 September	Tuesday 08 September	Wednesday 09 September	Thursday 10 September	Friday 11 September
<b>MORNING SNACKS (PRIMARY)</b>	WAFFLE with HONEY with MILK & CUT FRUITS	KOREAN RICE BOWL & CUT FRUITS	NASI LEMAK & CONDIMENTS	KAMPONG FRIED RICE & FRUIT JUICE	ROASTED CHICKEN PASTA & SALAD
<b>MORNING SNACKS (SECONDARY)</b>	DRY FRIED NOODLES CHICKEN & CUT FRUIT	KOREAN RICE BOWL & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	KAMPONG FRIED RICE with Chicken & FRUIT JUICE	ROASTED CHICKEN PASTA & SALAD
<b>LUNCH</b>	PAPRIKA CHICKEN with PILAF RICE & SALAD	SEARED SEA BASS with LEMON PASTA	CHICKEN CHASSEUR WITH FRIES & VEGETABLE	FISH BURGER with CHIPS & SALAD	
	ASSAM FISH with RICE	CHICKEN CURRY WITH GLASS NOODLES	FISH CHANA MASSALA with RICE	AYAM MASAK MERAH ACAR & RICE	
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETABLE PUFF & SALAD	VEGETABLE CHANA MASSALA & RICE	VEGETARIAN FISH BURGER with CHIPS & SALAD	



## HELP INTERNATIONAL SCHOOL MENU



	Monday 14 September	Tuesday 15 September	Wednesday 16 September	Thursday 17 September	Friday 18 September
<b>MORNING SNACKS (PRIMARY)</b>	SINGAPORE FRIED MEE HOON & CUT FRUIT	SCRAMBLED EGGS, BAKED BEANS & SAUSAGE with FRUIT JUICE	SPECIAL BEACH DAY THAI FRIED RICE with PINEAPPLE GREEN BEANS	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
<b>MORNING SNACKS (SECONDARY)</b>	SINGAPORE FRIED MEE HOON with CHICKEN & CUT FRUIT	SCRAMBLED EGGS, BAKED BEANS & SAUSAGE S with FRUIT JUICE	SPECIAL BEACH DAY THAI FRIED RICE with PINEAPPLE GREEN BEANS	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
<b>LUNCH</b>	ROAST 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 & HERBS SPICED SAUCE and PILAF RICE	
	WASABI FISH with LONG BEANS and FRIED RICE	ROASTED CHICKEN TIKKA MASALA with AUBERGINE FRIES SERVED with RICE	SPECIAL BEACH DAY THAI FISH, SPRING ONION & GINGER with RICE	CRISPY CHICKEN with ULAM RICE & VEGETABLES	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLE WRAP with RICE & SALAD	SPECIAL BEACH DAY THAI STYLE SAUTED VEGETABLES with RICE	VEGETARIAN LASAGNA served with SALAD	



## HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 21 September	Tuesday 22 September	Wednesday 23 September	Thursday 24 September	Friday 25 September
<b>MORNING SNACKS (PRIMARY)</b>	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
<b>MORNING SNACKS (SECONDARY)</b>	A.B.C SOUP with SOFT BUN	MYSTERY BOX DAY 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
<b>LUNCH</b>	BARBECUE FISH with SAUTEÉD VEGETABLES and PILAF RICE	ROASTED CAJUN CHICKEN WRAP with PINEAPPLE RICE & SALAD	LAMB TAJINE with SEMOLINA & CHICKPEAS	ROAST CHICKEN CHOP and VEGETABLES with CARROT PASTA	
	LEMON CHICKEN with SAUTEED VEGETABLES & STEAM RICE	THAI FISH, SAUTEED VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	FISH CURRY WITH POTATOES, CARROTS & BIRYANI RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CARAMELISED ONIONS	MIX 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 28 September	Tuesday 29 September	Wednesday 30 September	Thursday 01 October	Friday 02 October
<b>MORNING SNACKS (PRIMARY)</b>	NOODLES WITH 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
	NOODLES WITH BEAN SPROUT EGG and TOFU with FRUIT JUICE	KOREAN RICE BOWL & FRUIT JUICE	PARATHA WITH CURRY & CUT FRUITS	DRY MEE HOON with CHICKEN & CUT FRUITS	FISH & CHIPS with SALAD (BIGGER)
<b>MORNING SNACKS (SECONDARY)</b>	NOODLES WITH BEAN SPROUT EGG and TOFU with FRUIT JUICE	KOREAN RICE BOWL & FRUIT JUICE	PARATHA WITH CURRY & CUT FRUITS	DRY MEE HOON with CHICKEN & CUT FRUITS	FISH & CHIPS with SALAD (BIGGER)
	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	SAUSAGE & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS	BARBECUE FISH with SAUTEED VEGETABLES and PILAF RICE	CHICKEN SAUSAGE with BROCCOLI & MASHED POTATO	
	PALEMBANG CHICKEN with RICE and SALAD	SWEET and SOUR FISH with FRAGRANT RICE	SOY CHICKEN with CORN RICE	BEEF MASALA with BUTTER RICE & ACAR	
VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	SPICED AUBERGINES and POTATOES with RICE	CAULIFLOWER and COCONUT DHAL with BASMATI RICE		