



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 28 September

Tuesday 29 September

Wednesday 30 September

Thursday 01 October

Friday 02 October

**MORNING
SNACKS**

CEREAL with
MILK
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

DRY
MEE HOON
&
CUT FRUITS

FISH
&
CHIPS
with
SALAD

LUNCH

SAUSAGE &
BROCCOLI
TORTIGLIONI
with
GARLIC
BREADCRUMBS

BARBECUE
FISH with
SAUTEED
VEGETABLES
and
PILAF RICE

SAUERKRAUT
CHICKEN
SAUSAGE
with
BROCCOLI
&
MASHED POTATO



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 05 October

Tuesday 06 October

Wednesday 07 October

Thursday 08 October

Friday 09 October

**MORNING
SNACKS**

SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT

NASI
LEMAK
&
CHICKEN

SEAWEED
FRIED RICE
&
FRUIT JUICE

KOREAN RICE BOWL
&
CUT FRUITS

SALMON
KADEGRE
with
GREEN SALAD

LUNCH

OVEN ROASTED
FISH with
TOMATO
CONCASSEE
& AGLIO OLIO
PASTA

ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
CARROT RICE

FISH
MOUSAKA
with
POTATO GRATIN
&
SALAD

BEEF
STEW
PASTA
WITH
ROASTED VEGETABLES



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 12 October

Tuesday 13 October

Wednesday 14 October

Thursday 15 October

Friday 16 October

**MORNING
SNACKS**

PORRIDGE
with
YOU TIAO

WAFFLE
WITH
HONEY
OR
CHOCOLATE SAUCE

PUMPKIN DAY
PUMPKIN & GARLIC
FRIED RICE
&
CUT FRUITS

PARATHA
with
CURRY
&
FRUIT JUICE

CHICKEN
LASAGNA
with
SALAD

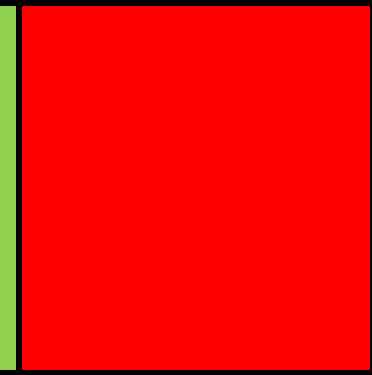
LUNCH

BARBECUE
FISH
with
SAUTÉ VEGETABLES
PILAF RICE

ROAST
CHICKEN
with
MUSHROOM
PASTA

PUMPKIN DAY
FISH BURGER with
PUMPKIN,
FRIES
&
SALAD

ROAST
CHICKEN CHOP
and
VEGETABLES
with
CARROT PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 19 October

Tuesday 20 October

Wednesday 21 October

Thursday 22 October

Friday 23 October

**MORNING
SNACKS**

NOODLES with BEAN
SPROUTS, EGG, TOFU
&
FRUIT JUICE

MIXED
VEGETABLES
FRIED RICE
&
CUT FRUITS

NASI
LEMAK
&
CHICKEN

DRY
MEE HOON
&
CUT FRUITS

MACARONI
CHEESE
with
GREEN SALAD

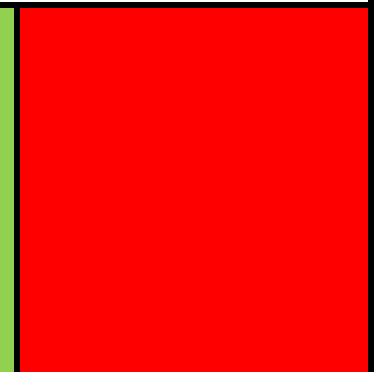
LUNCH

CHICKEN
and
CHEESE PIZZA
with
ASSORTED
SALAD

FISH & CHEESE
WRAP
with
MIXED VEGETABLES
&
SALAD with CORN

ROASTED
FISH with
ASSORTED
VEGETABLES
&
PILAF RICE

AGLIO OLIO
CHICKEN
WITH
SALAD





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 26 October

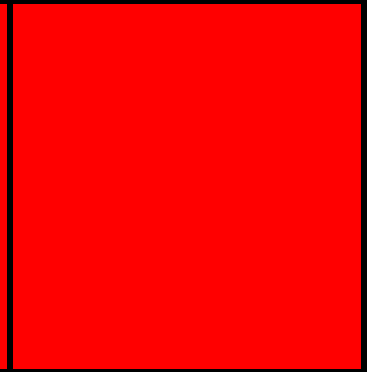
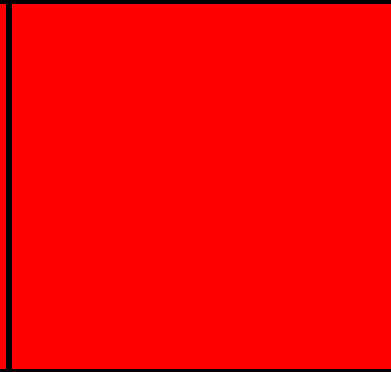
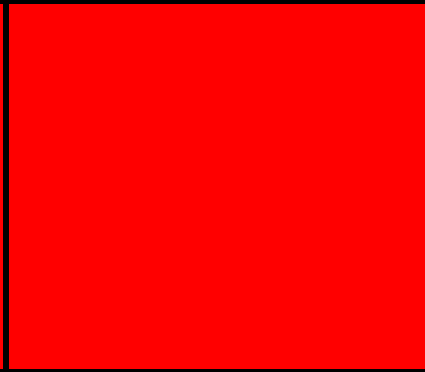
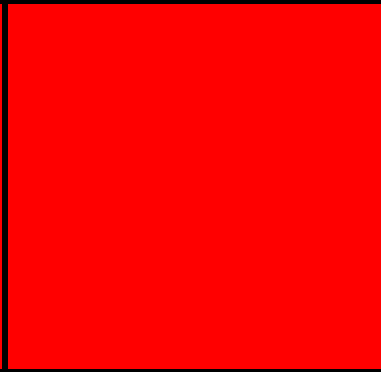
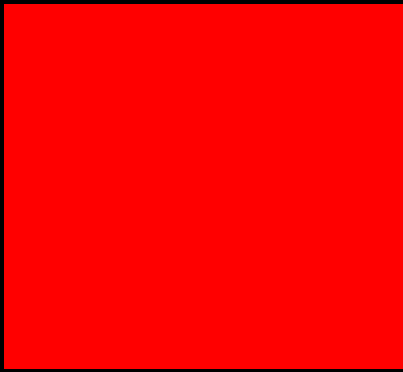
Tuesday 27 October

Wednesday 28 October

Thursday 29 October

Friday 30 October

**MORNING
SNACKS**



LUNCH

