



| 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 28 September | Tuesday 29 September | Wednesday 30 September | Thursday 01 October | Friday 02 October |
| MORNING SNACKS (PRIMARY) | | CEREAL With MILK & CUT FRUITS | PARATHA WITH CURRY & CUT FRUITS | DRY MEE HOON & CUT FRUITS | FISH & CHIPS with SALAD |
| MORNING SNACKS (SECONDARY) | | KOREAN RICE BOWL & FRUIT JUICE | PARATHA WITH CURRY & CUT FRUITS | DRY MEE HOON with CHICKEN & CUT FRUITS | FISH & CHIPS with SALAD (BIGGER) |
| LUNCH | | SAUSAGE & BROCCOLI TORTIGLIONI with GARLIC BREADCRUMBS | BARBECUE FISH with SAUTEED VEGETABLES and PILAF RICE | CHICKEN SAUSAGE with BROCCOLI & MASHED POTATO | |
| | | SWEET and SOUR FISH with FRAGRANT RICE | SOY CHICKEN with FRIED NODDLES & CONDIMENTS | BEEF MASALA with BUTTER RICE & ACAR | |
| | | CREAMY PASTA SPINACH with LEMON BREADCRUMBS | SPICED AUBERGINES & POTATOES with BOK CHOY | CAULIFLOWER and COCONUT DHAL with FRAGRANT RICE | |



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

| | Monday 05 October | Tuesday 06 October | Wednesday 07 October | Thursday 08 October | Friday 09 October |
|------------------------------------|--|--|---|--|--|
| MORNING SNACKS (PRIMARY) | SINGAPORE FRIED MEE HOON & CUT FRUIT | NASI LEMAK & CHICKEN | SEAWEED FRIED RICE & FRUIT JUICE | KOREAN RICE BOWL & CUT FRUITS | SALMON KADEGRE with GREEN SALAD |
| | SINGAPORE FRIED MEE HOON (with Chicken) & CUT FRUIT | NASI LEMAK & CHICKEN (BIGGER) | SALTED FISH FRIED RICE & FRUIT JUICE | KOREAN RICE BOWL & CUT FRUITS | SALMON KADEGRE with GREEN SALAD (BIGGER) |
| 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 | |
| | CHICKEN PONGTEH & GARLIC RICE | SWEET & SOUR FISH with VEGETABLES and NOODLES | AYAM MASAK MERAH WITH ACAR & STEAM RICE | CHINESE STYLE FISH, SPRING ONION & GINGER with YEE MEE | |
| | MIXED ZUCCHINI NUTMEG GRATIN with RICE | ROASTED VEGETABLES WRAP with RICE & SALAD | TOMATO STEW with POTATO and CAULIFLOWER | VEGETARIAN LASAGNA served with SALAD | |



HELP INTERNATIONAL SCHOOL MENU



| | Monday 12 October | Tuesday 13 October | Wednesday 14 October | Thursday 15 October | Friday 16 October |
|-----------------------------------|---|--|--|--|-------------------------------------|
| MORNING SNACKS (PRIMARY) | 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 |
| MORNING SNACKS (SECONDARY) | CHICKEN PORRIDGE with YOU TIAO | KAMPONG FRIED RICE with FRUIT JUICE | PUMPKIN DAY PUMPKIN & GARLIC FRIED RICE & CUT FRUITS (BIGGER) | 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 | |
| | LEMON CHICKEN with SAUTE VEGETABLES & STEAM RICE | LIGHT FISH CURRY WITH POTATO, CARROT & WHITE RICE | PUMPKIN DAY CHICKEN & PUMPKIN CURRY with RICE | MASAK MERAH FISH with ACAR & FLAVOUR RICE | |
| | ROASTED MIXED POTATOES served with PAK CHOI and CAMELISED ONIONS | VEGETABLE GRATIN with CARROT RICE & KAI LAN | PUMPKIN DAY PUMPKIN BURGER WITH FRIES & SALAD | VEGETARIAN CHICKEN WITH PASTA | |



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

| | Monday 19 October | Tuesday 20 October | Wednesday 21 October | Thursday 22 October | Friday 23 October |
|-----------------------------------|--|--|--|---|---|
| MORNING SNACKS (PRIMARY) | 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 |
| MORNING SNACKS (SECONDARY) | NOODLES with BEAN SPROUTS, EGG, TOFU & FRUIT JUICE | MIXED VEGETABLES FRIED RICE (BIGGER) & CUT FRUITS | NASI LEMAK & CHICKEN (BIGGER) | DRY MEE HOON with CHICKEN & CUT FRUITS | MACARONI CHEESE with GREEN SALAD (BIGGER) |
| 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 | |
| | PALEMBANG CHICKEN with RICE and SALAD | EGG DROP CHICKEN with FRIED YEE MEE | KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI | THAI FISH GREEN CURRY GLASS NOODLES with VEGETABLES | |
| | VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES | VEGETARIAN FISH WRAP with MIXED VEGETABLES & SALAD with CORN | SPICED AUBERGINE and POTATOES with RICE | DRY ALOO GOBI WITH STEAMED RICE | |



HELP INTERNATIONAL SCHOOL MENU



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Monday 26 October

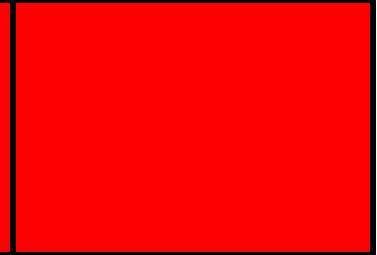
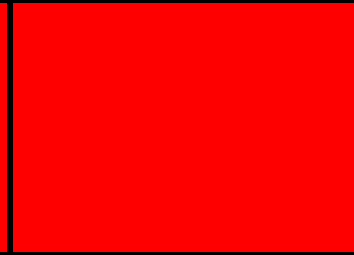
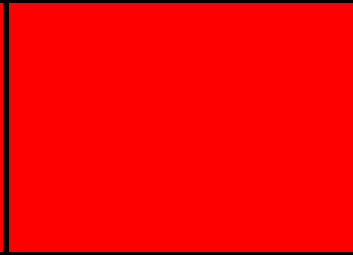
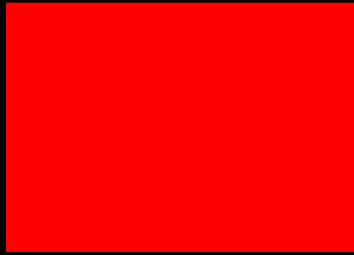
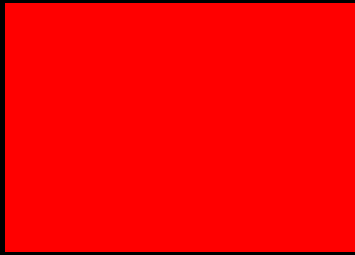
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Wednesday 28 October

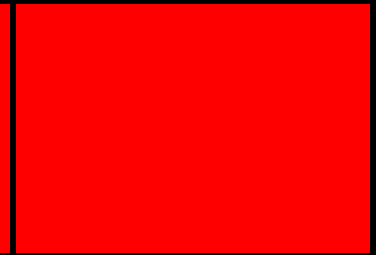
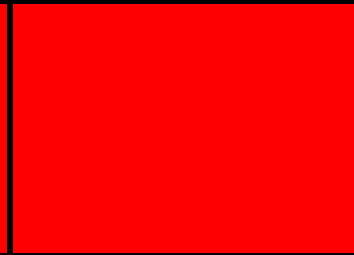
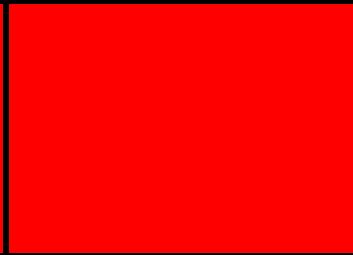
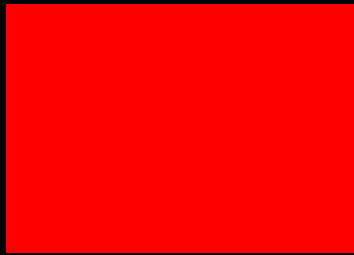
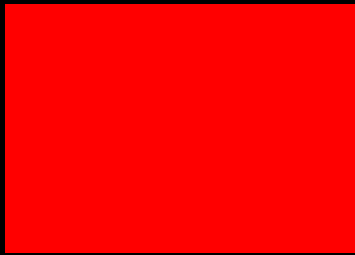
Thursday 29 October

Friday 30 October

**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH

