



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 01 February	Tuesday 02 February	Wednesday 03 February	Thursday 04 February	Friday 05 February
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	SINGAPORE FRIED MEE HOON & CUT FRUIT	MIX VEGETABLE FRIED RICE (with CHICKEN) & FRUIT JUICE	FRIED YEE MEE CHICKEN & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	HERBED FISH BAKED RICE with VEGETABLE & SALAD
LUNCH	CHICKEN BASQUAISE (STEW) & MIXED POTATOES GRATIN	ROASTED FISH, MUSHROOMS, SAUTÉED VEGETABLES and PASTA	ROAST CHICKEN CHOP with VEGETABLES and POTATOES	SEARED SEA BASS with LEMON PASTA	
	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	



HELP INTERNATIONAL SCHOOL MENU



HELP INTERNATIONAL SCHOOL

	Monday 08 February	Tuesday 09 February	Wednesday 10 February	Thursday 11 February	Friday 12 February
MORNING SNACKS (PRIMARY)	WAFFLE & HONEY with MILK & CUT FRUITS	KOREAN RICE BOWL & CUT FRUITS			
MORNING SNACKS (SECONDARY)	DRY FRIED NOODLES CHICKEN & CUT FRUIT	KOREAN RICE BOWL & CUT FRUITS			
LUNCH	PAPRIKA CHICKEN with PILAF RICE & SALAD	FISH BURGER with CHIPS & SALAD			
	ASSAM FISH with RICE	CHICKEN CURRY WITH GLASS NOODLES			
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETARIAN FISH BURGER with CHIPS & SALAD			



HELP INTERNATIONAL SCHOOL MENU



		HELP INTERNATIONAL SCHOOL MENU				
		Monday 15 February	Tuesday 16 February	Wednesday 17 February	Thursday 18 February	Friday 19 February
MORNING SNACKS (PRIMARY)				SINGAPORE FRIED MEE HOON & CUT FRUIT	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
	MORNING SNACKS (SECONDARY)			SINGAPORE FRIED MEE HOON with CHICKEN & CUT FRUIT	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
LUNCH				OVEN ROASTED FISH With LEMON & HERB SPICED SAUCE and PASTA	CHICKEN BASQUAISE (STEW) & MIXED POTATOES GRATIN	
				CRISPY CHICKEN with ULAM RICE & VEGETABLES	ROASTED FISH TIKKA MASALA with SPICED AUBERGINE	
				VEGETARIAN LASAGNA served with SALAD	MIXED ZUCCHINI NUTMEG GRATIN with RICE	



HELP INTERNATIONAL SCHOOL MENU



	Monday 22 February	Tuesday 23 February	Wednesday 24 February	Thursday 25 February	Friday 26 February
MORNING SNACKS (PRIMARY)	A.B.C SOUP with SOFT BUN	KAMPUNG FRIED RICE with FRUIT JUICE	KOREAN RICE BOWL & CUT FRUITS	CINTAN NOODLES KAMPUNG STYLE with FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
MORNING SNACKS (SECONDARY)	A.B.C SOUP with SOFT BUN	KAMPUNG FRIED RICE with CHICKEN & FRUIT JUICE	KOREAN RICE BOWL & CUT FRUITS	CINTAN NOODLES KAMPUNG STYLE with CHICKEN & FRUIT JUICE	SALMON KEDGEREE SUMMER STYLE with SNAP PEAS
LUNCH	SEARED FISH with TOMATO SAUCE & PASTA	ROASTED CAJUN CHICKEN WRAP with PINEAPPLE RICE & SALAD	BARBECUE FISH with SAUTÉED VEGETABLES and PILAF RICE	ROASTED CHICKEN CHOP and VEGETABLES with CARROT PASTA	
	LEMON CHICKEN with SAUTÉED VEGETABLES & STEAM RICE	THAI FISH, SAUTÉED 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	