



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 04 January

Tuesday 05 January

Wednesday 06 January

Thursday 07 January

Friday 08 January

**MORNING
SNACKS**

CEREAL
with
MILK
&
CUT FRUITS

MIXED VEGETABLES
FRIED RICE
&
FRUIT JUICE

FRIED
YEE MEE
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

HERBED
FISH
BAKED RICE
with
VEGETABLES
& SALAD

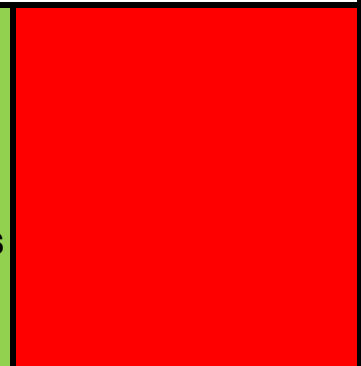
LUNCH

CHICKEN
BASQUAISE
STEW
&
MIXED POTATOES
GRATIN

ROASTED
FISH,
MUSHROOMS,
SAUTED VEGETABLES
and
PASTA

ROAST
CHICKEN CHOP
WITH
VEGETABLES
&
POTATOES

HAINANESE
CHICKEN RICE
with
ASSORTED CONDIMENTS





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 11 January

Tuesday 12 January

Wednesday 13 January

Thursday 14 January

Friday 15 January

**MORNING
SNACKS**

WAFFLE with
HONEY
served with
MILK
&
CUT FRUITS

KOREAN RICE BOWL
&
CUT FRUITS

NASI
LEMAK
&
CONDIMENTS

KAMPUNG
FRIED
RICE
&
FRUIT JUICE

ROAST
CHICKEN
PASTA
&
SALAD

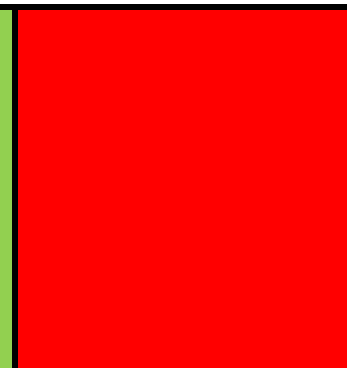
LUNCH

PAPRIKA
CHICKEN
with
PILAF RICE
&
SALAD

SEARED
SEA BASS
with
LEMON
PASTA

CHICKEN
CHASSEUR
WITH
ROAST POTATOES
& VEGETABLES

FISH
BURGER
with
CHIPS
&
SALAD



Monday 18 January

Tuesday 19 January

Wednesday 20 January

Thursday 21 January

Friday 22 January

MORNING SNACKS

SINGAPORE
FRIED
MEE HOON
&
CUT FRUITS

SCRAMBLED EGGS,
BAKED BEANS
&
SAUSAGES
served with
FRUIT JUICE

SPECIAL BEACH DAY
THAI
FRIED RICE
with
PINEAPPLE
&
GREEN BEANS

PARATHA
WITH
CURRY
&
CUT FRUITS

CHICKEN CHORIZO
WITH
TRIGOLONI PASTA
&
SALAD

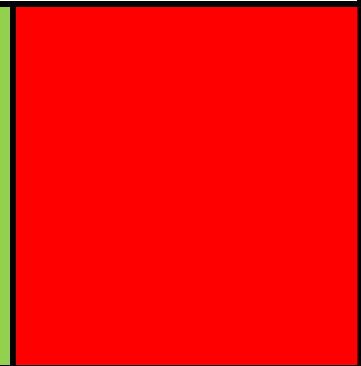
LUNCH

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 & HERB
SPICED SAUCE
and
PASTA



Monday 25 January

Tuesday 26 January

Wednesday 27 January

Thursday 28 January

Friday 29 January

**MORNING
SNACKS**

A.B.C
SOUP
with
SOFT
BUN

MYSTERY BOX DAY
**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

LUNCH

SEARED
FISH
with
TOMATO SAUCE
&
PASTA

**ROAST CAJUN CHICKEN
WRAP**
with
PINEAPPLE RICE
& SALAD

BARBECUE
FISH
with
SAUTÉED VEGETABLES
and
PILAF RICE

ROAST
CHICKEN CHOP
and
VEGETABLES
with
CARROT PASTA

