



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>					
	Monday 04 January	Tuesday 05 January	Wednesday 06 January	Thursday 07 January	Friday 08 January
<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</b> <b>YEE MEE</b> & <b>CUT FRUITS</b>	<b>PARATHA</b> <b>WITH</b> <b>CURRY</b> & <b>CUT FRUITS</b>	<b>HERBED</b> <b>FISH</b> <b>BAKED RICE</b> with <b>VEGETABLES</b> & <b>SALAD</b>
<b>MORNING SNACKS (SECONDARY)</b>	<b>SINGAPORE</b> <b>FRIED</b> <b>MEE HOON</b> & <b>CUT FRUIT</b>	<b>MIX VEGETABLE</b> <b>FRIED RICE</b> (with <b>CHICKEN</b> ) & <b>FRUIT JUICE</b>	<b>FRIED</b> <b>YEE MEE</b> <b>CHICKEN</b> & <b>CUT FRUITS</b>	<b>PARATHA</b> <b>WITH</b> <b>CURRY</b> & <b>CUT FRUITS</b>	<b>HERBED</b> <b>FISH</b> <b>BAKED RICE</b> with <b>VEGETABLES</b> & <b>SALAD</b>
<b>LUNCH</b>	<b>CHICKEN</b> <b>BASQUAISE</b> ( <b>STEW</b> ) & <b>MIXED POTATOES</b> <b>GRATIN</b>	<b>ROASTED</b> <b>FISH,</b> <b>MUSHROOMS,</b> <b>SAUTEED</b> <b>VEGETABLES</b> and	<b>ROAST</b> <b>CHICKEN CHOP</b> with <b>VEGETABLES</b> and <b>POTATOES</b>	<b>BRAISED</b> <b>BEEF</b> <b>ESTOUFFADE</b> & <b>BUTTER</b> <b>PASTA</b>	
<b>ROASTED</b> <b>FISH</b> <b>TIKKA MASALA</b> with <b>SPICED</b> <b>AUBERGINE</b>	<b>AYAM GORENG</b> <b>BEREMPAH</b> with <b>ULAM RICE</b> & <b>VEGETABLES</b>	<b>FISH CURRY</b> <b>WITH</b> <b>ACAR &amp;</b> <b>HUJAN PANAS RICE</b>	<b>HAINANESE</b> <b>CHICKEN RICE</b> with <b>ASSORTED</b> <b>CONDIMENTS</b>		
<b>MIXED</b> <b>ZUCCHINI</b> <b>NUTMEG GRATIN</b> with <b>RICE</b>	<b>MIXED POTATOES,</b> <b>BROCCOLI</b> and <b>CAPSICUM</b> <b>WRAP</b> with <b>RICE &amp; SALAD</b>	<b>VEGETARIAN</b> <b>LASAGNA</b> with <b>SALAD</b>	<b>ASSORTED ROASTED</b> <b>POTATOES</b> served with <b>BOK CHOY</b> and <b>CARAMELISED ONIONS</b>		



**HELP INTERNATIONAL SCHOOL MENU**



**HELP INTERNATIONAL SCHOOL**

Monday 11 January

Tuesday 12 January

Wednesday 13 January

Thursday 14 January

Friday 15 January

**MORNING SNACKS (PRIMARY)**

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

**MORNING SNACKS (SECONDARY)**

DRY FRIED NOODLES CHICKEN & CUT FRUIT

KOREAN RICE BOWL & CUT FRUITS

NASI LEMAK & CHICKEN (BIGGER)

KAMPUNG FRIED RICE with Chicken & 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

ASSAM FISH with RICE

CHICKEN CURRY WITH GLASS NOODLES

FISH CHANA MASSALA with RICE

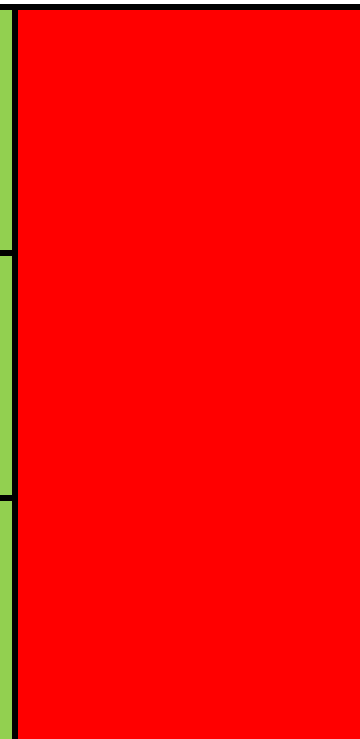
AYAM MASAK MERAH ACAR & RICE

AGLIO OLIO PASTA WITH ROASTED VEGETABLES

VEGETABLE PUFF & POTATO SALAD

VEGETABLE CHANA MASSALA & RICE

VEGETARIAN FISH BURGER with CHIPS & SALAD





HELP INTERNATIONAL SCHOOL MENU



		Monday 18 January	Tuesday 19 January	Wednesday 20 January	Thursday 21 January	Friday 22 January
MORNIN G SNACKS (PRIMARY)		SINGAPORE FRIED MEE HOON & CUT FRUITS	SCRAMBLED EGGS, BAKED BEANS WITH SAUSAGES & FRUIT JUICE	SPECIAL BEACH DAY THAI FRIED RICE with PINEAPPLE & GREEN BEANS	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
	MORNIN G SNACKS (SECONDARY)	SINGAPORE FRIED MEE HOON with CHICKEN & CUT FRUITS	SCRAMBLED EGGS, BAKED BEANS WITH SAUSAGES & 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	
		WASABI FISH with LONG BEANS and FRIED NOODLES	ROAST 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 VEGETABLES WRAP with RICE & SALAD	SPECIAL BEACH DAY THAI STYLE SAUTED VEGETABLES with RICE	VEGETARIAN LASAGNA served with SALAD	

Monday 25 January

Tuesday 26 January

Wednesday 27 January

Thursday 28 January

Friday 29 January

**MORNING  
SNACKS  
(PRIMARY)**

A.B.C  
SOUP  
with  
SOFT  
BUN

MYSTERY BOX DAY  
KAMPUNG  
FRIED RICE  
served with  
FRUIT JUICE

KOREAN RICE BOWL  
&  
CUT FRUITS

CINTAN NOODLES  
KAMPUNG  
STYLE  
served with  
FRUIT JUICE

SALMON  
KEDGEREE  
SUMMER  
STYLE  
with  
SNAP PEAS

**MORNING  
SNACKS  
(SECONDARY)**

A.B.C  
SOUP  
with  
SOFT  
BUN

MYSTERY BOX DAY  
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

ROAST  
CAJUN CHICKEN  
WRAP  
with  
PINEAPPLE RICE  
& SALAD

BARBECUE  
FISH  
with  
SAUTÉD VEGETABLES  
and  
PILAF RICE

ROAST  
CHICKEN CHOP  
and  
VEGETABLES  
with  
CARROT PASTA

LEMON  
CHICKEN  
with  
SAUTEED  
VEGETABLES  
&

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  
CAMELISED ONIONS

MIX POTATOES,  
BROCCOLI  
and  
CAPSICUM  
WRAP  
with RICE & SALAD

VEGETABLE  
GRATIN  
with  
CARROT RICE  
& KAI LAN

VEGETARIAN  
CHICKEN  
with  
GREMOLATA  
PASTA