

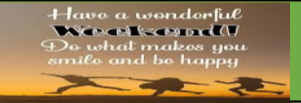







Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Students should know your classroom is a safe and an open space for questions and discussion					
 <h1 style="margin: 0;">HELP INTERNATIONAL SCHOOL</h1>					
1/1/2025	HAPPY NEW YEAR				
7/1/2025	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Ayam Goreng Berempah With Rice, Stir Fry Cabbage And Soup		
8/1/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Assam Fish Fillet & Ginger Rice with Brinjal and Lady finger	Chicken Alfredo Pasta With Garden Salad	Pesto Pasta with Braised Tempeh Salad & Fruit (Vegetarian)
9/1/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Chicken rice serve with condiment and soup	Roasted BBQ Fish with pilaf Rice and roasted vegetables	Tofu Fried Noodle with fruits and Salad
10/1/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Chicken Chow Mien with Capsicum and Carrot	Have a wonderful Weekend! Do what makes you smile and be happy	
13/1/2025	Fried Chicken Kuewtiow with Cut Fruits	Fried Vegetarian Kuewtiow with Cut Fruits	Chinese Style Fish Fried Noodles with Vegetables	Cajun Chicken Tortiglioni Pasta with Light Sauce & Vegetables	Fry Tempeh & tofu Fajitas With Rice And beans
14/1/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Friut Juice	Chicken Tandori Butter Rice Gravy and Saute Cabbage and Pak choy	Barbecue Fish with Sautéed Carrot and Zhucchini & Aglio Olio Pasta	Pesto Pasta with Grill Tofu and Salad
15/1/2025	English breakfast (egg, beans and toast) with fruits	English breakfast (egg, beans and toast) with fruits	Korean Style Chicken With Garlic Rice And Kimchi With Soup	Chicken Pizza with Salad	Vegetarian Pizza with Salad
16/1/2025	Paratha and curry with fruit juice	Paratha and Vegetarian curry with fruit juice	Chicken Pongteh With Rice And Oyster Pak choy	Roasted Fish Mushrooms, Sautéed Capsicum , carrot And Pilaf Rice	Chickpea Aloo Gobi With Butter Rice
17/1/2025	Fish & Chip With salad	Fish & Chip With salad (Vegetarian)	Dry Fried Chicken Noodle with Pak Choy and Cabbage		
20/1/2025	Fried Hokiean Noodles with Cut Fruits	Fried Hokien Noodles with Cut Fruits (Vegetarian)	Sweet & Sour Fish with Cucumber, Capsicum serve with Rice	Lemon Crust Fish with Tomato sauce pasta and Salad	Spinach Pasta with Roasted Tofu and Salad
21/1/2025	Chicken Fried Rice With Fruit Juice	Mock Chicken Fried Rice with fruit Juice	Barbeque Chicken Rice serve with Cucumber Lettuce And Soup	Cajun Fish Pasta with Light Sauce & Steam Broccoli	Mock Chicken Fried Pasta with fruits and Salad
22/1/2025	Nasi Lemak with Condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Prosperity Chicken With Rice And Steam Broccoli	Creamy Tomato Fish with pasta and roasted Carrot and Zhucinni	Prosperity Tofu With Rice And Steam Broccoli
23/1/2025	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Money bag Serve With Noodles And Ginger Sauce	Roasted BBQ Fish with pilaf Rice and boil Broccoli & carrot	Tempeh and Vegetables stew serve with pasta
24/1/2025	Butter Roasted Chicken with Pasta Serve with Boil Broccoli and Gravy	Vegetarian Chicken with Pasta Serve with Boil Broccoli and Gravy	Thai Chicken Fried Rice with salad	Have a wonderful Weekend! Do what makes you smile and be happy	
27/1/2025					
28/1/2025					
29/1/2025	CHINESE NEW YEAR				
30/1/2025					
				Delischool by SHF Services	Have a wonderful Weekend! Do what makes you smile and be happy

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3/2/2025	Fried Chicken Kuey Teow with Cut Fruits	Fried Vegetarian Kuey Teow with Cut Fruits	Light Chicken Curry with Tumeric Cabbage And Rice	Grill Fish with Tomato & Spaghetti And Salad	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
4/2/2025	French Toast With cut fruits	French Toast With cut fruits	Steam Ginger Fish With Rice and Oyster Pak choy	Chicken Basquaise With Pasta Broccoli, Carrot And Zucchini	Vegetarian Pizza with Salad
5/2/2025	Chinese Beehoon With Fruit Juice	Vegetarian Chinese Beehoon With Fruit Juice	Lamb Kurma with Briyani Rice and Pickle Cucumber	Chiken Spagetti Bolognese with Mix Salad	Tomato Pasta With Vegetarian Chicken with Salad
6/2/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Ayam Percik, Pajeri Brinjal & Sauce with Rice	Fish Burger With Fries And Salad	Vegetarian Chicpea Burger With Fries and Salad
7/2/2025	Chicken & Chip With salad and Brown Sauce	Mock Chicken & Chip With Salad and Brown Sauce	Siamese Chicken Beehoon with Carrot & Cabbage		
10/2/2025	Chicken Fried Yee mee with Cut Fruits	Fried Yee mee with Cut Fruits (Vegetarian)	Chicken Varuval with Tumeric Cabbage & Rice	Baked Fish Mushroom with Carrot Fettucine	Aglio Olio Pasta with Tempeh and Roasted Vegetables
11/2/2025	THAIPUSAM				
12/2/2025	Waffle with Jam And Cut fruits	Waffle with Jam And Cut fruits	Chicken Curry With Steam Rice And Pickel Cabbage	Fish Blanquette with Garlic Pasta and butter Broccoli and carrot	Sweet & Sour Broccoli Cauliflower And Tofu& Corn Rice
13/2/2025	Nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Scalion Fish With Noodles and Sauted Cabbage & Pak choy	Chicken Chasseur with Garlic Rice	Mock Chicken Fried rice with fruits
14/2/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Thai Chicken Fried Rice with salad		
17/2/2025	Chicken Fried Yee Mee With Cut Fruits	Vegetarian Fried Yee Mee With Cut Fruits	Teriyaki Fish with Soya Cabbage & Fried Rice	Chicken Stroganoff with Aglio Olio Pasta	Vegetarian Fajitas With Rice And beans
18/2/2025	French Toast With cut fruits	French Toast With cut fruits	Chicken Tandori Serve With Butter Rice Curry and Cucumber raita	Oven Baked Fish Served with Ratatouille & Pilaf Rice	Pesto Pasta with Marinated Tofu And Salad
19/2/2025	Chicken Singapore BeeHoon With cut Fruit	Vegetarian Singapore BeeHoon With cut Fruit	Chicken Briyani Serve with Briyani Rice And Pickle Cabbage & carrot	Chicken Pizza with Salad	Vegetarian Pizza with Salad
20/2/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Sesame Fish with Fried Yee Mee, Sauted Pak Choy And Cabbage	Chicken Goulash With White Rice And Salad	Tofu Aloo Gobi With Flavour Rice
21/2/2025	Chicken Lasagna With Garden Salad	Mock Chicken Lasagna With Garden Salad	Chicken Soya Fried Rice with salad		
24/2/2025	Hailam Noodles And Cut Fruit	Vegetarian Hailam Noodles And Cut Fruit (Vegetarian)	Black Pepper Fish, Fried Yee Mee with Capsicum	Garlic Mushroom Chicken pasta and Sauted Broccoli And Carrot	Dry Tofu Curry & Roasted Potato and Carrot
25/2/2025	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Korean Style Chicken With Garlic Rice And Kimchi with soup	Roasted BBQ Fish with pilaf Rice and rosted Zucchini & carrot	Pesto Pasta with Fried Tempeh and Salad
26/2/2025	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Fish Channa Masala With Butter Rice And Tumeric Cabbage	Maryland Chicken With Baked potato And Coleslaw	Vegetables Tempeh Quesadilla With Salad
27/2/2025	Chicken Poridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Roasted Chicken rice with Salad, Tomato and soup	Fish Burger With Fries And Salad	Vegetables Tofu stew serve with pasta
28/2/2025	Butter Roasted Chicken with Pasta Serve with steam Broccoli ,Cauliflower	Vegetarian Chicken with Pasta Serve with steam Broccoli ,Cauliflower	Chicken Chow Mien with Capsicum and Carrot		

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3/3/2025	Chicken Mamak Style Fried Noodles with Cut Fruits	Vegetarian Mamak Style Fried Noodles with Cut Fruits	Ginger Chicken Fried Yee Mee with Stir fry Capsicum	Grill Fish with Tomato & Spaghetti And Salad	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
4/3/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Kung Pow Chicken with Sesame pakchoy & Rice	Roasted Fish Mushrooms, Sautéed Vegetables And Pasta	Vegetarian Pizza with Salad
5/3/2025	Singapore Beehoon With Fruit Juice	Vegetarian Singapore Beehoon With Fruit Juice	Assam Fish with Rice and Brinjal & lady finger	Chicken Spaghetti Bolognese with Salad	Tomato Pasta With Vegetarian Chicken with Salad
6/3/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Fish Curry Serve With Steam Rice And Lady finger & Brinjal	Cajun Chicken With Roasted Vegetables And Pilaf Rice	Tofu Quesadilla With Salad
7/3/2025	Chicken & Chip With salad and Barbeque Sauce	Mock Chicken & Chip With salad And Barbeque Sauce	Chicken Chow Mien with Capsicum and Carrot		
10/3/2025	Fried Chicken Kuey Teow with Cut Fruits	Fried Vegetarian Kuey Teow with Cut Fruits	Black Pepper Fish Fried Yee Mee with Stir fry Capsicum	Chicken Stroganoff with Aglio Olio Pasta	Spinach Pasta With Sauted Tempeh & Roasted Potato, carrot and Broccoli
11/3/2025	French Toast With cut fruits	French Toast With cut fruits	Ayam Goreng Berempah With Cucumber Tomato, Cabbage, Rice and Soup	Oven Baked Fish Served with Ratatouille & Pasta	Braised Mushroom with tofu Bok Choy Cauliflower And Steamed Rice
12/3/2025	nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Teriyaki Chicken with Soy Cabbage & Fried Rice	Chicken Alfredo Pasta With Garden Salad	Sweet & Sour Broccoli Cauliflower And Mock Chicken& Corn Rice
13/3/2025	Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Korean Style Chicken With Garlic Rice And Kimchi with soup	Roasted BBQ Fish with Pilaf Rice and Steam Broccoli & Carrot	Tofu & Tempeh Fried rice with fruits
14/3/2025	Chicken Macaroni & Cheese with salad	Macaroni & Cheese with salad (Vegetarian)	Chicken and Kimchi Fried Rice with salad		
17/3/2025	Chinese Fried Rice With Fruit Juice	Vegetarian Chinese Fried Rice With Fruit Juice	Dalca Curry Chicken with Long Bean, Cauliflower & Corn Rice	Barbecue Fish with Sautéed Broccoli, cauliflower & Aglio Olio Pasta	Pesto Pasta with Grill Marinated Tofu
18/3/2025	NUZUL AL QURAN				
19/3/2025	paratha and curry with fruit juice	Paratha and Curry with Fruit juice (Vegetarian)	Salted Egg Fish With Oyster Cabbage And steam Rice	Peri-Peri Chicken With Rice And Stir fry Capsicum	Mapo Tofu With White Rice
20/3/2025	Chicken Lor Mee With Cut Fruits	Vegitarian Lor Mee With Cut Fruits	Chicken Pongteh With Rice And Sesame Pak choy	Roasted Fish Mushrooms, Sautéed Capsicum, carrot And Pasta	Aloo Gobi With Chickpea Rice
21/3/2025	Aglio Olio pasta with Roasted Chicken And gravy with salad	Aglio Olio pasta with Vegetarian Chicken And gravy with salad	Chicken Soya Fried Rice with salad		
24/3/2025	Chicken Hokiean Noodles with Cut Fruits	Hokien Noodles with Cut Fruits (Vegetarian)	soya chicken with Boil Pak choy and white rice	Fish Marinara Pasta With Roasted Broccoli & Cauliflower	Pasta with Garlic Sauce & Roasted tomato And grill Tempeh
25/3/2025	Chicken Fried Rice With Fruit Juice	Vegetarian Chicken Fried Rice with fruit Juice	Indian Butter Fish with steam rice and sauted Cabbage	Roasted Chicken Mushrooms, steam Zhuchini ,Broccoli And Pasta	Mock Fish Fried rice with fruits
26/3/2025	Chicken Porridge With Cut Fruits	Vegetarian Chicken Poridge With Cut Fruits	Chicken Rendang with Butter Rice and Pickle Cucumber and Carrot	Creamy Tomato Fish with pasta and roasted Cauliflower	Lodeh with Nasi Impit (Vegetarian)
27/3/2025	Nasi lemak with condiment (cucumber,egg,anchovies)	nasi lemak with condiment (vegetarian) (cucumber,egg,)	Chicken Rice serve with Cucumber, Tomato and soup	Roasted BBQ Fish with pilaf Rice and rosted Carrot & Capscicum	Mock Chicken stew serve with pasta
28/3/2025	Butter Roasted Chicken with Pasta Boil Capsicum ,Zucchini & Black pepper Sauce	Vegetarian Chicken with Pasta Boil Capsicum ,Zucchini & Black pepper Sauce	Chicken Chow Mien with Capsicum and Carrot		
31/3/2025	HARI RAYA AIDILFITRI				