





<div> <div>  <div> <div>SHF</div> <div>Services</div> </div> </div> <div>SHF SERVICES (M) SDN BHD (822648-A)</div> </div> <div>Hot Meal Menu: JAN 2026</div> <div> <div>  <div> <div>SHF</div> <div>Services</div> </div> </div> <div>SHF SERVICES (M) SDN BHD (822648-A)</div> </div>					
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					
5/1/2026	Teacher Only Day				
6/1/2026	Fried Rice Chinese Style Cut Fruits	Fried Rice Vegetarian Chinese Style Cut Fruits	Kam Heong Fish Stir Fried Cabbage Fried Rice	Chicken Chasseur Garlic Pasta Butter Carrot Broccoli	Mapo Tofu Rice Steam Vegetables
7/1/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Sesame Chicken Fried Yee Mee Oyster Pak choy	Lamb Tagine Roasted Zhucinni Chickpea Rice	Vegetarian Chicken Curry Potato Carrot Stew Rice
8/1/2026	French Toast Jam Cut Fruits	French Toast Jam Cut Fruits	Ayam Masak Merah Jelatah Tomato Rice	Jumbo Sausage Brown Sauce Mash Potato Garden salad	Aglio Olio Pasta Tomato Sauce Roasted Carrot Tofu
9/1/2026	Roast Black Pepper Chicken Fries Salad	Vegetarian Skewer Fries Salad	Siamese Chicken Bee Hoon Carrot & Cabbage	  <b>HELP INTERNATIONAL SCHOOL</b>	
12/1/2026	Hailam Noodles Vegetables Cut Fruit	Hailam Noodles (Vegetarian) Cut Fruit	Oyster Fish Noodles Saute Carrot & cabbage	Chicken Chili Con Carne Shreeded Letuce & Cheese Corn Tortilla Chips	Corn Tortilla Chips Chicpea Salsa Shreeded Letuce & Cheese
13/1/2026	Scrambled Eggs, Sausage Baked Beans Cut Fruits	Scrambled Eggs (Vegetarian) Baked Beans Cut Fruits	Korean Style Chicken Kimchi With Soup Garlic Rice	Lemon Crust Fish Tomato Sauce Pasta and Salad	Braised Mushroom Chickpea Salad Rice
14/1/2026	Hokien Chicken Noodles Cut Fruits	Hokien (Vegetarian) Noodles Cut Fruits	Buttter Fish Roasted Brinjal and potato And Steam Rice	Roasted Chicken Tomato Pasta Steam Broccoli & Carrot	Coconut Dhal Cauliflower Briyani Rice (Vegetarian)
15/1/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Hong Kong Steam Fish Stir Fried Kailan White Rice	Chicken Alfreado Creamy Pasta Green Garden Salad	Vegetarian Chicken Alfreado Pasta Green Garden Salad
16/1/2026	Salmon Fried Rice Mixed Vegetables Garden Salad	Vegetarian Fried Rice Mixed Vegetables Garden Salad	Baked Soya Chicken Fried Rice Garden Salad	 <b>HELP INTERNATIONAL SCHOOL</b> 	
19/1/2026	Mix Vegetables Fried rice with Fruit Juice	Vegetarian Mix Vegetables Fried rice with Fruit Juice	Crispy Thai Style Fish Fried Yee Mee Stir Fried Water Spinach	Cajun Chicken Pasta & Sauce Steamed Brocoli Cauliflower	Brinjal Aloo Gobi with Pickle Vegetables and Rice
20/1/2026	Singapore Bee Hoon Chicken Cut Fruits	Singapore Bee Hoon (Vegetarian) Chicken Cut Fruits	Ayam Percik Pajeri Brinjal & Sauce Butter Rice	Fish Burger French Fries Tomato And Salad	Vegetarian Burger French Fries Tomato And Salad
21/1/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Ginger Lamb Stir Fried Vegetables White Rice	Maryland Chicken Coleslaw Baked Potato	Chana Massala Acar Ghee Rice
22/1/2026	French Toast Sauce Cut Fruits	French Toast Sauce Cut Fruits	Hainanese Chicken Rice Lettuce Tomato Clear Soup	Roasted BBQ Fish Rosted Vegetables Pilaf Rice	Mushroom Tofu Stew With Rice
23/1/2026	Fish & Chip Tartar Sauce Mix Salad	Fish & Chip (vegetarian) Tartar Sauce Mix Salad	Crispy Lemon Fish Chinese Style Cabbage Jasmine Rice	 <b>HELP INTERNATIONAL SCHOOL</b> 	
26/1/2026	Chicken Kuey Teow Fruit Juice	Chicken (Vegetarian) Kuey Teow Fruit Juice	Herbal Steamed Chicken Sauteed Baby Kailan Garlic Rice	Roasted Fish Marinara Pasta Roasted Vegetables	Potato And Tomato Stew with Pasta and Salad
27/1/2026	Fried Rice Kampung Style with Cut Fruits	Vegetarian Fried Rice Kampung Style with Cut Fruits	Creamy Butter Fish Vegtables and Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup with Salad
28/1/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Chicken Katsu Japanese Vegetable Curry Japanese Rice	Baked Fish Mushroom Pasta and Salad	Vegetables Quesadilla Tomato Sauce Chicpea Salad
29/1/2026	Fried Hokian Noodles with Cut Fruits	Vegetarian Hokian Noodles with Cut Fruits	Ayam Penyet Fried Tempeh & Tofu Rice, Soup & Cabbage	Roasted Barbeque Fish Rosted Carrot Zhucinni Carrot Rice	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
30/1/2026	Chicken Shepared Pie Sauce with Salad	Vegetarian Shepared Pie Sauce with Salad	Thai Chicken Fried Rice with Salad	  <b>HELP INTERNATIONAL SCHOOL</b>	

# Hot Meal Menu: FEB 2026

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					
3/2/2026	Toast Bread Kaya & Butter Milo & Cut Fruits	Toast Bread Kaya & Butter Milo & Cut Fruits	Ginger Chicken Fried Yee Mee with Vegetables	Grill Fish with Tomato Pasta And Salad	Pasta & Roasted Vegetables with Garlic Sauce
4/2/2026	Chinese Bee Hoon Vegetables with Fruit Juice	Vegetarian Bee Hoon Vegetables with Fruit Juice	Assam Fish Lady Finger & Brinjal Rice	Chicken Bolognese Pasta with Salad	Vegetarian Chicken Tomato Pasta with Salad
5/2/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Beef Curry Potato & Carrot Steam Rice	Calun Style Chicken Roasted Capsicum Carrot Pilaf Rice	Vegetarian Fajitas with Beans and Rice
6/2/2026	Chicken Shepared Pie Vegetables with Salad	Vegetarian Shepared Pie Vegetables with Salad	Stir fry Chicken Noodle Pak Choy and Cabbage	 <b>HELP INTERNATIONAL SCHOOL</b> 	
9/2/2026	Chicken Fried Noodles with Cut Fruits	Fried Tofu (Vegetarian) Fried Noodles with Cut Fruits	Black Pepper Fish Fried Yee Mee Long Cabbage & Capsicum	Chicken Stroganoff with Aglio Olio Pasta Coleslaw	Pasta with Garlic Sauce Roasted Vegetables and Coleslaw
10/2/2026	Chicken Fried Rice Mixed Vegetables with Fruit Juice	Vegetarian Fried Rice Mixed Vegetables with Fruit Juice	Ayam Goreng Berempah Cucumber & Pineapple Pickle Rice & Soup	Oven Baked Fish Served with Pasta and Ratatouille	Braised Mushroom Tofu Bok Choy Cauliflower and Steamed Rice
11/2/2026	Nasi Lemak (cucumber,egg,anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Assam Fish Fillet and Vegetables Ginger Rice	Chicken Alfreaddo Pasta with Garden Salad	Vegetarian Chicken Sweet & Sour Vegetables & Corn Rice
12/2/2026	English Breakfast (Egg, Beans and Toast) with Fruits	English Breakfast (Egg, Beans and Toast) with Fruits	Hainanese Chicken Rice Lettuce Tomato Clear Soup	Roasted BBQ Fish Rosted Potato Carrot Pilaf Rice	Braised Mushroom Salad Carrot Rice
13/2/2026	Baked Chicken Macaroni & Cheese Mix salad	Vegetarian Chicken Macaroni & Cheese Mix salad	Chicken Dry Noodle with Pak Choy and Cabbage	  <b>HELP INTERNATIONAL SCHOOL</b>	
23/2/2026	Sauted Chicken Hokiean Noodles with Cut Fruits	(Vegetarian) Hokiean Noodles with Cut Fruits	Balinese Chicken Stir Fried Water Spinach Steam Rice	Roasted BBQ Fish Rosted Carrot & Cauliflower and Pilaf Rice	Marinated Tofu Pesto Pasta with Salad
24/2/2026	Chinese Fried Rice with Fruit Juice	Chinese Fried Rice with Fruit Juice	Lamb Kurma Potato & Carrot Briyani Rice Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad
25/2/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Kam Heong Fish Stir Fried Cabbage Fried Rice	Roasted Chicken Creamy Pasta Garlic Breadcrumbs	Mapo Tofu Sauted Vegetables and White Rice
26/2/2026	Sauted Chicken Lor Mee with Cut Fruits	Vegetarian Meat Lor Mee with Cut Fruits	Koreaan Style Chicken Kimchi & stir Fried Cabbage Garlic Rice	Roasted Fish Mushrooms, Agli Oglio Pasta Butter Brocoli	Aloo Gobi Acar Ghee Rice
27/2/2026	Roasted Chicken Aglio Olio Pasta and Gravy with Salad	Vegetarian Fish Aglio Olio Pasta and Gravy with Salad	Chinese Style Fish Fried Noodles with Vegetables	 <b>HELP INTERNATIONAL SCHOOL</b> 	

# Hot Meal Menu: MAR 2026

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					
2/3/2026	Chinese Bee Hoon Vegetables with Fruit Juice	Vegetarian Bee Hoon Vegetables with Fruit Juice	Chicken Masala Aloo Gobi & Pappadam Ghee Rice	Lemon Fish Spaghetti Roasted Vegetables	Tofu & Chickpea Masala Aloo Gobi & Pappadam Ghee Rice
3/3/2026	Chicken Fried Rice Mixed Vegetables with Fruit Juice	Vegetarian Fried Rice Mixed Vegetables with Fruit Juice	Kam Heong Fish Stir Fried Cabbage Fried Rice	Chicken Chili Con Carne Shredded Lettuce & Cheese Corn Tortilla Chips	Corn Tortilla Chips Chicpea Salsa Shredded Letuce & Cheese
4/3/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Ayam Penyet Fried Tempeh & Tofu Rice, Soup & Cabbage	Grilled Seabass Mango Salsa Ratatouille Rice Pilaf	Vegetables Quesadilla Tomato Sauce Chicpea Salad
5/3/2026	Sauted Chicken Hokiean Noodles with Cut Fruits	(Vegetarian) Hokiean Noodles with Cut Fruits	Lamb Kurma Potato & Carrot Briyani Rice Rice	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad
6/3/2026	Grilled Chicken Burger Lettuce & Tomatoes Fries	Vegetarian Mushroom Burger Lettuce & Tomatoes Fries	Crispy Lemon Fish Chinese Fried Cabbage Jasmine Rice	 	
9/3/2026	Toast Bread Kaya & Butter Cut Fruits	Toast Bread Kaya & Butter Cut Fruits	Hoi Sin Sauce Chicken Stir-Fried Pak Choi Jasmine Rice	Roasted Fish Marinara Pasta Roasted Vegetables	Hoi Sin Vegetarian Meat Stir-Fried Pak Choi Jasmine Rice
10/3/2026	Chicken Kuey Teow Fruit Juice	Chicken (Vegetarian) Kuey Teow Fruit Juice	Assam Fish Fillet and Vegetables Ginger Rice	Chicken Alfreaddo Pasta with Garden Salad	Vegetarian Chicken Sweet & Sour Vegetables & Corn Rice
11/3/2026	Nasi Lemak cucumber,egg,anchovies Condiment	Nasi Lemak Vegetarian Condiment	Beef Curry Potato & Carrot Steam Rice	Chicken Chasseur Garlic Pasta Butter Carrot Broccoli	Mapo Tofu Rice Steam Vegetables
12/3/2026	Sauted Chicken Lor Mee with Cut Fruits	Vegetarian Meat Lor Mee with Cut Fruits	Hainanese Chicken Rice Lettuce Tomato Clear Soup	Fish Burger French Fries Tomato And Salad	Vegetarian Burger French Fries Tomato And Salad
13/3/2026	Salmon Fried Rice Mixed Vegetables Garden Salad	Vegetarian Fried Rice Mixed Vegetables Garden Salad	Baked Soya Chicken Fried Rice Garden Salad	 	
16/3/2026	Chicken Fried Noodles with Cut Fruits	Fried Tofu (Vegetarian) Fried Noodles with Cut Fruits	Koreaan Style Chicken Kimchi & stir Fried Cabbage Garlic Rice	Roasted Fish Mushrooms, Agli Oglio Pasta Butter Brocoli	Aloo Gobi Acar Garlic Rice
17/3/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Crispy Thai Style Fish Fried Yee Mee Stir Fried Water Spinach	Jumbo Sausage Brown Sauce Mash Potato Garden salad	Braised Mushroom Tofu Bok Choy Cauliflower and Steamed Rice