



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 01 February

Tuesday 02 February

Wednesday 03 February

Thursday 04 February

Friday 05 February

**MORNING
SNACKS**

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

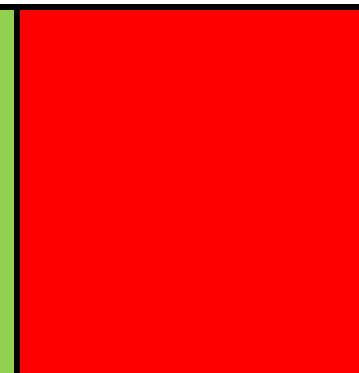
LUNCH

CHICKEN
BASQUAISE
STEW
&
MIXED POTATOES
GRATIN

ROASTED
FISH,
MUSHROOMS,
SAUTÉED VEGETABLES
and
PASTA

ROASTED
CHICKEN CHOP
WITH
VEGETABLES
&
POTATOES

SEARED
SEA BASS
with
LEMON
PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 08 February

Tuesday 09 February

Wednesday 10 February

Thursday 11 February

Friday 12 February

**MORNING
SNACKS**

WAFFLE &
HONEY
with
MILK
&
CUT FRUITS

KOREAN RICE BOWL
&
CUT FRUITS

LUNCH

PAPRIKA
CHICKEN
with
PILAF RICE
&
SALAD

FISH
BURGER
with
CHIPS
&
SALAD



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 15 February

Tuesday 16 February

Wednesday 17 February

Thursday 18 February

Friday 19 February

**MORNING
SNACKS**

**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
SAUCE
and
PASTA**

**CHICKEN
BASQUAISE
(STEW)
&
MIXED POTATOES
GRATIN**



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday 22 February

Tuesday 23 February

Wednesday 24 February

Thursday 25 February

Friday 26 February

**MORNING
SNACKS**

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

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

