



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
	Monday 01 March	Tuesday 02 March	Wednesday 03 March	Thursday 04 March	Friday 05 March
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	SINGAPORE FRIED MEE HOON & CUT FRUIT	MIX VEGETABLE FRIED RICE (with CHICKEN) & FRUIT JUICE	FRIED YEE MEE CHICKEN & CUT FRUITS	PARATHA WITH CURRY & CUT FRUITS	HERBED FISH BAKED RICE with VEGETABLE & SALAD
LUNCH	CHICKEN BASQUAISE (STEW) & MIXED POTATO GRATIN	ROASTED FISH, MUSHROOMS, SAUTÉED VEGETABLES and PASTA	ROAST CHICKEN CHOP with VEGETABLES and POTATOES	SEARED SEA BASS with LEMON PASTA	
	ROASTED FISH TIKKA MASALA with SPICED AUBERGINE	AYAM GORENG BEREMPAH with ULAM RICE & VEGETABLES	FISH CURRY WITH ACAR & HUJAN PANAS RICE	HAINANESE CHICKEN RICE with ASSORTED CONDIMENTS	
	MIXED ZUCCHINI NUTMEG GRATIN with RICE	MIXED POTATOES, BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETARIAN LASAGNA with SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CAMELISED ONIONS	



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	Monday 08 March	Tuesday 09 March	Wednesday 10 March	Thursday 11 March	Friday 12 March
MORNING SNACKS (PRIMARY)	WAFFLE & HONEY with MILK & CUT FRUITS	KOREAN RICE BOWL & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
MORNING SNACKS (SECONDARY)	FRIED NOODLES with CHICKEN & CUT FRUIT	KOREAN RICE BOWL & CUT FRUITS	SINGAPORE FRIED MEE HOON with CHICKEN & CUT FRUIT	PARATHA WITH CURRY & CUT FRUITS	CHICKEN CHORIZO WITH TRIGOLONI PASTA & SALAD
LUNCH	PAPRIKA CHICKEN with PILAF RICE & SALAD	FISH BURGER with CHIPS & SALAD	OVEN ROASTED FISH With LEMON & HERB SPICED SAUCE and PASTA	CHICKEN BASQUAISE (STEW) & MIXED POTATOES GRATIN	
	ASSAM FISH with RICE	CHICKEN CURRY WITH GLASS NOODLES	CRISPY CHICKEN with ULAM RICE & VEGETABLES	ROASTED FISH TIKKA MASALA with SPICED AUBERGINE	
	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	VEGETARIAN FISH BURGER with CHIPS & SALAD	VEGETARIAN LASAGNA served with SALAD	MIXED ZUCCHINI NUTMEG GRATIN with RICE	



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	Monday 15 March	Tuesday 16 March	Wednesday 17 March	Thursday 18 March	Friday 19 March
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	A.B.C SOUP with SOFT BUN	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	ROASTED CAJUN CHICKEN WRAP with PINEAPPLE RICE & SALAD	BARBECUE FISH with SAUTÉED VEGETABLES and PILAF RICE	ROASTED CHICKEN CHOP and VEGETABLES with CARROT PASTA	
	LEMON CHICKEN with SAUTÉED VEGETABLES & STEAM RICE	THAI FISH, SAUTÉED VEGETABLES & FRIED NOODLES	CHICKEN TANDOORI with BASMATI RICE & SALAD	FISH CURRY WITH POTATOES, CARROTS & BIRYANI RICE	
	ROASTED MIXED POTATOES served with PAK CHOI and CARAMELISED ONIONS	MIX POTATOES, BROCCOLI and CAPSICUM WRAP with RICE & SALAD	VEGETABLE GRATIN with CARROT RICE & KAI LAN	VEGETARIAN CHICKEN with GREMOLATA PASTA	



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	Monday 22 March	Tuesday 23 March	Wednesday 24 March	Thursday 25 March	Friday 26 March
MORNING SNACKS (PRIMARY)	NOODLES with BEAN SPROUTS, EGG, TOFU & FRUIT JUICE	MIXED VEGETABLES FRIED RICE & CUT FRUITS	NASI LEMAK & CHICKEN	FRIED MEE HOON & CUT FRUITS	
MORNING SNACKS (SECONDARY)	NOODLES with BEAN SPROUTS, EGG, TOFU & FRUIT JUICE	MIXED VEGETABLES FRIED RICE (BIGGER) & CUT FRUITS	NASI LEMAK & CHICKEN (BIGGER)	FRIED MEE HOON with CHICKEN & CUT FRUITS	
LUNCH	CHICKEN and CHEESE PIZZA with ASSORTED SALAD	FISH & CHEESE WRAP with MIXED VEGETABLES & SALAD with CORN	ROASTED FISH with ASSORTED VEGETABLES & PILAF RICE	AGLIO OLIO CHICKEN WITH ROASTED VEGETABLES & SALAD	
	PALEMBANG CHICKEN with RICE and SALAD	EGG DROP CHICKEN with FRIED YEE MEE	KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI	THAI FISH GREEN CURRY GLASS NOODLES with VEGETABLES	
	VEGETARIAN PIZZA with TOMATO SAUCE & VEGETABLES	VEGETARIAN FISH WRAP with MIXED VEGETABLES & SALAD with CORN	SPICED AUBERGINE and POTATOES with RICE	DRY ALOO GOBI WITH STEAMED RICE	



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Monday 29 March

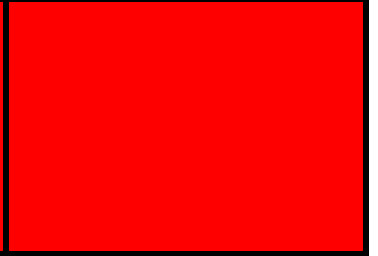
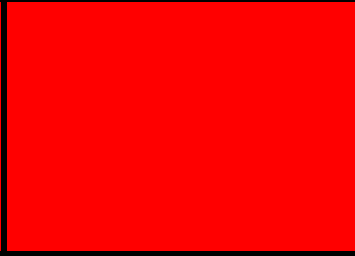
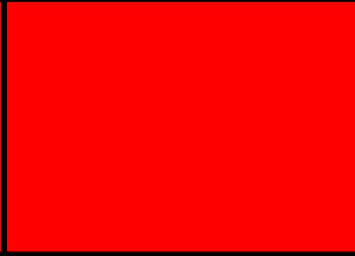
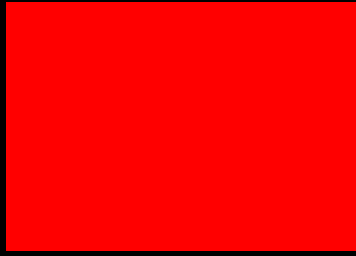
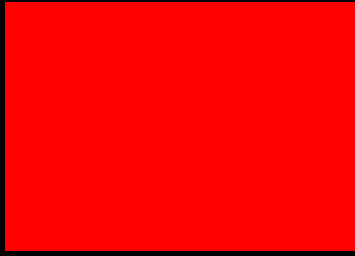
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Wednesday 31 March

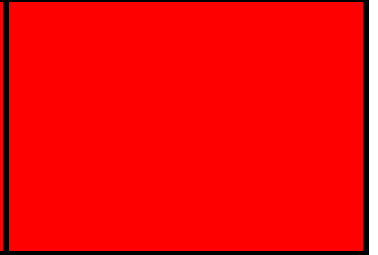
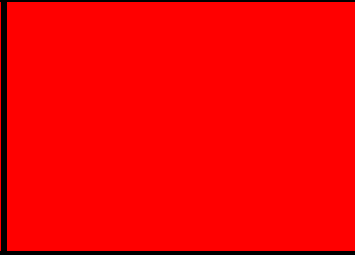
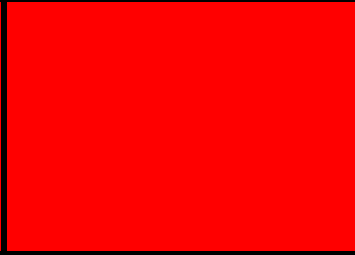
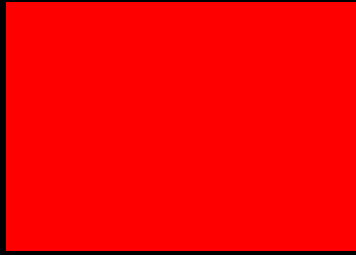
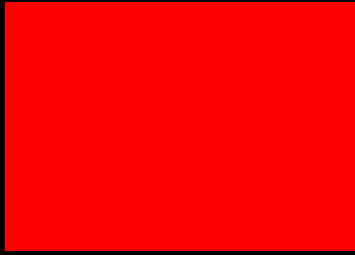
Thursday 01 April

Friday 02 April

**MORNING
SNACKS
(PRIMARY)**



**MORNING
SNACKS
(SECONDARY)**



LUNCH

