



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 12 April

Tuesday 13 April

Wednesday 14 April

Thursday 15 April

Friday 16 April

**MORNING
SNACKS**

CHICKEN
PORRIDGE
with
YOU TIAO
&
CUT FRUITS

FRIED
YEE MEE
&
CUT FRUITS

PARATHA
WITH
CURRY
&
CUT FRUITS

SCRAMBLED EGGS,
BAKED BEANS
&
SAUSAGE
with
JUICE

MACARONI
&
CHEESE

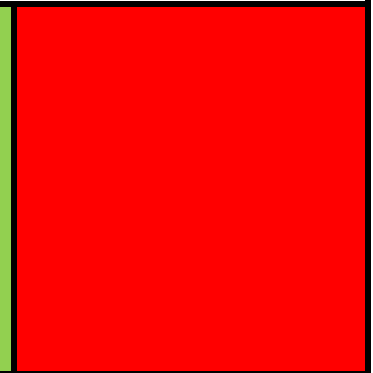
LUNCH

AYAM MASAK
MERAH,
ACAR RAMPAI
&
RICE

CHICKEN
AGLIO OLIO
PASTA
WITH
ROASTED
VEGETABLES

ROASTED
FISH
TIKKA MASALA
with
SPICED
AUBERGINE
& RICE

CHICKEN
STROGONOFF
with
AGLIO OLIO
PASTA





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday 19 April

Tuesday 20 April

Wednesday 21 April

Thursday 22 April

Friday 23 April

**MORNING
SNACKS**

WAFFLE &
HONEY
with
MILK
&
CUT FRUITS

KAMPUNG
FRIED
RICE
&
CUT FRUIT

PARATHA
WITH
CURRY
&
CUT FRUITS

SINGAPORE
FRIED
MEE HOON
&
CUT FRUIT

FISH
&
CHIPS
with
GREEN SALAD

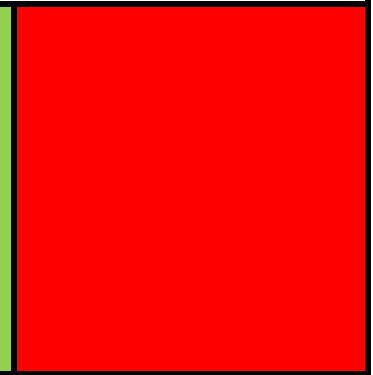
LUNCH

BRAISED
CHICKEN
RICE
with
ASSORTED CONDIMENTS

OVEN ROASTED
FISH With
LEMON & HERB
SPICED SAUCE
and
PASTA

BARBECUE
CHICKEN
with
VEGETABLES
and
PILAF RICE

GREEN CURRY
FISH
with
KAMPUNG
FRIED RICE





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP INTERNATIONAL SCHOOL

Monday 26 April

Tuesday 27 April

Wednesday 28 April

Thursday 29 April

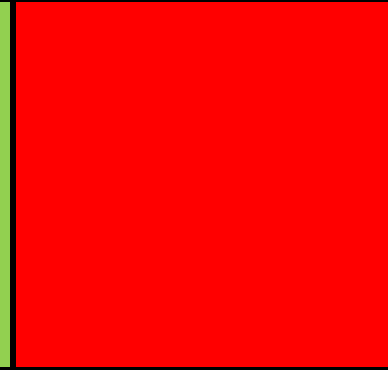
Friday 30 April

**MORNING
SNACKS**

CINTAN NOODLES
KAMPUNG
with
FRUIT JUICE

WAFFLE &
HONEY
with
MILK
&
CUT FRUITS

KAMPUNG
FRIED RICE
with
FRUIT JUICE



SALMON
KEDGEREE
SUMMER
STYLE
with
SNAP PEAS

LUNCH

SEARED
FISH
with
TOMATO SAUCE
PASTA

AYAM GORENG
BEREMPAH
with
ULAM RICE
&
VEGETABLES

KOREAN
CHICKEN
with
FRIED RICE
&
KIMCHI

