







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 12 April	Tuesday 13 April	Wednesday 14 April		Thursday 15 April
MORNING SNACKS (PRIMARY)	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	STEAM FISH with TOMATO SAUCE and PASTA	BEEF CHILLI CON CARNE with VEGETABLES & POTATOES	CHICKEN WRAP with BUTTER RICE	CHICKEN STROGONOFF with AGLIO OLIO PASTA	
		AYAM MASAK MERAH, ACAR RAMPAI & RICE	CANTONESE FISH with YEE MEE EGG DROP NOODLES	ROASTED FISH TIKKA MASALA with SPICED AUBERGINE	SWEET & SOUR FISH with WHITE RICE	
MIXED ZUCCHINI GRATIN with RICE	AGLIO OLIO PASTA WITH ROASTED VEGETABLES	MIXED VEGETABLES WRAP with RICE & SALAD	ASSORTED ROASTED POTATOES served with BOK CHOY and CARAMELISED ONIONS			
		HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL	
		Monday 19 April	Tuesday 20 April	Wednesday 21 April		Thursday 22 April

MORNING SNACKS (PRIMARY)	WAFFLE & HONEY with MILK & CUT FRUITS	LO MAI KAI & CUT FRUIT	PARATHA WITH CURRY & CUT FRUITS	SINGAPORE FRIED MEE HOON & CUT FRUIT	FISH & CHIPS with GREEN SALAD	
	LUNCH	ROASTED CHICKEN RICE with ASSORTED CONDIMENTS	OVEN ROASTED FISH With LEMON & HERB SPICED SAUCE and PASTA	BARBECUE CHICKEN with VEGETABLES and PILAF RICE	SPICED FISH With MASHED POTATO and SAUCE	
		ASAM FISH with LAIDY FINGERS and NOODLES	CHICKEN CURMA with BIRIANY RICE and VEGETABLES	GREEN CURRY FISH with GLASS NOODLES	BIRIANY CHICKEN with RICE and VEGETABLES	
VEGETARIAN FISH, SAUTEED VEGETABLES with ASSORTED CONDIMENTS		VEGETARIAN CHICKEN PASTA with ROASTED ROOT VEGETABLES	MIXED VEGETABLE WRAP with RICE & SALAD	VEGETARIAN ALO GOBI served with RICE		

		HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
	Monday 26 April	Tuesday 27 April	Wednesday 28 April	Thursday 29 April	Friday 30 April
MORNING SNACKS (PRIMARY)	CINTAN NOODLES KAMPUNG with FRUIT JUICE	WAFFLE & JAM with MILK & CUT FRUITS	KAMPUNG FRIED RICE with FRUIT JUICE		SALMON KEDGEREE SUMMER STYLE with SNAP PEAS

LUNCH	SEARED FISH with TOMATO SAUCE PASTA	ROAST CHICKEN with BROWN SAUCE PASTA and VEGETABLES	FISH BLANQUETTE with TRI COLOR PASTA		
	BUTTER FISH with RICE & STIRFRIED VEGETABLE	AYAM GORENG BEREMPAH with STEAM RICE & ACAR	KOREAN CHICKEN with FRIED RICE & KIMCHI		
	CREAMY PASTA SPINACH with LEMON BREADCRUMBS	VEGETARIAN CHICKEN with ULAM RICE & VEGETABLES	VEGETARIAN LAMB FRIED RICE & KIMCHI		