

Hot meal menu: MAY 2021

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
MID TERM BREAK (8th - 14th MAY)					
Mon, 3 May, 2021	WAFFLE with CHOCOLATE SAUCE & CUT FRUIT	WAFFLE with CHOCOLATE SAUCE & CUT FRUIT	ROAST CHICKEN TIKA MASALA AUBERGINE SPICED FRIES & RICE	BARBECUE FISH with SAUTED VEGETABLES & PASTA	ASSORTED ROASTED POTATOES with BOK CHOY & CARAMELISED ONIONS & PASTA
Tue, 4 May, 2021	TOM YAM NOODLES & CUT FRUITS	TOM YAM NOODLES & CUT FRUITS	BAKED SAMBAL FISH with FRIED NOODLE	ROASTED CHICKEN with BROWN SAUCE, POTATO & CAULIFLOWER GRATIN	TOMATO STEW with POTATO, CAULIFLOWER & PILAF RICE
Wed, 5 May, 2021	PARATHA with CURRY & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	CHINESE STYLE FISH FRIED NOODLES with VEGETABLES & RICE	ROASTED CHICKEN GREMOLATA AGLIO OLIO PASTA	VEGETARIAN CHICKEN with AGLIO OLIO PASTA
Thu, 6 May, 2021	MEE SIAM & CUT FRUITS	MEE SIAM & CUT FRUITS	KOREAN STYLE FISH with FRIED RICE & KIMCHI	JUMBO SAUSAGE with SAUERKRAUT & MASH POTATO	SWEET & SOUR BROCCOLI AND CAULIFLOWER with SALAD & RICE
Fri, 7 May, 2021	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD	BAKED RICE with WHITE SAUCE MIXED VEGETABLES & SALAD			
Mon, 10 May, 2021					
Tue, 11 May, 2021					
Tue, 11 May, 2021					
Wed, 12 May, 2021					
Thu, 13 May, 2021					
Fri, 14 May, 2021					
Mon, 17 May, 2021	CINTAN NOODLES KAMPUNG with FRUIT FRUITS	CINTAN NOODLES KAMPUNG with FRUIT FRUITS	THAI FISH, SAUTE VEGETABLES & FRIED NOODLES	ROAST CHICKEN PASTA ALFREDO PRIMAVERA	CREAMY PASTA SPINACH with GARLIC BREADCRUMBS



SHF SERVICES (M) SDN BHD (822648-A)
(Formerly known as SHF CATERING SERVICES Sdn Bhd)

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HELP INTERNATIONAL SCHOOL

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
WESAK DAY Public holiday (26th May)					
Tue, 18 May, 2021	BUBUR LAMBOK	BUBUR LAMBOK	CHICKEN RENDANG with GINGER RICE & RAITA	JUMBO SAUSAGE with SAUERKRAUT, MASH POTATO & BRAUN SAUCE	LONTONG with NASI IMPIT
Wed, 19 May, 2021	KAMPUNG FRIED RICE (with Chicken) & FRUIT JUICE	KAMPUNG FRIED RICE & FRUIT JUICE	KURMA CHICKEN with RICE	CHICKEN & CHEESE PIZZA with CRIPS & SALAD	VEGETARIAN PIZZA with TOMATO SAUCE & CRISPS
Thu, 20 May, 2021	WARM BUN with SAUSAGE & BAKED BEANS	WARM BUN with BAKED BEANS	LEMON BUTTER FISH ASIAN SALSA	BEEF STROGONOFF with CARROTS & PASTA	VEGETARIAN FISH FRIED RICE
Fri, 21 May, 2021	BAKED SMOKED DUCK RICE with WHITE SAUCE & SALAD	BAKED VEGETARIAN RICE with WHITE SAUCE & SALAD			
Mon, 24 May, 2021	YOGURT with CEREALS, JAM & CUT FRUITS	YOGURT with CEREALS, JAM & CUT FRUITS	BRAISED SOY CHICKEN, OKRA, CARROT & NOODLES	BARBEQUE FISH with PASTA AGLIO OLIO	GARLIC OYSTER VEGETARIAN CHICKEN with NOODLES & VEGETABLES
Tue, 25 May, 2021	SCRAMBLED EGGS, BAKED BEANS with SAUSAGE & FRUIT JUICE	SCRAMBLED EGGS, BAKED BEANS & FRUIT JUICE	CHICKEN VARUVAL with BRINJAL & RICE	FISH BURGER with CRISPS & MIXED SALAD	VEGETARIAN BURGER with CRISPS & SALAD
Wed, 26 May, 2021					
Thu, 27 May, 2021	SAMBAL FRIED NOODLES & CUT FRUITS	SAMBAL FRIED NOODLES & CUT FRUITS	CHANA MASALA FISH TURMERIC CABBAGE CARROT RICE	CHICKEN BLANQUETTE with PASTA	CAULIFLOWER & COCONUT DHAL with RICE
Fri, 28 May, 2021	FRIED RICE KAMPUNG STYLE CHICKEN & FRUIT JUICE	FRIED RICE KAMPUNG STYLE & FRUIT JUICE			
Mon, 31 May, 2021	BAKED CHICKEN RICE with TOMATO SAUCE, MIXED VEGETABLES & SALAD	VEGETARIAN SPAGHETTI AGLIO OLIO	STEAM FISH OYSTER SAUCE with GARLIC, GINGER & RICE	BAKED CHICKEN PASTA with SAUTE VEGE	DRY ALOO GOBI with CORN RICE