

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Students should know your classroom is a safe and an open space for questions and discussion					
 HELP INTERNATIONAL SCHOOL		WELCOME BACK TO SCHOOL TO ALL STUDENT			
26/8/2026	Chicken Noodles Kampung Style With Cut Fruits	Noodles Kampung Style With Cut Fruits (Vegetarian)	Soya Chicken With Steam Vegetables And White Rice	Roasted Bbq Fish With With Pasta And Salad	Pasta With Garlic Sauce & Roasted Vegetables (Vegetarian)
27/8/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Indian Butter Fish With Steam Rice And Sauted Vegetables	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad
28/8/2026	Chicken Bibimbap Fried Egg Steamed Rice	Tofu Spring Onion Wok Fried Cabbage Jasmine Rice	Salmon kedgerree Fried Rice With Pak Choi, Fennel	  HELP INTERNATIONAL SCHOOL	
	 HAPPY INDEPENDENT DAY 				

 Hot Meal Menu:SEPT 2026  SHF SERVICES (M) SDN BHD (822648-A) PROVIDING AND MANAGING SCHOOL CATERING SERVICES					
Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Students should know your classroom is a safe and an open space for questions and discussion					
1/9/2026	French Toast Jam Cut Fruits	French Toast Jam Cut Fruits	Ayam Masak Merah with Tomato Rice and Jelatah	Jumbo Sausage Brown Sauce Mash Potato Garden Salad	Aglio Olio Pasta Tomato Sauce Roasted Carrot Tofu
2/9/2026	Chicken Mamak Fried Noodles With Cut Fruits	Mamak Fried Noodles With Cut Fruits (Vegetarian)	Thai Fish Green Curry With White Rice And Brinjal	Chicken Spaghetti Bolognaise With Mix Salad	Vegetarian Fajitas With White Rice And Bean Salad
3/9/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Chicken Tandoori Serve With Butter Rice Curry And Salad	Garlic Mushroom Fish Pasta And Sautéed Cauliflower Broccoli	Sweet & Sour Broccoli Cauliflower Corn Rice And Tofu
4/9/2026	Fish & Chip Tartar Sauce Mix Salad	Fish & Chip (Vegetarian) Tartar Sauce Mix Salad	Crispy Lemon Fish Chinese Style Cabbage Jasmine Rice	  	
7/9/2026	Singapore Bee Hoon Chicken Cut Fruits	Singapore Bee Hoon (Vegetarian) Chicken Cut Fruits	Malaysian Fish Curry Vegetable Dhal Jasmine Rice	Beef Stroganoff Pasta Roasted Vegetables	Vegetables Stew And Beans Serve With Pasta
8/9/2026	Scrambled Eggs, Baked Beans & Sausage With Cut Fruits	Scrambled Eggs, Baked Beans with Cut Fruits (Vegetarian)	Ayam Penyet, With Rice, Fried Tempeh Salad And Soup	Creamy Tomato Fish With Pasta And Roosted Vegetables	Coconut Dhal Biryani Rice (Vegetarian) Cauliflower
9/9/2026	Chicken Curry Nan Bread With Dahl, And Juice	Potato Curry Nan Bread With Dahl, And Juice	Buttermilk Fish With Rice And Stir-Fried Capsicum	Cajun Chicken With Pasta Agli Olio Light Sauce & Vegetables	Mapo Tofu With White Rice Stir-Fried Beans With Garlic
10/9/2026	Chicken Hokien Noodles With Cut Fruits	Hokien Noodles With Cut Fruits (Vegetarian)	Hainanese Chicken Rice Serve With Condiment	Oven Baked Fish With Pasta Served With Ratatouille	Potato And Beans Stew Butter Rice Fried Tofu
11/9/2026	Chicken Macaroni & Cheese With Salad	Macaroni & Cheese With Salad (Vegetarian)	Thai Chicken Fried Rice With Salad	  	
14/9/2026	Chicken Kuey Teow With Cut Fruits	Vegetarian Tofu Kuey Teow With Cut Fruits	Ayam Masak Merah With Tomato Rice And Jelatah	Grilled Chicken Alfredo Pasta With Garden Salad	Korean Tofu Stew With Rice & Kimchi
15/9/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Fish Curry Serve With Steam Rice And Lady Finger & Brinjal	Grilled Chicken Alfredo Pasta With Garden Salad	Vegetables Tempura Carrot Rice With Sauce
16/9/2026	HAPPY MALAYSIA DAY				
17/9/2026	Waffle With Jam And Cut Fruits	Waffle With Jam And Cut Fruits	Balinese Chicken With Rice And Brinjal, Lady Finger	Fish Arabiata With Pasta & Roasted Broccoli	Chickpea Butter Rice With Aloo Gobi
18/9/2026	Black Pepper Chicken Fries And Brown Sauce With Vegetables & Salad	Crispy Tofu Fries And Brown Sauce With Vegetables & Salad	Siamese Chicken Bee Hoon With Carrot & Cabbage	  	
21/9/2026	Chicken Fried Noodles With Cut Fruits	Vegetarian Fried Noodles With Cut Fruits	Chicken Tandoori Butter Rice Curry And Turmeric Cauliflower	Lemon Crust Fish With Tomato Sauce Pasta And Salad	Vegetarian Chicken With Tomato Sauce Pasta And Salad
22/9/2026	Thick Chicken Porridge With Cut Fruits	Vegetarian Chicken Porridge With Cut Fruits	Korean Style Chicken With Garlic Fried Rice And Kimchi	Lamb Tagine Chickpea Rice and Seasonal Vegetables	Pasta With Garlic Sauce With Roasted Vegetables And Vegetarian Chicken
23/9/2026	Fried Rice Kampung Style With Cut Fruits	Vegetarian Fried Rice Kampung Style With Cut Fruits	Sweet & Sour Chicken With Rice Capsicum And Cucumber	Chicken pepperoni Pizza With Salad	Vegetarian Pizza With Salad
24/9/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Lamb Varuval With Rice & Turmeric Cabbage	Oven Baked Fish With Butter Pasta Broccoli And Cauliflower	Creamy Tomato vegetarian Fish pasta and roasted Cauliflower
25/9/2026	Roasted Chicken Agli Olio Pasta With Broccoli ,Cauliflower	Vegetarian Chicken Agli Olio Pasta With Broccoli ,Cauliflower	Chicken Chow Mien Noodles With Capsicum And Carrot	  	
28/9/2026	Scrambled Eggs, Baked Beans & Sausage With Cut Fruits	Scrambled Eggs, Baked Beans & Vegetarian With Cut Fruits	Salted Egg Fish With Steam Rice And Vegetables	Maryland Chicken With Baked Potato And Coleslaw	Vegetables Pakora With Rice And Curry Gravy
29/9/2026	Chicken Hailam Noodles With Fruits Juice	Vegetarian Hailam Noodles With Fruits Juice	Ginger Chicken With Rice And Fried Carrot Capsicum	Peri-Peri Fish With Rice And Vegetables	Aglio Olio Pasta With Sautéed Cauliflower & Tofu
30/9/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Indian Butter Fish With Steam Rice And Sautéed Vegetables	Garlic Mushroom Chicken Agli Olio Pasta And Sautéed Cauliflower Broccoli	Teriyaki Tofu With Fried Rice & Soya Cabbage

Delischool		Hot Meal Menu: OCTOBER 2026					
Day/Date	Morning Snack / Brunch		Lunch				
	Non-Vegetarian	Vegetarian	Asian		Western	Vegetarian	
Students should know your classroom is a safe and an open space for questions and discussion							
1/10/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Malaysian Fish Curry Steamed Rice Vegetable Dhal		Creamy Chicken Stew Penne Pasta Steamed Broccoli	Creamy Chickpea, Mushroom Stew Penne Pasta Steamed Broccoli	
2/10/2026	Chicken Shepherd'S Pie Sauce With Salad	Vegetarian Shepherd'S Pie Sauce With Salad	Thai Chicken Fried Rice With Salad		 		
5/10/2026	Hokiean Chicken Noodles Cut Fruits	Hokien (Vegetarian) Noodles Cut Fruits	Buttter Fish Roasted Brinjal And Potato And Steam Rice		Roasted Chicken Tomato Pasta Steam Broccoli & Carrot	Coconut Dhal Cauliflower Briyani Rice (Vegetarian)	
6/10/2026	Scrambled Eggs, Baked Beans & Sausage With Cut Fruits	Scrambled Eggs, Vegetarian Baked Beans With Cut Fruits	Hoi Sin Sauce Chicken Butter Rice Stir-Fried Pak Choi		Grilled Seabass, Mango Salsa Rice Pilaf Ratatouille	Hoi Sin Vegetarian Meat Butter Rice Stir-Fried Pak Choi	
7/10/2026	Chicken Porridge And Cut Fruits	Vegetarian Chicken Porridge And Cut Fruits	Chicken Katsu Garlic Rice Japanese Vegetable Curry		Chicken Lasagna Herb Garlic Bread Roasted Vegetables	Tofu & Tempeh Katsu Garlic Rice Japanese Vegetable Curry	
8/10/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Malaysian Fish Curry Ginger Rice Vegetable Dhal		Creamy Chicken Stew Penne Pasta Steamed Broccoli	Creamy Chickpea & Mushroom Stew Penne Pasta Steamed Broccoli	
9/10/2026	Chicken Bibimbap Steamed Rice Fried Egg	Sauted Mushrooms Steamed Rice Wok Fried Cabbage	Baked Salmon, Lemon Cream Sauce Roasted Baby Potatoes Grilled Eggplant		 		
12/10/2026	Toast Bread With Kaya, Butter And Juice	Toast Bread With Kaya, Butter And Juice	Chicken Kaarage, Japanese Rice Satueed Beansprouts		Peri-Peri Chicken Jollof Rice Grilled Zucchini & Capsicum	Tofu Kaarage Japanese Rice Satueed Beansprouts	
13/10/2026	Hailam Noodles Chicken Fruits Juice	Hailam Noodles Vegetarian Fruits Juice	Honey Roasted Chicken Chicken Rice Cucumber & Tomatoes		Breaded Fish Fingers Homemade Potato Wedges Buttred Green Peas	Braised Tofu & Egg Tomato Rice Stir-Fried Spinach	
14/10/2026	Singapore Bee Hoon With Fruit Juice	Vegetarian Bee Hoon With Fruit Juice	Salted Egg Chicken Onion Rice Steamed Pak Choi		Moroccan Beef Stew Semoulina With Pita Bread Corn On Cob	Mix Bean Stew Semoulina With Pita Bread Corn On Cob	
15/10/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Ayam Penyet W. Sambal White Rice Tempeh, Tofu & Longbean		Chicken pepperoni Pizza Mushroom Soup Garden Salad	Vegetarian Pizza Mushroom Soup Garden Salad	
16/10/2026	Grilled Chicken Mac & Cheese With Corn Salad	Mushroom Fritters Mac & Cheese With Corn Salad	Chinese Style Steamed Fish Jasmine Rice Stir-Fried Mix Vegetables		 		
19/10/2026	French Toast With Jam And Cut Fruits	French Toast With Jam And Cut Fruits	Mild Korean Chicken Kimchi Fried Rice Sauteed Benasprouts		Oven Baked Fish With Butter Pasta Broccoli And Cauliflower	Korean Tofu Cutlets Kinch Fired Rice Satueed Beansprouts	
20/10/2026	Chicken Fried Noodles With Cut Fruits	Vegetarian Fried Noodles With Cut Fruits	Chicken 65 White Rice Vegetables Curry		Fish Fingers Fries With Tartar Sauce Coleslaw	Tofu Pasta Garlic Sauce Roasted Broccoli Carrot	
21/10/2026	Chinese Fried Rice With Fruit Juice	Chinese Fried Rice With Fruit Juice	Curry Fish Turmeric Basmati Rice Cucumber Raita		Chicken Bolognaise Spaghetti Fresh Garden Salad	Vegetarian Bologniase Spaghetti Fresh Garden Salad	
22/10/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Chicken Masala Ghee Rice Aloo Gobi & Pappadam		Chicken Chili Con Carne Corn Tortilla Chips Shreeded Lettuce & Cheese	Tofu & Chickpea Masala Ghee Rice Aloo Gobi & Pappadam	
23/10/2026	Chicken Lasagna With Vegetables Garden Salad	Vegetarian Lasagna With Vegetables Garden Salad	Chicken In Coconut Sauce Nasi Minyak Eggplant Sambal		 		
	HAPPY SCHOOL BREAK						

Delischool		Hot Meal Menu: NOVEMBER 2026					
Day/Date	Morning Snack / Brunch		Lunch				
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian		
Students should know your classroom is a safe and an open space for questions and discussion							
2/11/2026	Stir-Fried Chicken Kuey Teow With Cut Fruits	Stir-Fried Vegetarian Kuey Teow With Cut Fruits	Crispy Lemon Chicken Serve With Rice And Sauted Capsicum	Chicken Spagetti Bolognaise With Mix Salad	Sesame Tofu With Rice Broccoli & Mushrooms		
3/11/2026	Chinese Style Fried Rice With Fruit Juice	Vegetarian Chinese Style Fried Rice With Fruit Juice	Crispy Fish Egg Droop Noodles Stir Fried Vegetables	Maryland Chicken With Roasted Potato And Coleslaw	Sweet & Sour Tofu & Corn Rice Broccoli Cauliflower		
4/11/2026	Chicken Curry Nan Bread With Dhall, With Cut Fruits	Potato Curry Nan Bread With Dhall, With Cut Fruits	Chicken Rendang With Butter Rice And Pickle Vegetables	Creamy Tomato Fish With Pasta And Roasted Cauliflower	Vegetarian Fajitas With Rice And Mixed Beans		
5/11/2026	Singapore Chicken Fried Bee Hoon With Cut Fruits	Vegetarian Singapore Fried Bee Hoon With Cut Fruits	Fish Curry Serve With Steam Rice Lady Finger & Brinjal	Roasted Chicken Alfredo Pasta With Garden Salad	Aloo Gobi With Butter Rice And Nan Bread		
6/11/2026	Chicken Lasagna With Garden Salad	Mushroom & Spinach Lasagna With Garden Salad	Soya Chicken With Fried Rice & Condiment	  			
9 - 10 /11/2026	HAPPY SCHOOL BREAK						
11/11/2026	Scrambled Eggs, Baked Beans & Sausage With Cut Fruits	Scrambled Eggs, Baked Beans w Cut Fruits (Vegetarian)	Buttter Fish With With Steam Rice Roasted Brinjal & Potato	Roasted Chicken With Agli Olio Pasta Steam Broccoli & Carrot	Vegetarian Chicken Pasta With Garlic Sauce & Roasted Vegetables		
12/11/2026	Nasi Lemak Cucumber,Egg,Anchovies Condiment	Nasi Lemak Vegetarian Condiment	Scalion Chicken With Noodles Sauted Cabbage & Pak Choy	Chicken pepperoni Pizza With Salad	Vegetarian Pizza With Salad		
13/11/2026	Salmon Fried Rice Mixed Vegetables Garden Salad	Vegetarian Fried Rice Mixed Vegetables Garden Salad	Chicken Chow Mien With Capsicum And Carrot	 			
16/11/2026	French Toast With Jam And Cut Fruits	French Toast With Jam And Cut Fruits	Ayam Masak Merah With Tomato Rice And Jelatah	Oven Baked Fish Served With Pasta & Ratatouille	Marinated Tempeh Pesto Pasta With Roasted Tomato		
17/11/2026	Fried Rice Kampung Style With Cut Fruits	Vegetarian Fried Rice Kampung Style With Cut Fruits	Crispy Fish Serve With Rice Capsicum And Lemon Sauce	Chicken Stroganof Aglio Olio Pasta And Salad With Crouton	Korean Tofu Stew With Rice & Kimchi		
	PARENT TEACHER MEETING						
18/11/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Spicy Soya Chicken With Butter Rice And Braised Cabbage	Lamb Tagine With Chickpea Rice And Seasonal Vegetables	Pan-Seared Tempeh With Chickpea Rice And Seasonal Vegetables		
20/11/2026	Fish & Chip With Salad And Condimants	Vegetarian Fish & Chip With Salad And Condimants	Dry Chicken Noodle With Pak Choy And Cabbage	  			
23/11/2026	Fried Chicken Yee Mee With Cut Fruits	Fried Chicken (Vegetarian) Yee Mee With Cut Fruits	Teriyaki Chicken Fried Rice & Soya Cabbage	Creamy Tomato Fish With Pasta And Roasted Cauliflower	Braised Tofu With Aglio Olio Pasta And Roasted Cauliflower		
24/11/2026	Chicken Fried Rice Mixed Vegetables with Fruit Juice	Vegetarian Fried Rice Mixed Vegetables with Fruit Juice	Sweet & Sour Fish With Rice Capsicum And Cucumber	Black Pepper Chicken With Pasta And Zhucinni, Capsicum	Vegetarian Chicken With Pasta And Zhucinni, Capsicum		
25/11/2026	Nasi Lemak With Condiment (Cucumber,Egg,Anchovies)	Nasi Lemak (Vegetarian) With Condiment (Cucumber,Egg,Anchovies)	Beef Curry Potato & Carrot Steam Rice	Fish Burger With Fries And Salad	Vegetarian Chickpea Burger With Fries And Salad		
26/11/2026	Mamak Chicken Fried Noodles With Cut Fruits	Mamak Vegetarian Fried Noodles With Cut Fruits	Crispy Orange Fish Serve With Rice And Sauted Capsicum	Chicken Chasseur With Pilaf Rice And Butter Spinach	Stir Fried Vegetables Serve With Pasta And Beans Stew		
27/11/2026	Chicken Macaroni & Cheese With Salad	(Vegetarian) Macaroni & Cheese With Salad	Salmon Yakimeshi Fried Rice With Salad	 			
30/11/2026	Chicken Bee Hoon With Cut Fruit	Vegetarian Bee Hoon With Cut Fruit	Roasted Chicken Yellow Rice Serve With Condiments	Chicken Adobo Serve With Rice And Steam Vegetables	Teriyaki Tofu With Fried Rice & Soya Cabbage		

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1/12/2026	Chicken Kuey Teow With Cut Fruits	Vegetarian Tofu Kuey Teow With Cut Fruits	Ayam Goreng Berempah With Rice Sambal ,Salad And Soup	oven herb fish Serve With Pasta And Carrot And Zucchini	Marinated Tempeh With Pesto Pasta And Carrot And Zucchini
2/12/2026	Mamak Chicken Fried Noodles With Cut Fruits	Mamak Vegetarian Fried Noodles With Cut Fruits	Teriyaki Fish With Fried Rice & Soya Cabbage	Chicken Spagetti Bolognaise With Mix Salad	Falafel Wrap & Agli Olio Pasta With Salad
3/12/2026	Paratha Curry Fruit Juice	Paratha (Vegetarian) Curry Fruit Juice	Hainanese Chicken Rice Serve With Condiment	Fish Marinara With Garlic Pasta & Butter Broccoli And Carrot	Tempeh Katsu Curry With Rice With Carrots & Broccolis
4/12/2026	Chicken Shepherd Pie With Salad	Vegetarian Shepherd Pie With Salad	Chicken Reneh Dry Noodle Pak Choy And Cabbage	 	
7/12/2026	French Toast With Kaya Jam And Cut Fruits	French Toast With Kaya Jam And Cut Fruits	Cantonese Crispy Fish Egg Droop Noodles With Choy Sum	Baked Chicken Creamy Fettucine Mushroom & Carrot	Creamy Dhal With Briyani Rice Cauliflower & Coconut
8/12/2026	Chinese Fried Rice With Fruit Juice	Chinese Vegetarian Fried Rice With Fruit Juice	Black Pepper Fish Fried Yee Mee With Stir Fry Capsicum	Daube Beef Stew With Aglio Olio Pasta Garlic Butter Green Beans	Genaral Tso Tofu With Rice And Stir Pak Choy
9/12/2026	Sauted Chicken Singapore Bee Hoon With Cut Fruit	Vegetarian Singapore Bee Hoon With Cut Fruit	Lamb Curry Serve With Butter Rice Potato And Carrot	Chicken Pizza Mushroom Soup Mix Salad	Vegetarian Pizza Mushroom Soup Mix Salad
10/12/2026	Nasi Lemak (Cucumber,Egg,Anchovies) Condiment	Nasi Lemak Vegetarian Condiment	Korean Style Chicken With Garlic Fried Rice And Kimchi	Roasted Cranberry Chicken With Pasta Steam Broccoli & Carrot	Korean Tofu Stew With Rice Potatoes & Carrot
11/12/2026	SULTAN SELANGOR BIRTHDAY				

