



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY	
			<b>HELP INTERNATIONAL SCHOOL MENU</b>			 <b>HELP INTERNATIONAL SCHOOL</b>
	Monday, 27 February, 2017	Tuesday, 28 February, 2017	Wednesday, 1 March, 2017	Thursday, 2 March, 2017	Friday, 3 March, 2017	
<b>MORNING SNACKS (PRIMARY)</b>	CHINESE STYLE PORRIDGE & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS & FRUIT JUICE	BANANA SLICE with MILK & CUT FRUITS	STIR FRIED GLASS NOODLES with CHIFFON OMELETTE and JUICE	MACARONI & CHESE	
<b>MORNING SNACKS (SECONDARY)</b>	CHINESE STYLE PORRIDGE & FRUIT JUICE	SCRAMBLED EGGS BAKED BEANS CHICKEN NUGGETS & FRUIT JUICE	BANANA SLICE with MILK & CUT FRUITS	STIR FRIED GLASS NOODLES with CHIFFON OMELETTE and JUICE	MACARONI & CHESE (Bigger)	
<b>LUNCH</b>	POACHED FISH with TOMATO CONCASSEE & RICE	CAJUN CHICKEN CAPSICUM & CHEESE WRAP with SALAD	FISH with MUSHROOMS SWEET POTATOES and BROCCOLI	LIGHTLY SPICED CHICKEN CHOP with ROASTED VEGETABLES		
AYAM MASAK MERAH ACAR RANPAI and STEAM RICE	GINGER FISH with CORN AND TOMATO SALAD	LEMONGRASS CHICKEN with RICE and LEMON SAUCE	ASSORTED SUSHI with SALAD			
EGGPLANT POTATO BURGER with MIXED SALAD	VEGETABLE WRAP with RICE and SALAD	VEGETABLE PUFF SERVED WITH MIX SALAD	ASSORTED VEGETARIAN SUSHI with SALAD			



**HELP INTERNATIONAL SCHOOL MENU**



	Monday, 6 March, 2017	Tuesday, 7 March, 2017	Wednesday, 8 March, 2017	Thursday, 9 March, 2017	Friday, 10 March, 2017
<b>MORNING SNACKS (PRIMARY)</b>	SAUSAGE BAKED BEANS & TOAST SERVED with FRUIT JUICE	NASI LEMAK & CUT FRUITS	FRIED RICE & FRUIT JUICE	MEE HOON & CUT FRUITS	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
<b>MORNING SNACKS (SECONDARY)</b>	SAUSAGE BAKED BEANS & TOAST SERVED with FRUIT JUICE	NASI LEMAK & CUT FRUITS	FRIED RICE & FRUIT JUICE (with Chicken)	MEE HOON with CHICKEN & CUT FRUITS	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
<b>LUNCH</b>	CAJUN CHICKEN CAPSICUM & CHEESE WRAP with SALAD	CHICKEN PASTA GARLIC SAUCE POTATO, BROCCOLI & CARROT	FISH BURGER WITH FRENCH FRIES & SALAD	LEMON CRUST FISH with TOMATO SPAGHETTI	
	FISH CURRY with RICE & CONDIMENTS	GINGER FISH LIGHT SAUCE with CORN RICE & TOMATO SALAD	CHICKEN FRIED NOODLES with CARROT AND CABBAGE	CHICKEN TANDOORI BASMATI RICE with SALAD	
	SWEET & SOUR BROCCOLI CAULIFLOWER SERVED WITH RICE & SALAD	PASTA AGLIO OLIO with SAUTEED VEGETABLES	VEGETARIAN BURGER SERVED with POTATO WEDGES and SALAD	VEGETARIAN SPAGHETTI TOMATO SAUCE & ZUCCHINI	



**HELP INTERNATIONAL SCHOOL MENU**



	Monday, 13 March, 2017	Tuesday, 14 March, 2017	Wednesday, 15 March, 2017	Thursday, 16 March, 2017	Friday, 17 March, 2017
<b>MORNING SNACKS (PRIMARY)</b>	CEREAL BOWL MADELAINE & MILK with CUT FRUITS	KUEY TEOW WITH CUT FRUITS	SCRAMBLED EGGS BAKED BEANS SERVED with ORANGE JUICE	PARATHA with CURRY & FRUIT JUICE	FISH & CHIPS with GREEN SALAD
<b>MORNING SNACKS (SECONDARY)</b>	CEREAL BOWL MADELAINE & MILK with CUT FRUITS	KUEY TEOW & CHICKEN WITH CUT FRUITS	SCRAMBLED EGGS BAKED BEANS SERVED with ORANGE JUICE	PARATHA with CURRY & FRUIT JUICE	FISH & CHIPS with GREEN SALAD (BIGGER)

<b>LUNCH</b>	LEMON CRUST FISH with SPICED RICE	ROAST CHICKEN with BRAISED SPRING DHAL & PILAF RICE	BEEF STROGANOFF STYLE BUTTER TAGLIATELLE	CHICKEN BASQUAISE (STEW) STYLE MIXED POTATOES GRATIN	
	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	STEAMED FISH with SAMBAL BELACAN FRIED RICE	GINGER FISH with RICE CORN AND TOMATO SALAD	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	
	ZUCCHINI NUTMEG GRATIN with RICE	ROASTED VEGETABLE WRAP with RICE & SALAD	TOMATO STEW with STEAM POTATO and CAULIFLOWER	VEGETARIAN LASAGNE served with SALAD	



**HELP INTERNATIONAL SCHOOL MENU**



Monday, 20 March, 2017

Tuesday, 21 March, 2017

Wednesday, 22 March, 2017

Thursday, 23 March, 2017

Friday, 24 March, 2017

**MORNING  
SNACKS  
(PRIMARY)**

STIR FRIED  
GLASS NOODLES  
with  
CHIFFON  
OMELETTE  
and JUICE

MEE  
HOON  
&  
CUT FRUITS

BREAKFAST  
RICE SOUP  
&  
CUT FRUITS

SCRAMBLED EGGS  
BAKED BEANS  
SERVED  
with  
ORANGE JUICE

**NEW-FANGLED TUNA  
in  
PENNE CASSEROLE  
SERVED  
with  
SALAD**

**MORNING  
SNACKS  
(SECONDARY)**

STIR FRIED  
GLASS NOODLES  
with  
CHIFFON  
OMELETTE  
and JUICE

MEE  
HOON  
with  
CHICKEN  
&  
CUT FRUITS

BREAKFAST  
RICE SOUP  
&  
CUT FRUITS

SCRAMBLED EGGS  
BAKED BEANS  
SERVED  
with  
ORANGE JUICE

**TUNA  
in  
PENNE CASSEROLE  
SERVED  
with  
SALAD**

**LUNCH**

FISH FILLET  
SLICED  
MUSHROOMS  
PASTA  
with  
SAUTEED VEGETABLES

OVEN BAKED  
SALMON  
SAUTEED VEGETABLES  
with  
PASTA  
& TAPENADE TOAST

KAI LAN'S DAY  
ROASTED  
DORY FISH  
SAUTEED KAI LAN  
and  
CARROT'S PASTA

SPICED  
FISH  
served  
with  
MUSHROOM  
PASTA

HAINANESE  
CHICKEN  
with  
ASSORTED  
CONDIMENTS

BEEF KORMA  
WITH  
POTATO, CARROT  
&  
BIRYANI RICE

KAI LAN'S DAY  
SWEET &  
SOUR CHICKEN  
with  
CORN RICE  
& KAI LAN

CHINESE STYLE  
FISH  
SAUTEED  
VEGETABLES  
& FRIED  
NOODLES

ROASTED MIXED  
POTATOES  
served  
with  
BOK CHOY and  
CAMELISED ONIONS

MIX POTATOES  
BROCCOLI  
and  
CAPSICUM  
WRAP  
with RICE & SALAD

KAI LAN'S DAY  
VEGETABLE  
GRATIN  
SERVED  
with  
RICE & KAI LAN

VEGETARIAN  
SPAGHETTI  
TOMATO SAUCE  
&  
ZUCCHINI



**HELP INTERNATIONAL SCHOOL MENU**



	Monday, 27 March, 2017	Tuesday, 28 March, 2017	Wednesday, 29 March, 2017	Thursday, 30 March, 2017	Friday, 31 March, 2017
<b>MORNING SNACKS (PRIMARY)</b>	ENGLISH STYLE BREAKFAST PUDDING with ASSORTED SAUCE	FRIED RICE & FRUIT JUICE	NASI LEMAK & CUT FRUITS	FRENCH TOAST with CUT FRUIT & MILK	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
<b>MORNING SNACKS (SECONDARY)</b>	ENGLISH STYLE BREAKFAST PUDDING with ASSORTED SAUCE	FRIED RICE (with Chicken) & FRUIT JUICE	NASI LEMAK & CUT FRUITS	FRENCH TOAST with CUT FRUIT & MILK	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
<b>LUNCH</b>	CHICKEN LINGUINE with GARLIC SAUCE and ROASTED VEGETABLES	OVEN BAKED FISH served with RATATOUILLE and PILAFRICE	ROASTED CHICKEN PASTA ALFREDO PRIMAVERA	SPICE PILAF LAMB with VEGETABLES & SALAD	
	AYAM MASAK MERAH ACAR RAMPAI and STEAM RICE	KUAY TEOW with CHICKEN and MARINATED VEGETABLES	GINGER FISH with RICE CORN AND TOMATO SALAD	THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	
	VEGETARIAN PIZZA with SALAD	RATATOUILLE served with WHITE RICE	VEGETARIAN PASTA with TOMATO SAUCE ZUCCHINI & CARROTS	VEGETABLE PUFF SERVED WITH MIX SALAD	