



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 27 February, 2017

Tuesday, 28 February, 2017

Wednesday, 1 March, 2017

Thursday, 2 March, 2017

Friday, 3 March, 2017

**MORNING
SNACKS**

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

LUNCH

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



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 6 March, 2017

Tuesday, 7 March, 2017

Wednesday, 8 March, 2017

Thursday, 9 March, 2017

Friday, 10 March, 2017

**MORNING
SNACKS**

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

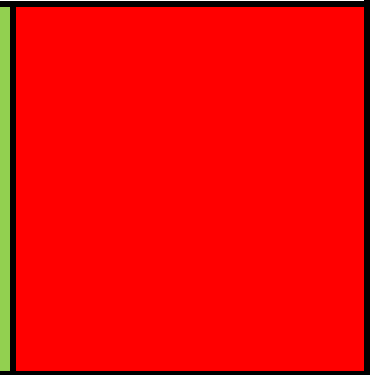
LUNCH

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





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 13 March, 2017

Tuesday, 14 March, 2017

Wednesday, 15 March, 2017

Thursday, 16 March, 2017

Friday, 17 March, 2017

**MORNING
SNACKS**

CEREAL
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

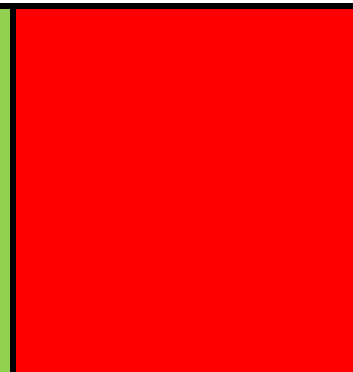
LUNCH

LEMON
CRUST
FISH
with
SPICED RICE

ROAST CHICKEN
with
BRAISED
SPRING DHAL
&
PILAF RICE

GINGER FISH
with
RICE
CORN AND TOMATO
SALAD

CHICKEN
BASQUAISE
(STEW)
STYLE
MIXED POTATOES
GRATIN





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 20 March, 2017

Tuesday, 21 March, 2017

Wednesday, 22 March, 2017

Thursday, 23 March, 2017

Friday, 24 March, 2017

**MORNING
SNACKS**

**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

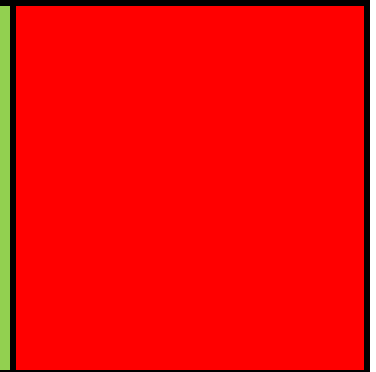
LUNCH

**HAINANESE
CHICKEN**
with
**ASSORTED
CONDIMENTS**

**OVEN BAKED
SALMON**
SAUTEED VEGETABLES
with
**PASTA
& TAPENADE TOAST**

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

**SPICED
FISH**
served
with
**MUSHROOM
PASTA**





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 27 March, 2017

Tuesday, 28 March, 2017

Wednesday, 29 March, 2017

Thursday, 30 March, 2017

Friday, 31 March, 2017

**MORNING
SNACKS**

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

LUNCH

CHICKEN LINGUINE
with
GARLIC SAUCE
and
ROASTED
VEGETABLES

OVEN BAKED
FISH
served with
RATATOUILLE
and
PILAFRICE

ROASTED
CHICKEN
PASTA
ALFREDO PRIMAVERA

FISH
SAUTEE
VEGETABLES
with
NOODLES

