



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 30 January, 2017

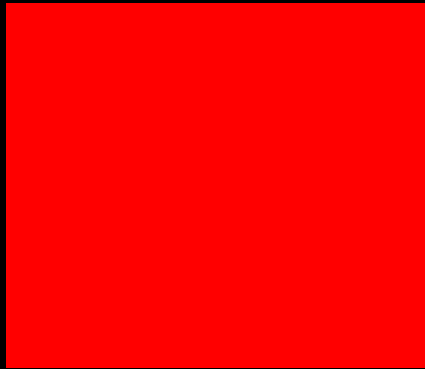
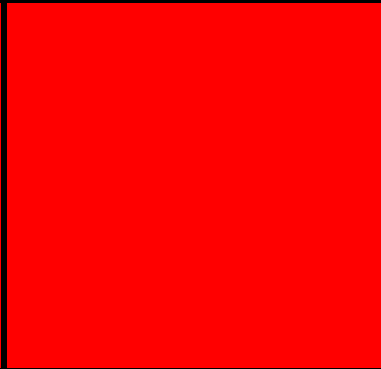
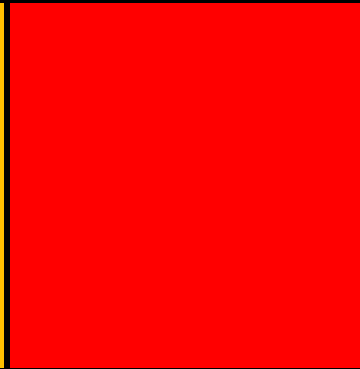
Tuesday, 31 January, 2017

Wednesday, 1 February, 2017

Thursday, 2 February, 2017

Friday, 3 February, 2017

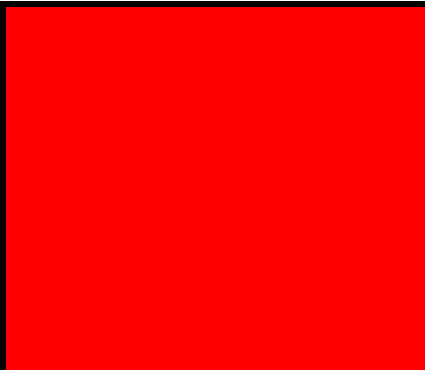
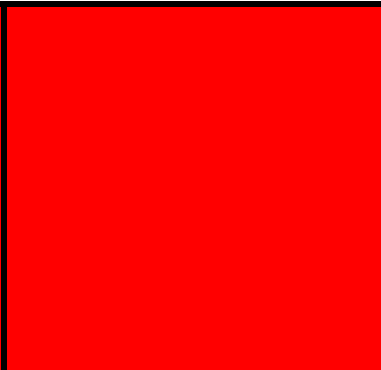
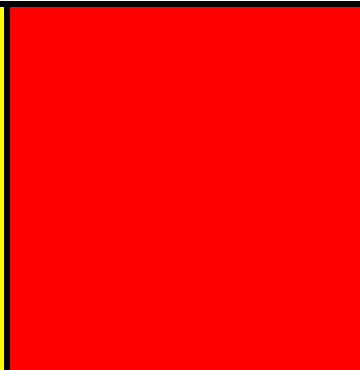
**MORNING  
SNACKS**



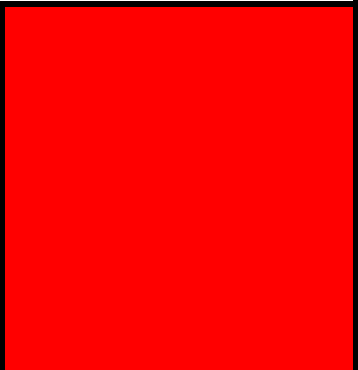
FRENCH TOAST  
with  
CUT  
FRUIT  
&  
MILK

CHICKEN  
CHEESE  
and  
MIXED  
VEGETABLE  
FRIED RICE

**LUNCH**



SPICED  
FISH  
served  
with  
MUSHROOM  
PASTA





## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 6 February, 2017

Tuesday, 7 February, 2017

Wednesday, 8 February, 2017

Thursday, 9 February, 2017

Friday, 10 February, 2017

**MORNING  
SNACKS**

BREAKFAST  
RICE SOUP  
&  
CUT FRUITS

SCRAMBLED EGGS  
BAKED BEANS  
SERVED  
with  
ORANGE JUICE

NASI  
LEMAK  
&  
CUT FRUITS

MEE  
HOON  
&  
CUT FRUITS

CHICKEN  
LASAGNA  
served  
with  
SALAD

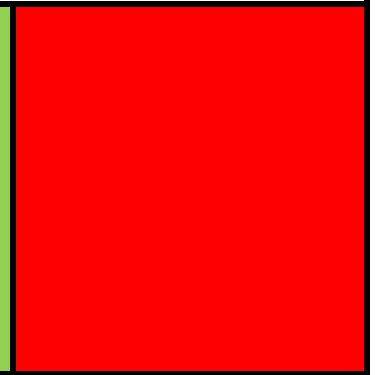
**LUNCH**

ROASTED  
CHICKEN  
PASTA  
ASSORTED  
VEGETABLES

LEMON  
CRUST  
FISH  
with  
SPICED RICE

CHICKEN  
BASQUAISE  
(STEW)  
STYLE  
MIXED POTATOES  
GRATIN

FISH STEW  
TORTIGLONI  
PASTA  
LIGHT SAUCE  
and  
VEGETABLES





## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday, 13 February, 2017

Tuesday, 14 February, 2017

Wednesday, 15 February, 2017

Thursday, 16 February, 2017

Friday, 17 February, 2017

**MORNING  
SNACKS**

MEE  
HOON  
&  
CUT FRUITS

FRENCH TOAST  
with  
CUT  
FRUIT  
&  
MILK

ENGLISH  
STYLE  
BREAKFAST  
PUDDING  
with  
SAUCE

PARATHA  
with  
CURRY  
&  
FRUIT JUICE

NASI  
LEMAK  
&  
SPICED CHICKEN

**LUNCH**

ROAST CHICKEN  
with  
BRAISED  
SPRING DHAL  
with  
PILAF RICE

ROASTED  
FISH  
FETTUCCINE  
SAUTED  
VEGETABLES

ROASTED  
CHICKEN  
PASTA  
ALFREDO PRIMAVERA

OVEN BAKED  
FISH  
served  
with  
RATATOUILLE  
and RICE



## HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP  
INTERNATIONAL  
SCHOOL

Monday, 20 February, 2017

Tuesday, 21 February, 2017

Wednesday, 22 February, 2017

Thursday, 23 February, 2017

Friday, 24 February, 2017

**MORNING  
SNACKS**

CEREAL  
with  
MILK  
&  
CUT FRUITS

KUEY TEOW  
WITH  
CUT FRUITS

FRIED RICE  
&  
FRUIT JUICE

FRENCH TOAST  
with  
CUT  
FRUIT  
&  
YOGURT

FISH  
&  
CHIPS  
with  
GREEN SALAD

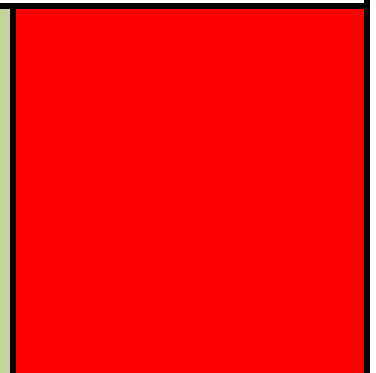
**LUNCH**

OVEN ROASTED  
FISH with LEMON  
HERBS & SPICES  
LIGHT SAUCE  
SERVED  
with RICE

CABBAGE'S DAY  
SOURCRAUT  
SAUSAGE  
BROCCOLI  
&  
MASH POTATO

BARBEQUE  
FISH  
with  
PASTA  
AGLIO OLIO

ROASTED  
CHICKEN  
with SAUCE  
POTATO, BROCCOLI  
GRATIN





**HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)**



**HELP  
INTERNATIONAL  
SCHOOL**

Monday, 27 February, 2017

Tuesday, 28 February, 2017

Wednesday, 1 March, 2017

Thursday, 2 March, 2017

Friday, 3 March, 2017

**MORNING  
SNACKS**

**CHINESE STYLE  
PORRIGE  
&  
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**

