



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 3 April, 2017

Tuesday, 4 April, 2017

Wednesday, 5 April, 2017

Thursday, 6 April, 2017

Friday, 7 April, 2017

**MORNING
SNACKS**

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LUNCH

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HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



Monday, 10 April, 2017

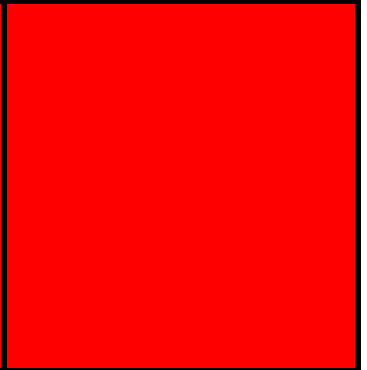
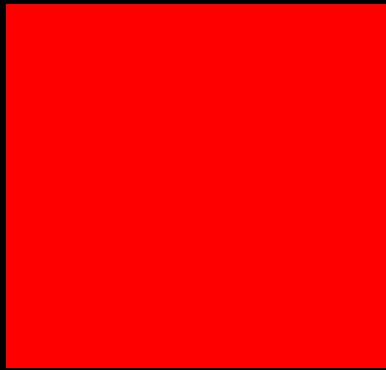
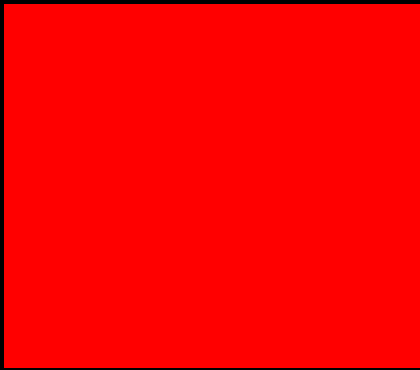
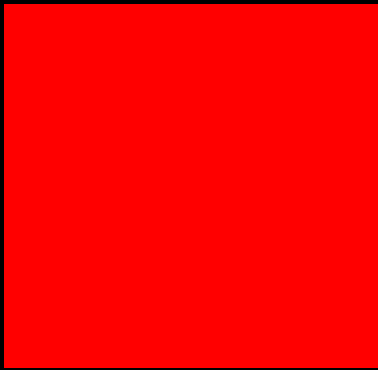
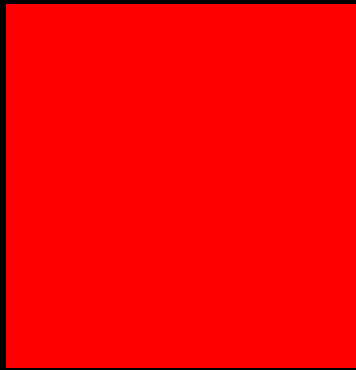
Tuesday, 11 April, 2017

Wednesday, 12 April, 2017

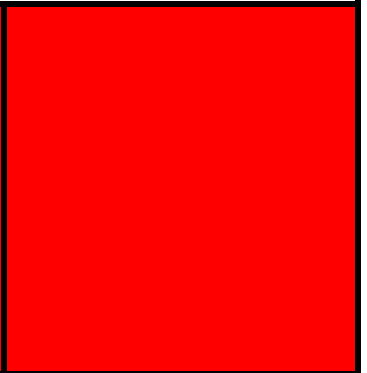
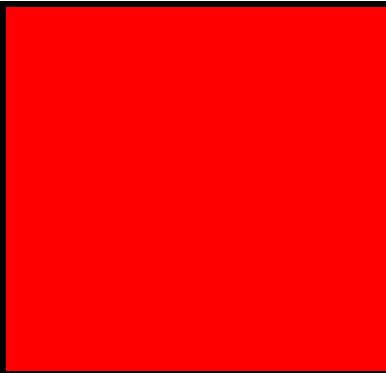
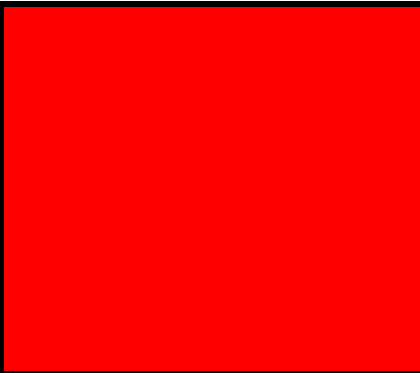
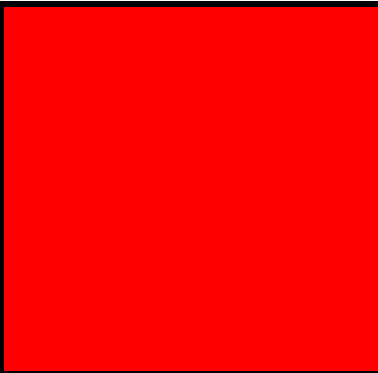
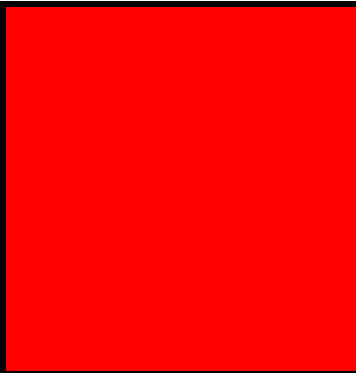
Thursday, 13 April, 2017

Friday, 14 April, 2017

**MORNING
SNACKS**



LUNCH





HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



HELP
INTERNATIONAL
SCHOOL

Monday, 17 April, 2017

Tuesday, 18 April, 2017

Wednesday, 19 April, 2017

Thursday, 20 April, 2017

Friday, 21 April, 2017

**MORNING
SNACKS**

CEREAL BOWL
MADELAINE
& MILK
with
CUT FRUITS

KUEY TEOW
&
CHICKEN
WITH
CUT FRUITS

SCRAMBLED EGGS
SAUSAGE
SERVED
with
ORANGE JUICE

PARATHA
with
CURRY
&
FRUIT JUICE

TUNA
PENNE CASSEROLE
SERVED
with
SALAD

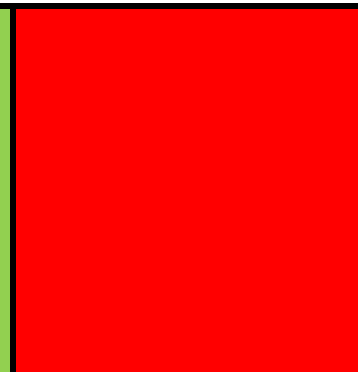
LUNCH

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)



HELP
INTERNATIONAL
SCHOOL

Monday, 24 April, 2017

Tuesday, 25 April, 2017

Wednesday, 26 April, 2017

Thursday, 27 April, 2017

Friday, 28 April, 2017

**MORNING
SNACKS**

STIR FRIED
GLASS NOODLES
with
CHIFFON
and JUICE

MEE
HOON
&
CUT FRUITS

BANANA
CAKE
with
SAUCE
&
CUT FRUITS

NASI
LEMAK
&
CUT FRUITS

CHICKEN
MOUSSAKA
with
SALAD
and
PILAF RICE

LUNCH

ROASTED
CHICKEN
with SAUCE
POTATO, BROCCOLI
GRATIN

BARBEQUE
FISH
with
SAUTED VEGETABLES
and
PILAF RICE

CARROT DAY
ROASTED
CHICKEN CHOP
VEGETABLES
with
CARROT'S PASTA

SAUERKRAUT
CHICKEN
SAUSAGE
BROCCOLI
with
MASH POTATO

