



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
Monday, 30 January, 2017		Tuesday, 31 January, 2017	Wednesday, 1 February, 2017	Thursday, 2 February, 2017	Friday, 3 February, 2017
MORNING SNACKS (PRIMARY)				FRENCH TOAST with CUT FRUIT & MILK	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
MORNING SNACKS (SECONDARY)				FRENCH TOAST with CUT FRUIT & MILK	CHICKEN CHEESE and MIXED VEGETABLE FRIED RICE
LUNCH				SPICED FISH served with MUSHROOM PASTA	
				THAI CHICKEN GREEN CURRY GLASS NOODLE & BABY KAI LAN	
				VEGETABLE PUFF SERVED WITH MIX SALAD	



HELP INTERNATIONAL SCHOOL MENU



Monday, 6 February, 2017

Tuesday, 7 February, 2017

Wednesday, 8 February, 2017

Thursday, 9 February, 2017

Friday, 10 February, 2017

**MORNING
SNACKS
(PRIMARY)**

BREAKFAST
RICE SOUP
&
CUT FRUITS

SCRAMBLED EGGS
BAKED BEANS
SERVED
with
ORANGE JUICE

NASI
LEMAK
&
CUT FRUITS

MEE
HOON
&
CUT FRUITS

CHICKEN
LASAGNE
served
with
SALAD

**MORNING
SNACKS
(SECONDARY)**

BREAKFAST
RICE SOUP
&
CUT FRUITS

SCRAMBLED EGGS
BAKED BEANS
SERVED
with
ORANGE JUICE

NASI
LEMAK
&
CUT FRUITS

MEE
HOON
with
CHICKEN
&
CUT FRUITS

CHICKEN
LASAGNE
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

SWEET
&
SOUR FISH
with
WHITE RICE

THAI CHICKEN
GREEN CURRY
GLASS NOODLE
&
BABY KAI LAN

ASAM FISH
with
LADY FINGERS
with
WHITE RICE

BEEF KURMA
WITH
POTATO, CARROT
&
BIRYANI RICE

PASTA
AGLIO OLIO
with
SALAD

YONG TOW FU
with
RICE

VEGETARIAN
BURGER
with
POTATOES
WEDGES

VEGETARIAN FRIED
RICE



HELP INTERNATIONAL SCHOOL MENU



Monday, 13 February, 2017

Tuesday, 14 February, 2017

Wednesday, 15 February, 2017

Thursday, 16 February, 2017

Friday, 17 February, 2017

**MORNING
SNACKS
(PRIMARY)**

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

**MORNING
SNACKS
(SECONDARY)**

MEE
HOON
with
CHICKEN
&
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

CHINESE
FISH
BLACK PEPPER
SAUCE
with
RICE

LAMB CURRY
with
BIRYANI
RICE
&
VEGETABLES

CHINESE STYLE
FISH
FRIED
NOODLES

KUNG POW
CHICKEN
with
VEGETABLES
and RICE

VEGETARIAN
LASAGNE
served
with
SALAD

SWEET & SOUR
BROCCOLI
CAULIFLOWER
SERVED
WITH
SALAD

VEGETARIAN
KEBAB
with
RICE

TOMATO
STEW
with
STEAM
POTATO and
CAULIFLOWER



HELP INTERNATIONAL SCHOOL MENU



	Monday, 20 February, 2017	Tuesday, 21 February, 2017	Wednesday, 22 February, 2017	Thursday, 23 February, 2017	Friday, 24 February, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CEREAL with MILK & CUT FRUITS	KUEY TEOW & CHICKEN WITH CUT FRUITS	FRIED RICE & FRUIT JUICE (with Chicken)	FRENCH TOAST with CUT FRUIT & YOGURT	FISH & CHIPS with GREEN SALAD (BIGGER)
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	
	HAINANESE CHICKEN with ASSORTED CONDIMENTS	CABBAGE'S DAY TUMERIC CABBAGE CHICKEN CURRY	DRY TOM YAM FISH with KUEY TEOW	ASSORTED SUSHI with SALAD	
	VEGETARIAN PIZZA WHITE SAUCE and SAUTE VEGETABLES	CABBAGE'S DAY STUFFED CABBAGE MIXED VEGETABLE RICE	TEMPURA with RICE and SWEET SOUR SAUCE	ASSORTED VEGETARIAN SUSHI with SALAD	



HELP INTERNATIONAL SCHOOL MENU



	Monday, 27 February, 2017	Tuesday, 28 February, 2017	Wednesday, 1 March, 2017	Thursday, 2 March, 2017	Friday, 3 March, 2017
MORNING SNACKS (PRIMARY)	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
MORNING SNACKS (SECONDARY)	CHINESE STYLE PORRIGE & 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)
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	
	AYAM MASAK MERAH ACAR RAMPAI 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	