



ISPP SEMESTER 1/2018: G1 - G12 LUNCH MENU 1

	ASIAN *Served with steamed rice	WESTERN	NOODLE SOUP	SALAD and FRESH FRUIT BAR
MONDAY	Pork in Black Bean Sauce Fried Chicken with Garlic Paste H GF Steamed Tofu with Morning Glory V	Irish Beef Stew Creamy Lemon Chicken H Roasted Garlic Potatoes Sautéed Mixed Vegetables	BBQ Pork & Short Noodles GF	Assorted Salad and Fresh Fruit
TUESDAY	Chicken with Soy Sauce H Stewed Pork Belly with Bok Choy GF Fried Tofu with Green Vegetables V	Fish with Hollandaise Sauce H Chicken & Olive Baked Pasta H Lyonnaise Potatoes Green Beans & Asparagus	Minced Chicken & Rice Noodles GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Sweet & Spicy Chicken H GF Fried Fish with Sweet & Sour Sauce H Tofu with Black Pepper Sauce V	Grilled Garlic Chicken H GF Pork with Sauerkraut Mashed Potato Glazed Carrots	Tom Yum Chicken & Yellow Noodles H GF	Assorted Salad and Fresh Fruit
THURSDAY	Pork Marinade Steamed Fish with Vermicelli H Fried Noodles with Tofu V	Chicken Pie H GF Three Cheese Pasta Bake V Sautéed Potatoes Broccoli	Stewed Beef & Rice Noodles	Assorted Salad and Fresh Fruit
FRIDAY	Steamed Chicken & White Mushroom H GF Fried Beef with Capsicum Steamed Tofu with Mixed Vegetables V	Fish Goujons H Chicken with Pepper Sauce H GF Hand Cut Chips Zucchini & Cherry Tomatoes	Pork Wonton	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN