



ISPP SEMESTER 1/2018: G1 - G12 LUNCH MENU 3

	ASIAN *Served with steamed rice	WESTERN	NOODLE SOUP	SALAD and FRESH FRUIT BAR
MONDAY	Hainanese Chicken H Fried Fish with Tamarind Sauce H Hokkien Mee V	Beef Goulash Grilled Chicken with BBQ Sauce H GF Sautéed Potatoes Cherry Tomatoes & Green Beans	Chinese Chicken with Noodles H GF	Assorted Salad and Fresh Fruit
TUESDAY	Crispy Pork Belly with Kalian Stir Fried Beef with Hot Basil GF Kor Tofu with Vegetables V	Chicken & Pesto Pasta Bake H Grilled Fish with Lemon Butter H Boiled Potatoes Mixed Vegetables	Khmer Fish Curry with Noodles H GF	Assorted Salad and Fresh Fruit
WEDNESDAY	BBQ Chicken H GF Beef Japchae Kimchi & Tofu Stew V	Chicken Lasagna H Grilled Pork with Pepper Sauce Mashed Potatoes Glazed Carrots	Kimchi & Chicken with Noodles H GF	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Gong Bao H Sweet & Sour Pork Fried Tofu with Mushroom & Bean Paste V	Chilli Chicken H GF Mini Sausages in BBQ Sauce GF Potato Wedges Zucchini & Tomatoes	Minced Pork with Wonton & Noodles	Assorted Salad and Fresh Fruit
FRIDAY	Beef Lok Lak Fried Fish with Garlic Paste H GF Fried Noodles with Tofu & Vegetables V	Breaded Fish H Pasta Bolognese (chicken) H Hand Cut Chips Sweet Corn	Chicken with Rice Noodles H GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN