



ISPP SEMESTER 1/2018: G1 - G12 LUNCH MENU 4

| | ASIAN *Served with steamed rice | WESTERN | NOODLE SOUP | SALAD and FRESH FRUIT BAR |
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| MONDAY | Fried Chicken with Hot Basil GF H Minced Pork with Bean Sprouts Braised Chinese Cabbage with Tofu V | Roast Pork with Gravy Pasta Bolognaise Mini Rosemary Roasted Potatoes Steamed Mixed Vegetables | Tom Yum Chicken with Noodles GF H | Assorted Salad and Fresh Fruit |
| TUESDAY | Fish in Red Curry Paste GF H Stir Fried Beef with Kailan Flat Noodles with Tofu & Vegetables GF V | Chicken Casserole H Fish in Cream Dill Sauce GF H Boiled Potatoes Zucchini & Cherry Tomatoes | Minced Pork with Flat Noodles | Assorted Salad and Fresh Fruit |
| WEDNESDAY | Chicken with Lime Pickle GF H Fried Fish with Sweet Chilli Sauce H Roasted Eggplant with Tofu GF V | Pasta with Tomato & Basil Sauce V Beef & Mushroom Stew GF Mashed Potatoes Honey Glazed Carrots | Grilled Pork with Yellow Noodles GF | Assorted Salad and Fresh Fruit |
| THURSDAY | Fish Amok GF H Minced Pork with Basil GF Sweet & Sour Tofu GF V | Chicken with Mushroom Sauce GF H Pork Schnitzel Sautéed Potatoes Green Beans & Tomatoes | Fish Dumplings with Noodles H | Assorted Salad and Fresh Fruit |
| FRIDAY | Beef Teriyaki Pork Curry GF Fried Noodles with Tofu & Vegetables V | Pork Mexican GF Fried Chicken H Potatoes Wedges Grilled Corn with Lime Butter | Chicken Curry Udon H | Assorted Salad and Fresh Fruit |

H = HALAL GF = GLUTEN FREE V = VEGETARIAN