



ISPP SEMESTER 1/2018: EY / KG LUNCH MENU 1

	ASIAN	WESTERN	VEGETARIAN	SALAD and FRESH FRUITS
MONDAY	Fried Chicken with Garlic Paste H Steamed Rice	Creamy Lemon Chicken H GF Roasted Potatoes Mixed Vegetables	Stir Fried Noodles with Tofu	Assorted Salad and Fresh Fruit
TUESDAY	Chicken with Soy Sauce H Steamed Rice	Chicken & Olive Baked Pasta H	Stewed Tofu with Eggs Steamed Rice	Assorted Salad and Fresh Fruit
WEDNESDAY	Fish with Sweet & Sour Sauce H Steamed Rice	Grilled Garlic Chicken H GF Mashed Potatoes Glazed Carrots	Pasta Marinara	Assorted Salad and Fresh Fruit
THURSDAY	Pork Marinade GF Steamed Rice	Three Cheese & Chicken Pasta Bake H	Fried Rice Omelette & Clear Soup	Assorted Salad and Fresh Fruit
FRIDAY	Fried Beef with Vegetables GF Steamed Rice	Breaded Fish H Hand Cut Chips Zucchini & Tomatoes	Steamed Tofu with Mixed Vegetables Steamed Rice	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE