



ISPP SEMESTER 1/2018: EY / KG LUNCH MENU 2

	ASIAN	WESTERN	VEGETARIAN	SALAD and FRESH FRUITS
MONDAY	Sautéed Beef with Vegetables GF Steamed Rice	Chicken Casserole H Boiled Potatoes Mixed Green Vegetables	Tofu & Vegetable Phad Thai	Assorted Salad and Fresh Fruit
TUESDAY	Grilled Chicken H GF Steamed Rice	Pork Hawaiian Sautéed Potatoes Green Beans	Fried Tofu with Mushroom Steamed Rice	Assorted Salad and Fresh Fruit
WEDNESDAY	Butter Chicken H GF Steamed Rice	Tuna Pasta Bake H Broccoli	Pasta Alfredo Broccoli	Assorted Salad and Fresh Fruit
THURSDAY	Beef Stew Steamed Rice	Pork with Orange Sauce GF Mini Roast Potatoes Spring Vegetables	Vegetable Fried Rice Omelette & Clear Soup	Assorted Salad and Fresh Fruit
FRIDAY	Fried Fish with Ginger & Soy H Steamed Rice	Chicken Nuggets H Mashed Potato Grilled Corn	Fried Yellow Noodles with Tofu & Vegetables GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE