



## ISPP SEMESTER 1/2018: EY / KG LUNCH MENU 3

	ASIAN	WESTERN	VEGETARIAN	SALAD and FRESH FRUITS
<b>MONDAY</b>	Hainanese Chicken & Rice <b>H</b>	Grilled Chicken with BBQ Sauce <b>H GF</b> Sautéed Potatoes Cherry Tomatoes & Green Beans	Hokkien Mee with Tofu	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Stir Fried Beef with Hot Basil <b>GF</b>  Steamed Rice	Chicken & Pesto Pasta Bake <b>H</b>  Mixed Vegetables	Vegetable Fried Rice Omelette & Clear Soup	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	BBQ Chicken <b>H GF</b>  Steamed Rice	Grilled Pork with Gravy Sauce <b>GF</b> Mashed Potato Glazed Carrots	Tofu Japchae	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Sweet & Sour Pork  Steamed Rice	Chilli Chicken <b>H GF</b> Potato Wedges Zucchini & Tomatoes	Sweet & Sour Tofu  Steamed Rice	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Beef Lok Lak <b>GF</b>  Steamed Rice	Breaded Fish <b>H</b> Hand Cut Chips Sweet Corn	Pasta with Tomato & Basil Sauce	Assorted Salad and Fresh Fruit

**H = HALAL GF = GLUTEN FREE**