



## ISPP SEMESTER 1/2018: EY / KG LUNCH MENU 4

	ASIAN	WESTERN	VEGETARIAN	SALAD and FRESH FRUITS
<b>MONDAY</b>	Minced Pork with Bean Sprouts <b>GF</b> Steamed Rice	Pasta Bolognese <b>H</b> (chicken)	Vegetable Fried Rice Omelette & Clear Soup	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Stir Fried Beef with Kailan Steamed Rice	Chicken Casserole <b>H GF</b> Boiled Potatoes Zucchini & Cherry Tomatoes	Pasta with Creamy Tomato Sauce	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Fried Fish with Sweet Chilli Sauce <b>H</b> Steamed Rice	Beef Stew <b>GF</b> Mashed Potato Honey Glazed Carrots	Roasted Eggplant with Tofu Steamed Rice	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Sweet & Sour Chicken <b>H</b> Steamed Rice	Chicken with Mushroom Sauce <b>H GF</b> Sautéed Potatoes Green Beans & Tomatoes	Sweet & Sour Tofu Steamed Rice	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Beef Teriyaki Steamed Rice	Fried Chicken <b>H</b> Potato Wedges Grilled Corn	Stir Fried Noodles with Tofu & Vegetables <b>GF</b>	Assorted Salad and Fresh Fruit

**H = HALAL G = GLUTEN FREE**