



## ISPP SEMESTER 2/2019: EY / KG LUNCH MENU 1

	MAIN COURSE	SIDE DISHES V	SALAD and FRESH FRUITS
<b>MONDAY</b>	Barbecue Pork GF Honey Garlic Chicken H GF Mee Char Tofu V	Steamed Rice Roasted Vegetables Sautéed Potatoes	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Grilled Chicken H Grilled Fish Mushroom Sauce H GF Pasta Tomato Sauce V	Steamed Rice Green Beans Boiled Potato	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Crispy Fish Tamarind Sauce H Balsamic Roasted Pork GF Vegetable Fried Rice with Omelette V	Steamed Rice Broccoli & Cherry Tomato Creamy Cheesy Potato Bake	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Pork Marinated GF Chicken Pasta Bake H Eggplant Parmigiana V	Steamed Rice Sautéed Vegetables	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Beef Chop Suey GF Buffalo Chicken Parmesan H Crispy Tofu with Sweet Chilli Sauce V	Vegetable Fried Rice Sweet Corn Potato Wedges	Assorted Salad and Fresh Fruit

**H = HALAL   GF = GLUTEN FREE   V = VEGETARIAN**