



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

	MAIN COURSE	SIDE DISHES V	SALAD and FRESH FRUITS
<b>MONDAY</b>	Fried Rice with Chinese Sausage GF Pasta Bolognese Steamed Mixed Vegetables with Tofu V H	Steamed Rice Sautéed Vegetables	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Grilled Chicken H GF Roast Pork Cranberry Sauce GF Fried Noodles with Tofu & Vegetables V	Steamed Rice Diced Mixed Vegetables Mashed Potato	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Fried Fish Sweet Chilli Sauce H GF Sausage Pasta Bake Braised Mushroom & Bok Choy V	Steamed Rice Green Beans & Cherry Tomato	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Fried Beef Oyster Sauce GF Roast Chicken & Gravy H Pasta Tomato Sauce V	Steamed Rice Glazed Carrots Lyonnaise Potatoes	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Stir- Fried Fish H GF Chicken BBQ Sauce H Omelette & Soup V	Vegetable Fried Rice Mixed Vegetables Hand Cut Chips	Assorted Salad and Fresh Fruit

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