



ISPP SEMESTER 2/2019: EY / KG LUNCH MENU 3

	MAIN COURSE	SIDE DISHES V	SALAD and FRESH FRUITS
MONDAY	Marinated Chicken H GF Italian Beef Stew GF Vegetable Pasta Bake V	Steamed Rice Green Beans Rosemary Roast Potatoes	Assorted Salad and Fresh Fruit
TUESDAY	Stir Fried Sticky Pork Creamy Chicken & Tomato Pasta H Omelette & Soup V GF	Steamed Rice Mixed Vegetables	Assorted Salad and Fresh Fruit
WEDNESDAY	Stuffed Vegetables with Chicken H GF Beef Lasagna Phad Thai V	Steamed Rice Mixed Vegetables Potato Gratin	Assorted Salad and Fresh Fruit
THURSDAY	Grilled Pork GF Sausage & Bean Stew H GF Sautéed Tofu & Vegetables V	Steamed Rice Creamed Spinach Sautéed Potatoes	Assorted Salad and Fresh Fruit
FRIDAY	Grilled Chicken H GF Parmesan Fish Fingers H Pasta Tomato Sauce V	Steamed Rice Grilled Corn Potato Wedges	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN