



ISPP SEMESTER 2/2019: EY / KG LUNCH MENU 4

	MAIN COURSE	SIDE DISHES V	SALAD and FRESH FRUITS
MONDAY	Stir Fried Chicken with Soy Sauce H GF Pasta with Meatball Tofu & Mushroom Soup with Omelette V	Steamed Rice Sautéed Vegetables	Assorted Salad and Fresh Fruit
TUESDAY	Grilled Pork Glazed Chicken H GF Stewed Egg with Tofu V	Steamed Rice Carrots & Green Beans Potato Casserole	Assorted Salad and Fresh Fruit
WEDNESDAY	Stir Fried Sticky Chicken H GF Beef Pie Pasta Tomato Sauce V	Steamed Rice Spring Vegetables Garlic Roasted Potatoes	Assorted Salad and Fresh Fruit
THURSDAY	Sweet & Sour Pork Apricot Chicken H GF Stir Fried Tofu & Vegetables V	Steamed Rice Broccoli & Cauliflower Sweet Potato Mash	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fried Beef, Baby Corn & Broccoli GF Chicken Nuggets H Omelette with Vegetable Sauce V	Vegetable Fried Rice Green Beans & Tomato Hand Cut Chips	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN