



ISPP SEMESTER 2/2019: (G1 - G12) LUNCH MENU 1

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
MONDAY	Mongolian Chicken H GF Chinese BBQ Pork Tofu & Mixed Vegetables V Steamed Rice	Beef Casserole Honey Garlic Chicken H Roasted Vegetables Sautéed Potatoes	Chinese Chicken H GF	Assorted Salad and Fresh Fruit
TUESDAY	Deep Fried Chicken, Lime Leaves H Stewed Pork Belly GF Fried Mama Noodles with Tofu V Steamed rice	Grilled Fish Mushroom Sauce H Pasta Tomato Sauce V Boiled Potatoes Green Beans, Carrots & Turnip	Minced Pork GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Asian Glazed Chicken H GF Crispy Fish, Tamarind Sauce H Green Beans in Black Bean Sauce V Steamed rice	Caribbean Chicken H Balsamic Roasted Pork GF Broccoli & Cherry Tomato Creamy Cheesy Potato Bake	BBQ Chicken H	Assorted Salad and Fresh Fruit
THURSDAY	Fried Crispy Pork with Bamboo Stir Fried Fish & Vegetables H GF Garlic, Chives & Dried Tofu V Steamed Rice	Chicken & Lemon Herb Cream Sauce H Chicken Alfredo Pasta Baked H Mixed Green Vegetables Lyonnaisé Potatoes	Chicken Meat Ball H	Assorted Salad and Fresh Fruit
FRIDAY	Chicken With Broccoli H Beef Chop Suey GF Fried Vermicelli Tofu V Vegetable Fried Rice V	Grilled Fish BBQ Sauce H GF Buffalo Chicken Parmesan Sweet Corn Potato Wedges	Beef Ball GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARAIN