



ISPP SEMESTER 2/2019: (G1 - G12) LUNCH MENU 3

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
MONDAY	Marinated Chicken H GF Fish Teriyaki H Tofu Stew V Steamed Rice	Italian Beef Stew GF Chicken, Creamy Lime Sauce H GF Green Beans & Capsicum Rosemary Roast Potatoes	Curry Chicken H GF	Assorted Salad and Fresh Fruit
TUESDAY	Chinese Sticky Pork Stir Fry Paleo Mongolian Beef GF Braised Tofu With Mushrooms V Steamed Rice	Creamy Chicken Pasta Bake H Grilled Fish Honey Lime Sauce H GF Broccoli & Cherry Tomato Boiled Potatoes	Char Siu Pork GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Stuffed Vegetables, Chicken Stew H Ginger Beef Stir Fry Pad Thai V Steamed Rice	Beef Lasagna Pork with Apple Cream Sauce GF Steamed Mixed Vegetables Garlic & Cheese Potato Gratin	Chicken Pho H GF	Assorted Salad and Fresh Fruit
THURSDAY	Fried Chicken & Mixed Vegetables H GF Grilled Pork Gong Pao Tofu V Steamed Rice	Roast Chicken with Gravy H GF Sausage & Bean Stew H GF Creamed Spinach Sautéed Potatoes	Beef GF	Assorted Salad and Fresh Fruit
FRIDAY	Fried Beef With Khmer Spices Steamed Fish Black Bean Sauce H GF Braised Tofu & Broccoli V Steamed Rice	Parmesan Fish Fingers H Pasta Carbonara Sweet Corn Potato Wedges	Chicken Ba Mee H GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN