



## ISPP SEMESTER 2/2019: (G1 - G12) LUNCH MENU 4

|                  | ASIAN  | WESTERN  | NOODLE SOUP                   | SALAD BAR                         |
|------------------|--|--|-------------------------------|-----------------------------------|
| <b>MONDAY</b>    | Chicken With Soy Sauce <b>H</b><br>Korean Pork Stir Fry<br>Mushroom Tofu Soup <b>V</b><br>Steamed Rice                             | Roast Pork & BBQ Sauce <b>GF</b><br>Pasta Meatball Sauce<br>Zucchini, Asparagus & Tomato<br>Lyonnaise Potatoes | Chicken<br><b>H GF</b>        | Assorted Salad<br>and Fresh Fruit |
| <b>TUESDAY</b>   | Steamed Fish Chinese Style <b>H GF</b><br>Black Pepper Beef Stir Fry<br>Stewed Egg, Black Mushroom & Tofu <b>V</b><br>Steamed Rice | Chicken Tandoori Sauce <b>H</b><br>Glazed Grilled <b>H GF</b><br>Carrots & Broccoli<br>Baked Potato Casserole  | Roasted Pork<br><b>GF</b>     | Assorted Salad<br>and Fresh Fruit |
| <b>WEDNESDAY</b> | Sticky Asian Chicken <b>H</b><br>Fish with Curry Sauce <b>H GF</b><br>Yakisoba <b>V</b><br>Steamed Rice                            | Chicken Avocado Pasta Sauce <b>H</b><br>Beef Pie<br>Spring Vegetables<br>Garlic Roasted Potatoes               | Fish Ball<br><b>H GF</b>      | Assorted Salad<br>and Fresh Fruit |
| <b>THURSDAY</b>  | Thai Fried Fish 3 Flavored Sauce <b>H</b><br>Sweet & Sour Pork<br>Sweet & Sour Tofu <b>V</b><br>Steamed Rice                       | Apricot Chicken <b>H GF</b><br>Breaded Pork<br>Broccoli & Cauliflower<br>Potato & Sweet Potato Mash            | Minced Chicken<br><b>H GF</b> | Assorted Salad<br>and Fresh Fruit |
| <b>FRIDAY</b>    | Fried Beef, Baby Corn & Broccoli <b>GF</b><br>Chilli Pork<br>Stir Fried Curry Noodles & Tofu <b>V</b><br>Vegetable Fried Rice      | Honey Garlic Pork <b>GF</b><br>Chicken Nuggets <b>H</b><br>Green Beans & Tomato<br>Hand Cut Chips              | Beef Dumpling<br><b>GF</b>    | Assorted Salad<br>and Fresh Fruit |

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