



ISPP SEMESTER 1/2019: EY / KG LUNCH MENU 2

	MAIN COURSE	SIDE DISHES ^V	SALAD and FRESH FRUITS
MONDAY	Fish Sweet & Sour H Roasted Pork with Herb Gravy GF Pasta Pesto Sauce V	Steamed Rice Lyonnaise Potatoes Zucchini & Cherry Tomato	Assorted Salad and Fresh Fruit
TUESDAY	Pork Marinade Chicken Mushroom Sauce HGF Marinade Tofu V	Steamed Rice Potato Gratin Spring Mixed Vegetables	Assorted Salad and Fresh Fruit
WEDNESDAY	Asian Stewed Pork with Egg GF French Onion Chicken HGF Fried Yellow Noodle with Tofu V	Steamed Rice Mashed Potato Green Beans & Mushroom	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Red Curry HGF Stewed Beef Mushroom & Tomato Pasta Bake V	Steamed Rice Sautéed Potatoes Broccoli & Tomato	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fry Minced Chicken HGF Breaded Chicken H Char Kway Teow (Tofu) V	Fried Rice, Omelet & Soup Hand Cut Chips Glazed Carrots	Assorted Salad and Fresh Fruit

H=HALAL GF = GLUTEN FREE V = VEGETARIAN