



ISPP SEMESTER 1/2019: EY / KG LUNCH MENU 3

	MAIN COURSE	SIDE DISHES ^V	SALAD and FRESH FRUITS
MONDAY	Chicken 3 Flavours HGF Creamy Parmesan Chicken H GF Tofu in Tamarind Sauce V	Steamed Rice Mini Roasted Potatoes Garlic Butter Broccoli & Carrots	Assorted Salad and Fresh Fruit
TUESDAY	Stir Fried Chicken with Hoi Sin Sauce HGF Sausage in Onion Gravy H Pasta Arrabiata V	Steamed Rice Boiled Potato Steamed Green Vegetables	Assorted Salad and Fresh Fruit
WEDNESDAY	Beef Lok lak Roasted Chicken with Gravy HGF Stir Fried Flat Noodles with Vegetables V	Steamed Rice Lyonnise Potatoes Diced Mixed Vegetables	Assorted Salad and Fresh Fruit
THURSDAY	Fried Chicken with Lemongrass H GF Pork with Orange Sauce GF Fried Zucchini with Tofu V	Steamed Rice Scallop Potato Bake Green Beans & Tomato	Assorted Salad and Fresh Fruit
FRIDAY	Chicken Teriyaki H Pork Schnitzel Yakisoba V	Garlic Fried Rice Potato Wedges Grilled Corn	Assorted Salad and Fresh Fruit

H=HALAL GF = GLUTEN FREE V = VEGETARIAN