



## ISPP SEMESTER 1/2019: EY / KG LUNCH MENU 4

	MAIN COURSE	SIDE DISHES <sup>V</sup>	SALAD and FRESH FRUITS
<b>MONDAY</b>	Fried Pork with Broccoli <b>GF</b> Tuna & Mushroom Pasta Bake <b>H</b> Fried Winter Melon with Tofu <b>V</b>	Steamed Rice Roasted Potato, Garlic & Parsley Honey Glazed Carrots	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Sweet & Sour Chicken <b>H</b> Beef Casserole <b>GF</b> Fried Vermicelli <b>V</b>	Steamed Rice Mashed Potato Zucchini, Asparagus & Tomato	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Steamed Chicken Ginger Sauce <b>H</b> Roasted Pork with Gravy <b>GF</b> Steamed Tofu Soy Sauce <b>V</b>	Steamed Rice Potato Wedges Green Beans, Broccoli & Tomato	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Fish with Sambal Sauce <b>HGF</b> Chicken Pepper Sauce <b>HGF</b> Fried Morning Glory with Sambal <b>V</b>	Steamed Rice Lyonnaise Potatoes Sweet Corn	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Fish Ginger Soy Sauce <b>H</b> Fried Chicken <b>H</b> Pasta & Tomato Sauce <b>V</b>	Vegetable Fried Rice & Soup Hand Cut Chips Mixed Vegetables	Assorted Salad and Fresh Fruit

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