



## ISPP SEMESTER 1/2019: (G1 - G12) LUNCH MENU 1

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
<b>MONDAY</b>	Pork Loc Lak Chicken in Palm Sugar <b>HGF</b> MeeKetang <b>V</b>	Chicken Stew <b>HGF</b> Fish in Parsley Sauce <b>H</b> Boiled Potatoes Green Beans	Chicken, Vegetable & Rice Noodles <b>HGF</b>	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Steamed Fish with Bean Vermicelli <b>H</b> Fried Chicken with Pepper Sauce <b>HGF</b> Tofu with Bean Vermicelli <b>V</b>	Pasta Carbonara Sauce Baked Chicken Parmesan <b>H</b> Sautéed Potatoes Broccoli	Beef Pho <b>GF</b>	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Chicken Cha Kroeung <b>HGF</b> Grilled Pork Tofu ChienKroeung <b>V</b>	Pan Fried Fish Butter Sauce <b>HGF</b> Chicken A La King <b>H</b> Mashed Potato Glazed Carrots	Chicken Tom Yum <b>HGF</b>	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Fried Beef with Kale Pork with Chive Flower <b>GF</b> Mi Char <b>V</b>	Roasted Chicken & Cream Sauce <b>HGF</b> Sausage Tomato Pasta Bake <b>H</b> Roasted Potato Mixed Vegetables	Minced Chicken <b>HGF</b>	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Pork Pak Lov Gong Bao Chicken <b>H</b> Gong Bao Tofu <b>V</b>	Breaded Fish <b>H</b> Chilli Con Carne <b>GF</b> Potato Wedges Sweet corn	Roasted Pork <b>GF</b>	Assorted Salad and Fresh Fruit

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