



ISPP SEMESTER 1/2019: (G1 - G12) LUNCH MENU 2

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
MONDAY	Chicken Chien Chuon HGF Fish Sweet & Sour H Sweet & Sour Egg Tofu V	Roasted Pork with Herb Gravy GF Pasta Pesto Sauce V Lyonnaise Potato Zucchini & Cherry Tomato	Beef, Dumpling & Rice Noodle GF	Assorted Salad and Fresh Fruit
TUESDAY	Pork Marinade Beef & Green Bean Stir Fry GF Marinade Tofu V	Baked Fish with Cheese Sauce H Chicken Mushroom Sauce HGF Potato Gratin Spring Mixed Vegetables	Minced Pork & Yellow Noodle GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Chicken Sour Soup H GF Stewed Pork with Egg GF Fried Yellow noodle with Tofu V	Fish Provencal HGF French Onion Chicken HGF Mashed Potato Green Bean & Mushrooms	Grilled Chicken & Flat Noodle H GF	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Red Curry HGF Pork with Black Pepper Vegetable Red Curry V	Stewed Beef Ham & Mushroom Pasta Bake Sautéed Potato Broccoli & Tomato	BBQ Pork & Short Noodle GF	Assorted Salad and Fresh Fruit
FRIDAY	Beef Rendang GF Stir Fry Minced Chicken Malaysia Style HGF Char Kway Teow (Tofu) V	Breaded Chicken H Pork with Creamy Mushroom Sauce GF Hand Cut Chips Glazed Carrots	Laksa (Chicken Rice Noodle) HGF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN