



ISPP SEMESTER 1/2019: (G1 - G12) LUNCH MENU 3

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
MONDAY	Chicken 3 Flavours HGF Steamed Fish Lime Sauce HGF Tofu in Tamarind Sauce V	Creamy Parmesan Chicken H GF Braised Pork in Milk GF Mini Roasted Potato Garlic Butter Broccoli & Carrots	Pork & Vegetable GF	Assorted Salad and Fresh Fruit
TUESDAY	Stir Fried Pork with Long Bean GF Stir Fried Chicken with Hoi Sin Sauce HGF Fried Tofu with Long Bean V	Sausages in Onion Gravy H Pasta Arrabiata V Boiled Potatoes Steamed Green Vegetables	Chicken Pho H GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Beef Lok lak Fried Chicken with Lime Pickle H GF Stir Fried Flat Noodles with Vegetables V	Baked Fish with Dill Sauce H Roasted Chicken with Gravy HGF Lyonnaise Potato Diced Mixed Vegetables	Fish Gravy H GF	Assorted Salad and Fresh Fruit
THURSDAY	Fried Chicken with Lemongrass H GF Fried Pork Belly with Kale Fried Zucchini with Tofu V	Chicken with Tomato Sauce H GF Pork with Orange Sauce GF Scallop Potato Bake Green Beans & Tomato	Beef & Vegetable GF	Assorted Salad and Fresh Fruit
FRIDAY	Chicken Teriyaki H Fried Vegetables V Yakisoba V Garlic Fried Rice	Pork Schnitzel Pasta Bolognaise Potato Wedges Grilled Corn	Ramen (miso & pork) GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN