



ISPP SEMESTER 1/2019: (G1 - G12) LUNCH MENU 4

	ASIAN	WESTERN	NOODLE SOUP	SALAD BAR
MONDAY	Fried Pork with Ginger GF Fish Amok HGF Fried Winter Melon with Tofu V	Tuna & Mushroom Pasta Bake H Grilled Chicken with Herbs HGF Roasted Potato Garlic & Parsley Honey Glazed Carrots	Minced Chicken HGF	Assorted Salad and Fresh Fruit
TUESDAY	Braised Pork Belly with Mushroom Sweet & Sour Chicken H Fried Vermicelli V	Beef Casserole GF Chicken with Mustard Sauce H GF Mashed Potato Zucchini, Asparagus & Tomato	BBQ Pork GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Steamed Chicken Ginger Sauce H Asian Beef Stew GF Steamed Tofu Soy Sauce V	Grilled Fish with Parsley Sauce H Roasted Pork with Gravy GF Potato Wedges Green Beans, Broccoli & Tomato	Chinese Chicken H GF	Assorted Salad and Fresh Fruit
THURSDAY	Fish with Sambal Sauce HGF Chicken Sarawak H Fried Morning Glory with Sambal V	Chicken Pepper Sauce HGF Baked Fish with Pesto H Lyonnais Potato Sweet Corn	Chicken Curry HGF	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fried Chicken & Vegetable H GF Fish Ginger Soy Sauce H Kimchi with Tofu V BBQ Pork Fried Rice	Fried Chicken H Pork Picante GF Hand Cut Chips Mixed Vegetables	Roasted Pork & Kimchi GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN