



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

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
MEATLESS MONDAY	Stir Fried Tofu with Black Pepper V GF Stir Fried Noodles with Tofu & Vegetables V Optional: Sweet & Sour Chicken H	Pasta Pomodoro V Mixed Bean & Vegetable Cottage Pie, Topped with Cheesy Sweet Potato V GF Green Beans V	Chinese Vegetable Noodle Soup with Wontons V GF	Assorted Salad and Fresh Fruit
TUESDAY	Steamed Fish with Bean Vermicelli H Fried Chicken with Pepper Sauce H GF Tofu with Bean Vermicelli V	Pasta Carbonara Sauce Baked Chicken Parmesan H Sautéed Potatoes Broccoli	Beef Pho GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Chicken Cha Kroeung H GF Grilled Pork Tofu Chien Kroeung V	Pan Fried Fish Butter Sauce H GF Chicken A La King H Mashed Potato Glazed Carrots	Chicken Tom Yum H GF	Assorted Salad and Fresh Fruit
THURSDAY	Fried Beef with Kale Pork with Chive Flower GF Mi Char V	Roasted Chicken & Cream Sauce H GF Sausage Tomato Pasta Bake H Roasted Potato Mixed Vegetables	Minced Chicken H GF	Assorted Salad and Fresh Fruit
FRIDAY	Pork Pak Lov Gong Bao Chicken H Gong Bao Tofu V	Breaded Fish H Chilli Con Carne GF Potato Wedges Sweet corn	Roasted Pork GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN