



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

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
MEATLESS MONDAY	Vegetable Green Curry V GF Sautéed Tofu & Vegetables V Optional: Minced Chicken with Basil H	Tofu Parmesan V Pumpkin & Potato Mash with Roast Garlic V GF Ratatouille V	Vegetable Dumpling & Rice Noodles V 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 H GF 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 H GF French Onion Chicken H GF Mashed Potato Green Bean & Mushrooms	Grilled Chicken & Flat Noodle H GF	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Red Curry H GF 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 H GF Char Kway Teow (Tofu) V	Breaded Chicken H Pork with Creamy Mushroom Sauce GF Hand Cut Chips Glazed Carrots	Laksa (Chicken Rice Noodle) H GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN