



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

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
MEATLESS MONDAY	Korean Tofu 'Kang Jung' V GF Japchae Noodles V Kimchi V	Pasta with Mushroom Alfredo V Baked Eggplant & Zucchini Italian V Optional: Grilled Chicken with Pesto H GF	Egg Noodle & Vegetable Wontons V GF	Assorted Salad and Fresh Fruit
TUESDAY	Stir Fried Pork with Long Bean GF Stir Fried Chicken with Hoi Sin Sauce H GF 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 H GF Lyonnaisse 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 Bolognaisse Potato Wedges Grilled Corn	Ramen (miso & pork) GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN