



ISPP SEMESTER 2/2020: EY / KG LUNCH MENU 1

	MAIN COURSES	SIDE DISHES ^V	SALAD and FRESH FRUITS
MONDAY	Chicken with Black Pepper H Fish Cakes H Vegetable Omelet, Soup	Steamed Rice Broccoli Boiled Potato	Assorted Salad and Fresh Fruit
TUESDAY	Taiwanese Three Cup Chicken HGF Grilled Pork with BBQ Sauce Tofu Red Curry V	Steamed Rice Potato Wedges Grilled Corn	Assorted Salad and Fresh Fruit
WEDNESDAY	Stir Fried Pork with Mushroom GF Honey Lemon Chicken H Stir Fried Noodles with Tofu V	Steamed Rice Mini Roast Potatoes Zucchini & Tomatoes	Assorted Salad and Fresh Fruit
THURSDAY	Beef with Onion GF Creamy Tuna Pasta Bake H Stewed Tofu with Egg V	Steamed Rice Mashed Potato Glazed Carrots	Assorted Salad and Fresh Fruit
FRIDAY	Chicken Fingers H Chinese BBQ Pork GF Tofu & Mixed Vegetables V	Steamed Rice Hand Cut Chips Diced Mixed Vegetables	Assorted Salad and Fresh Fruit

H=HALAL GF = GLUTEN FREE V = VEGETARIAN