



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

	MAIN COURSES	SIDE DISHES V	SALAD and FRESH FRUITS
MONDAY	Fried Fish & Vegetables H Chicken with Gravy H Stir Fried Noodles with Tofu V	Steamed Rice Potato Gratin Mixed Vegetables	Assorted Salad and Fresh Fruit
TUESDAY	Beef with Oyster Sauce GF Chicken with Sun-Dried Tomato Sauce HGF Steamed Tofu with Mixed Vegetables V	Steamed Rice Sautéed Potato Roasted Carrot & Turnip	Assorted Salad and Fresh Fruit
WEDNESDAY	Steamed Chicken with Mushroom HGF Pork Stew with Balsamic GF Tofu with Green Vegetables V	Steamed Rice Boiled Potato Broccoli & Green Beans	Assorted Salad and Fresh Fruit
THURSDAY	Thai Garlic Pepper Pork Chicken Parmesan Pasta Bake H Stir Fried Ma Ma Noodles V	Steamed Rice Cheesy Potato Bake Zucchini & Tomato	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fried Beef with Mixed Vegetables Fried Chicken H Tofu with Mixed Vegetables V	Steamed Rice Potato Wedges Baked Corn with Cheese	Assorted Salad and Fresh Fruit

H=HALAL GF = GLUTEN FREE V = VEGETARIAN