



ISPP SEMESTER 2/2020: EY / KG LUNCH MENU 3

	MAIN COURSES	SIDE DISHES ^V	SALAD and FRESH FRUITS
MONDAY	Pork Sweet & Sour Pasta Bolognese (Chicken) H Stir Fried Tofu with Vegetables V	Steamed Rice Mee Goreng with Tofu V Vegetable Moussaka VGF	Assorted Salad and Fresh Fruit
TUESDAY	Thai Stir Fried Chicken H Sausage with Onion Gravy GF Stir-Fry Tofu with Bean Sprouts V	Steamed Rice Sautéed Potatoes Green Beans & Broccoli	Assorted Salad and Fresh Fruit
WEDNESDAY	Chinese Braised Beef GF Fish with Lemon Cream Sauce H Tofu Pad Thai V	Steamed Rice Mashed Potato Glazed Carrots	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Stir Fry HGF Cheesy Beef Goulash Bake Stir Fried Tofu & Mushroom V	Steamed Rice Lyonnais Potatoes Mixed Vegetables	Assorted Salad and Fresh Fruit
FRIDAY	Crispy Fish with Garlic H Pork Brasov GF Stir Fried Mee Hon & Vegetables V	Steamed Rice Hand Cut Chips Sweet Corn	Assorted Salad and Fresh Fruit

H=HALAL GF = GLUTEN FREE V = VEGETARIAN