



## ISPP SEMESTER 2/2020: EY / KG LUNCH MENU 4

	MAIN COURSES	SIDE DISHES <sup>V</sup>	SALAD and FRESH FRUITS
<b>MONDAY</b>	Chicken Fried Rice <b>HGF</b> Corn Soup <sup>V</sup> Breaded Fish <b>H</b>	Steamed Rice Tofu & Bean Stew <sup>V</sup> Hand Cut Chips	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Stir Fried Chicken With Basil <b>HGF</b> Grilled Fish BBQ Sauce <b>H</b> Thai Noodles (Pad Se Ew) <sup>V</sup>	Steamed Rice Herb Roasted Potatoes Glazed Carrots	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Garlic Pork with Bell Pepper <b>GF</b> Pasta Bolognaise (Chicken) <b>H</b> BBQ Tofu <sup>V</sup>	Steamed Rice Lyonnaisse Potatoes Broccoli	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Stir Fry Beef with Bok Choy Chicken Mushroom Sauce <b>HGF</b> Fried Tofu with Sweet Chili Sauce <sup>V</sup>	Steamed Rice Sautéed Potatoes Green Beans & Tomato	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Stir Fry Chicken with Long Bean <b>HGF</b> Fish Nuggets <sup>H</sup> Sweet & Sour Tofu <sup>V</sup>	Steamed Rice Potato Wedges Mixed Green Vegetables	Assorted Salad and Fresh Fruit

**H=HALAL GF = GLUTEN FREE V = VEGETARIAN**