



ISPP SEMESTER 2/2020: (G1 - G12) LUNCH MENU 1

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
MEATLESS MONDAY	Stewed Tofu with Mushroom & Chinese Cabbage V Fried Winter Melon with Egg GF V Optional: Fried Chicken with Basil HGF	Vegetable Cottage Pie V Grilled Tofu with Mushroom Sauce V Broccoli	Vegetable Wonton & Egg Noodle GFV	Assorted Salad and Fresh Fruit
TUESDAY	Fried Fish with Tamarind Sauce H Taiwanese Three Cup Chicken HGF Tofu Red Curry V	Chicken Alfredo Pasta Bake H Grilled Pork with Blue Cheese Sauce Potato Wedges Grilled Corn	Lad Na Flat Noodles & Pork in Thick Gravy GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Crispy Garlic Chicken H Stir Fried Pork with Mushroom GF Hot & Sour Soup with Tofu V	Grilled Fish with Brown Sauce H Honey Lemon Chicken H Mini Rosemary Roast Potatoes Zucchini & Tomatoes	Minced Chicken & Rice Noodles GF	Assorted Salad and Fresh Fruit
THURSDAY	Beef with Onion GF Stewed Pork with Bamboo Shoot GF Stewed Tofu with Egg V	Stewed Chicken with Red Bean H Creamy Tuna Pasta Bake H Mashed Potato Glazed Carrots	BBQ Pork GF	Assorted Salad and Fresh Fruit
FRIDAY	Mongolian Chicken HGF Chinese BBQ Pork GF Tofu & Mixed Vegetables V	Chicken Fingers H Beef Casserole Hand Cut Chips Diced Mixed Vegetables	Minced Pork & Yellow Noodles GF	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN