



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

| | ASIAN (Served with Steamed Rice) | WESTERN | NOODLE SOUP | SALAD BAR |
|------------------------|--|--|---|--------------------------------|
| MEATLESS MONDAY | Fried Vermicelli with Tofu (Khmer Style) V Red Curry Tofu V Optional: Chinese Five Spice Chicken HGF | Spinach & Mushroom Lasagna V Eggplant Parmigiana V Mixed Vegetables | Vegetable Wonton & Yellow Noodles V | Assorted Salad and Fresh Fruit |
| TUESDAY | Stir Fried Pork with Pineapple GF Beef with Oyster Sauce Steamed Tofu with Mixed Vegetables V | Grilled Fish with Mushroom Sauce H Chicken with Sun-Dried Tomato Cream Sauce HGF Sautéed Potatoes Roasted Carrot & Turnip | Chicken Curry & Fresh Noodles HGF | Assorted Salad and Fresh Fruit |
| WEDNESDAY | Steamed Chicken with Mushroom HGF Pork & Bok Choy Stir-Fry Fried Tofu with Green Vegetable V | Pork Stew with Balsamic GF Roasted Glazed Chicken HGF Boiled Potato Broccoli & Green Beans | Ba Mee Roast Pork & Egg Noodle | Assorted Salad and Fresh Fruit |
| THURSDAY | Chicken & Spring Onion Stir-Fry HGF Thai Garlic Pepper Pork Stir Fried MaMa Noodles V | Stewed Beef GF Chicken Parmesan Pasta Bake H Cheesy Potato Bake Zucchini & Tomato | Chinese Chicken & Rice Noodles H | Assorted Salad and Fresh Fruit |
| FRIDAY | Stir Fried Beef with Mixed Vegetables Butter Chicken HGF Fried Kang Kong with Tofu V | Fried Chicken H Grilled Pork Peppercorn Sauce GF Potato Wedges Baked Corn with Cheese | Ban Tiao Pork & Flat Noodles | Assorted Salad and Fresh Fruit |

H = HALAL GF = GLUTEN FREE V = VEGETARIAN