



ISPP SEMESTER 2/2020: (G1 - G12) LUNCH MENU 3

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
MEATLESS MONDAY	Fried Tofu, Mushroom & Bok Choy VGF Mixed Vegetable Curry V Mee Goreng with Tofu V	Pasta with Tomato & Olive V Vegetable Moussaka VGF Optional: Roasted Chicken with Gravy H	Vegetable Wonton & Flat Noodles V GF	Assorted Salad and Fresh Fruit
TUESDAY	Fried Pork with Black Bean Sauce GF Thai Stir Fried Chicken H Stir-Fry Tofu with Bean Sprouts V	Sausage with Onion Gravy GF Pasta Carbonara Sautéed Potatoes Green Beans, Broccoli & Mushrooms	Fish Gravy with Fresh Noodles (Nom Ban Chok) GF	Assorted Salad and Fresh Fruit
WEDNESDAY	Chinese Braised Beef Spicy Garlic Fried Chicken HGF Tofu Pad Thai V	Fish with Lemon Cream Sauce H Grilled Chicken with Black Pepper Sauce HGF Mashed Potato Glazed Carrots	Chinese Chicken & Yellow Noodles GF	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Stir Fry HGF Steamed Fish in Soy Sauce H Stir Fried Tofu & Mushroom V	Grilled Pork in BBQ Sauce GF Cheesy Beef Goulash Bake Lyonnaisé Potatoes Mixed Vegetables	Vietnamese Pork Noodle GF	Assorted Salad and Fresh Fruit
FRIDAY	Grilled Lemongrass Chicken HGF Crispy Fish with Garlic H Stir Fried Mee Hon & Vegetables V	Breaded Pork Grilled Chicken with Herbs HGF Hand Cut Chips Sweet Corn	Minced Chicken & Rice Noodles H	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE V = VEGETARIAN