



## ISPP SEMESTER 2/2020: (G1 - G12) LUNCH MENU 4

	ASIAN (Served with Steamed Rice)	WESTERN	NOODLE SOUP	SALAD BAR
<b>MEATLESS MONDAY</b>	Mushroom Amok <b>V GF</b> Fried Tofu with Snow Peas <b>V</b> Vegetable Tempura <b>V</b>	Roasted Vegetable Pasta Bake <b>V</b> Tofu & Bean Stew <b>V</b> <b>Optional: Grilled Chicken with Pepper Corn Sauce HGF</b>	Vegetable Wonton <b>V</b>	Assorted Salad and Fresh Fruit
<b>TUESDAY</b>	Fried Pork Belly with Choy Sum Fried Chicken With Basil <b>HGF</b> Pad Se Ew <b>V</b>	Grilled Fish BBQ Sauce <b>H</b> Roasted Chicken Apricot Sauce <b>HGF</b> Herb Roasted Potato Glazed Carrots	Roasted Pork & Rice Noodles <b>GF</b>	Assorted Salad and Fresh Fruit
<b>WEDNESDAY</b>	Stir Fry Garlic Chicken with Bell Pepper <b>HGF</b> Beef Massaman Curry <b>GF</b> BBQ Tofu <b>V</b>	Pasta Bolognese (Chicken) <b>H</b> Grilled Fish with Caper Butter Sauce <b>H</b> Lyonnaisse Potatoes Broccoli	Tom Yum <b>HGF</b> Chicken & Yellow Noodle	Assorted Salad and Fresh Fruit
<b>THURSDAY</b>	Stir Fry Beef with Bok Choy Chicken in Curry Sauce <b>HGF</b> Fried Tofu with Sweet Chili Sauce <b>V</b>	Chicken, Mushroom Sauce <b>HGF</b> Pork with Honey Garlic Sauce <b>GF</b> Sautéed Potatoes Green Beans & Tomato	Minced Pork & Rice Noodles	Assorted Salad and Fresh Fruit
<b>FRIDAY</b>	Stir Fry Chicken with Long Bean <b>HGF</b> Minced Pork, Chili Paste <b>GF</b> Sweet & Sour Tofu <b>V</b>	Chicken Nuggets <b>H</b> Roasted Pork Cranberry Sauce <b>GF</b> Potato Wedges Steamed Mixed Green Vegetables	Beef Dumpling & Short Noodles	Assorted Salad and Fresh Fruit

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