



ISPP SEMESTER 2/2021: EY / KG LUNCH MENU 2

	SET LUNCH A	SET LUNCH B (VEGETARIAN)	SALAD and FRESH FRUITS
MEATFREE MONDAY	Stir Fried Noodles with Tofu Sweet & Sour Vegetables GF	Stir Fried Noodles with Tofu Sweet & Sour Vegetables GF	Assorted Salad and Fresh Fruit
TUESDAY	Beef with Oyster Sauce GF Steamed Rice Roasted Carrot & Turnip	Steamed Tofu Steamed Rice Roasted Carrot & Turnip	Assorted Salad and Fresh Fruit
WEDNESDAY	Pork Stew with Balsamic GF Boiled Potatoes Broccoli & Green Beans	Pad Thai with Eggs Broccoli & Green Beans	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Parmesan H Cheesy Potato Bake Zucchini & Tomato	Tofu Parmesan Cheesy Potato Bake Zucchini & Tomato	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fried Beef GF Vegetable Fried Rice Mixed Vegetables	Stir Fried Tofu Vegetable Fried Rice Mixed Vegetables	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE