



ISPP SEMESTER 2/2021: EY / KG LUNCH MENU 3

	SET LUNCH A	SET LUNCH B	SALAD and FRESH FRUITS
MEATFREE MONDAY	Vegetable Curry Steamed Rice Zucchini & Tomato	Vegetable Curry Steamed Rice Zucchini & Tomato	Assorted Salad and Fresh Fruit
TUESDAY	Sausage with Onion Gravy GF Sautéed Potatoes Green Beans & Broccoli	Stir-Fry Tofu with Bean Sprouts Steamed Rice Green Beans & Broccoli	Assorted Salad and Fresh Fruit
WEDNESDAY	Fish with Lemon Cream Sauce H Mashed Potato Glazed Carrots	Vegetable Moussaka GF Mashed Potato Glazed Carrots	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Stir Fry H GF Steamed Rice Mixed Vegetables	Stir Fried Tofu & Mushroom GF Steamed Rice Mixed Vegetables	Assorted Salad and Fresh Fruit
FRIDAY	Crispy Fish H Hand Cut Chips Sweet Corn	Crispy Tofu Hand Cut Chips Sweet Corn	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE