



ISPP SEMESTER 2/2021: EY / KG LUNCH MENU 4

	SET LUNCH A	SET LUNCH B (VEGETARIAN)	SALAD and FRESH FRUITS
MEATFREE MONDAY	Tofu & Bean Stew GF Hand Cut Chips Sweet Corn	Tofu & Bean Stew GF Hand Cut Chips Sweet Corn	Assorted Salad and Fresh Fruit
TUESDAY	Stir Fried Chicken With Basil H GF Steamed Rice Glazed Carrots	Fried Eggs with Zucchini GF Steamed Rice Glazed Carrots	Assorted Salad and Fresh Fruit
WEDNESDAY	Garlic Pork with Bell Pepper GF Steamed Rice Broccoli	Braised Tofu with Vegetable Steamed Rice Broccoli	Assorted Salad and Fresh Fruit
THURSDAY	Chicken Mushroom Sauce H GF Sautéed Potatoes Green Beans & Tomato	Fried Tofu with Sweet Chili Sauce Steamed Rice Green Beans & Tomato	Assorted Salad and Fresh Fruit
FRIDAY	Stir Fry Chicken with Long Bean H GF Egg Fried Rice Mixed Green Vegetables	Sweet & Sour Tofu Egg Fried Rice Mixed Green Vegetables	Assorted Salad and Fresh Fruit

H = HALAL GF = GLUTEN FREE