



ISPP SEMESTER 2/2017: (G1 - G12) LUNCH MENU 2

	ASIAN	WESTERN	VEGETARIAN	NOODLE SOUP	SALAD and FRESH FRUIT BAR
MONDAY	KHMER Chicken with Lemongrass H GF Grilled Pork Steamed Rice	Fish Provencal H GF Chicken Casserole H Potato Gratin Green Beans	Stir Fried Zucchini with Tofu GF	Lot Pork & vegetable noodle soup GF	Assorted Salads and Fresh Fruits
TUESDAY	VIETNAMESE Fish with Bean Vermicelli H GF Chicken with Pepper Sauce H Steamed Rice	Pasta with Carbonara Sauce Baked Chicken Parmesan H Sautéed Potatoes Broccoli	Tau Hu Chom Hoy Tofu with bean vermicelli	Pho Beef & flat noodle soup GF	Assorted Salads and Fresh Fruits
WEDNESDAY	KHMER Chicken Sour Soup H Minced Pork with Hot Basil Steamed Rice	Roast Pork with Gravy GF Chicken with Pepper Sauce H Mashed Potato Glazed Carrots	Salor Kor Ko Sap Vegetable stew GF	Kuy Teav H GF Chicken & vegetable noodle soup	Assorted Salads and Fresh Fruits
THURSDAY	THAI Pork with Oyster Sauce GF Chicken Penang Sauce H Steamed Rice	Pasta with Chicken & Tomato Sauce H Baked Fish with Pesto H GF Lyonnaise Potatoes Zucchini & Tomatoes	Phad Thai Stir fried flat noodles with tofu & vegetables	Tom Yum Spicy & sour chicken, yellow noodle soup H	Assorted Salads and Fresh Fruits
FRIDAY	SINGAPOREAN Hainanese Chicken H Fried Fish with Tamarind Sauce H Steamed Rice	Chicken Mexican H GF Pork Paprika GF Potato Wedges Sweet Corn	Hokkien Mee GF Stir fried noodles with tofu & vegetables	Wonton & Chicken Soup H GF	Assorted Salads and Fresh Fruits

H = HALAL GF = GLUTEN FREE