

LFIGP Secondary - Canteen Menu

Dates: 07.04.25- 10.04.25



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	TURKISH THURSDAY
NON-VEGETARIAN		Chicken Chasseur with Polenta	Beef Slider	Lamb Kofta with Sumac Onions & Bulgar Pilaf, Yoghurt Sauce
VEGETARIAN OPTION	Vegetable Pie (V)	Mushroom Chasseur with Polenta (V)	Halloumi & Mushroom Slider with Tomato Chutney (V)	Kuru Fusulye (Stew White Beans), Yoghurt Sauce (V)
VEGETABLES	Sweet Corn & Carrots (V)(VG)(DF)(GF)	Green Beans (V)(VG)(DF)(GF)	Baked Chips (V)(VG)(DF)(GF)	Grilled Vegetables (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ PITA BREAD (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Sutlac (Turkish Rice Pudding) (V)

Average calories per day: 580 -720 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya

LFIGP Secondary - Canteen Menu

Dates: 14.04.25- 17.04.25


	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON-VEGETARIAN		Sweet & Sour Chicken with Garlic Rice	Beef Stroganoff with Mashed Potato	Breaded Dory (F) in Herb Couscous with Tomato Sauce
VEGETARIAN OPTION	Vegetarian Lasagna (V)	Sweet & Sour Tofu with Garlic Rice (V)	Mushroom Stroganoff with Mashed Potato (V)	Mediterranean Vegetables in Herb Couscous with Tomato Sauce (V)
VEGETABLES	Pan Roasted Carrots (V)(VG)(DF)(GF)	Sauteed Snow Peas (V)(VG)(DF)(GF)	Mangetout (V)(VG)(GF)(DF)	Steamed Broccoli (V)(VG)(DF)(GF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt

Average calories per day: 580 -720 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) – Contains soya

LFIGP Secondary - Canteen Menu

Dates: 21.04.25- 24.04.25

	MEATLESS MONDAY	TUESDAY	WEDNESDAY	MEXICAN THURSDAY 
NON-VEGETARIAN		Baked Fish Fingers (F) with Baked New Potatoes & Homemade Tartar Sauce	Beef Teriyaki with Noodles (S)	Chicken Quesadilla w/ Mexican Rice & Beans
VEGETARIAN OPTION	Vegetable Salona with Saffron Rice (V) (DF)	Baked Beans with Baked New Potatoes & Homemade Tartar Sauce (V)	Tofu Teriyaki with Vegetable Noodles (V)	Corn Quesadilla w/ Mexican Rice & Beans (V)
VEGETABLES	Steamed Broccoli (V)(VG)(DF)(GF)	Corn and Peas (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	Sauteed Capsicum w/ Sour Yoghurt, Mild Mexican Salsa, Grilled Lime (V)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Tres Leches Cake (V)

Average calories per day: 580 -720 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya

LFIGP Secondary - Canteen Menu

Dates: 28.04.25- 01.05.25


	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON-VEGETARIAN		Beef Picadillo with Fragrant Rice	Steamed Dory (F) in Sweet & Sour Sauce w/ Noodles	Nut Free Chicken Korma with Jeera Coconut Rice
VEGETARIAN OPTION	Mushroom Alfredo w/ Penne Pasta (V)	Chickpea Picadillo w/ Fragrant Rice (V)	Vegetable Noodles w/ Sweet & Sour Sauce (V)	Nut Free Vegetable Korma with Jeera Coconut Rice (V)
VEGETABLES	Sauteed Broccoli (V)(VG)(DF)(GF)	BBQ Roasted Corn (V)(VG)(DF)(GF)	Wok Tossed Vegetables (V)(VG)(DF)(GF)	Roasted Carrots (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt

Average calories per day: 580 -720 calories

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LFIGP Secondary - Canteen Menu

Dates: 05.05.25- 08.05.25

	MEATLESS MONDAY	TUESDAY	WEDNESDAY	SINGAPOREAN THURSDAY 
NON-VEGETARIAN		Chicken Chow Mein	Beef Bourguignon with Rustic Mashed Potato	Chicken Char Kway Teow
VEGETARIAN OPTION	Fusilli Pasta in Pink Sauce (V)	Vegetable Chow Mein (V)	Mushroom Bourguignon with Rustic Mashed Potato (V)	Baby Corn Char Kway Teow (V)
VEGETABLES	Mediterranean Vegetables with Nut Free Pesto (V)(VG)(DF)(GF)	Stir Fry Vegetables (V)(VG)(DF)(GF)	French Beans (V)(VG)(DF)(GF)	Kai Lan w/ Oyster Sauce (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Mango Pudding (V)

Average calories per day: 580 -720 calories

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LFIGP Secondary - Canteen Menu

Dates: 12.05.25- 15.05.25

	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NON-VEGETARIAN		Fish (F) Machboos with Tomato Sauce	Baked Chicken Nuggets & Baked Chips w/ Homemade Tomato Sauce	Beef Chow Mein
VEGETARIAN OPTION	Penne Pasta with Tomato Sauce (V)	Vegetable Casserole (V)	Mac & Cheese (V)	Vegetable Chow Mein (V)
VEGETABLES	Grilled Mediterranean Vegetables (V)(VG)(DF)GF)	Steamed Green Peas (V)(VG)(DF)(GF)	Minted Peas (V)(VG)(DF)(GF)	Broccoli with Edamame (V)(VG)(GF)(DF)
SALAD OF THE DAY	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)	SALAD OF THE DAY/ BREAD ROLL (V)(VG) (DF)(GF)
DESSERT	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt	Fruit Salad/Dessert of the day/Yoghurt

Average calories per day: 580 -720 calories

(V) – Vegetarian / (VG) – Vegan / (GF) – Gluten free / (DF) – Dairy free / (E) – Contains egg / (F) – Fish / (S) - Contains soya