



# Food Plan For AIC Boarding House

02nd - 08 OCT, 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>		Cereal, Toast & Spreads, Yoghurt, Fruit, Milk, Juice Rice Porridge or Soup or Rice dish					Cereal, Toast & Spreads, Yoghurt, Fruit, Milk, Juice		
<b>Lunch</b> <b>Brunch on SAT &amp; SUN</b>	<b>Main</b>	Fried Rice, Chicken Nuggets, Broccoli Namul	Pepperoncino, BBQ Pork, Grilled Pumpkin, Stir Fried Courgette with Garlic	Butter Chicken, Salad, Rice	Fried Rice Noodles, Boiled Sausage, Boiled Bak Choy, Mini Samosas	Braised Pork Mince, Spinach Namul, Beansprout Namul, Red Ginger	Chicken Salad, Croissant, Curried Cauliflower, Fruit	Seafood Chowder, Garlic Tomato Bread, Green Salad, Fruit	
	<b>Vegetarian Options</b>	Quail Egg	Croquettes	Quail Egg	Tofu	Soy Meat	Fried Bean Curd	Vegetable Chowder	
<b>Dinner</b>	<b>Main Protein</b>	Choice of Beef or Pork Bowl	Chicken Kebab	Spicy Squid (Korean)	Stir-fried Chicken with Lemon Grass (Vietnam)	Beef Meat Ball & Vege with Teriyaki sauce	Tomato Pasta with Bacon & Eggplant	Orange Chicken (Chinese)	
	<b>Side Dish</b>	Corn, Cucumber & Potato Salad	Hash Browns, Caesar Salad	Korean Seaweed, Braised Egg, Kimchi & Soup	Deep Fried Tofu with Tomato, Salad	Scrambled Egg with Potato & Mushroom, Salad	Soup, Salad	Salad Bar	
	<b>Rice</b>	Steamed Rice	Bread or Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Pasta	Fried Rice	
	<b>Vegetarian Protein</b>	Deep Fried Tofu	Vege Ham	Spicy tofu	Pancake	Tofu Ball	Tomato Pasta	Egg Huyo	
<b>Dessert</b>		Fresh Fruit		Dessert Of the Day	Fresh Fruit				