



# Food Plan For AIC Boarding House

04th-10th SEP, 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>Main</b>	Pasta with tomoato sauce, grilled sausage, boiled egg, broccoli	Teriyaki fish, green beans, pumpkin salad	Bibimbab, rice	Pork satay pilaf, potato salad	Packed lunch french bread sandwich	Pizza toast, scrambled egg with spinach, butter corn	Taco rice, vegetable soup, green salad	
	<b>Brunch on SAT &amp; SUN</b>	<b>Vegetarian Options</b>	Vege sausage	Tofu pattie	Bibimbab	Deep fried tofu	French bread sandwich	Soy meat	Taco rice
<b>Dinner</b>	<b>Main Protein</b>	Pork balls with sweet & sour sauce (Chinese)	Chicken kebab	Beef bowl or pork bowl	Chicken curry (Vietnamese)	Fried noodles with worcestershire sauce	Pork	Deep fried chicken with chilli sauce (Korean)	
	<b>Side Dish</b>	Bean noodle salad	Mixed vegetables, ceasar salad	Salad	Stir fried vegetable	Boiled dumplings, salad	Sweet corn, salad	3 kinds of Korean seaweed side dishes	
	<b>Rice</b>	Steamed rice	Mashed potato	Steamed rice		Fried noodles	Bread	Rice cakes	
	<b>Vegetarian Protein</b>	Tofu ball	Egg huyo	Deep fried tofu	Soy meat	Vege dumplings	Vegetarian ham	Tofu	
<b>Dessert</b>		Fresh Fruit		Dessert Of the Day	Fresh Fruit				