



Food Plan For AIC Boarding House

06th - 12th NOV, 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast		Cereal, Toast & Spreads, Yoghurt, Fruit, Milk, Juice Rice Porridge or Soup or Rice dish					Cereal, Toast & Spreads, Yoghurt, Fruit, Milk, Juice		
Lunch	Main	Fried rice noodles, Korean-style broccoli, Crumbed fish	Stir med pork with ginger & soy sauce, Rice, Korean-style veg	Locomoco (Hawaiian), Rice, Potato & corn salad	Pork curry, Rice, Juice	Packed Lunch Chicken & egg with rice	Taco rice, Vegetable soup, Green salad	Chicken demi glase, Croissant, Baked potato, Salad	
	Brunch on SAT & SUN	Vegetarian Options	Vegetarian Ham	Dry Soybean Curd	Locomoco (Hawaiian), Rice, Potato & corn salad	Mock Abalone	Packed Lunch Vegetables & egg with rice	Taco rice, Vegetable soup, Green salad	Mock Abalone
Dinner	Main Protein	Green capsicum and sliced beef (Chinese)	Chicken cordon bleu	Oden(Japanese-style hotpot)	Chicken pho(Vietnam)	Stir Fried Pork & Vegetables with Gravy	BBQ Dinner - Pork Ribs	Zhajianganmian (Korean version of Chinese Zhajianganmian)	
	Side Dish	Boiled Bak Choy, Salad	Stir Fried Vegetables, Soup	Salads	Salad,Mini spring roll	Salad	Baked vegetables	Salad, Kimchi, Soup	
	Rice	Steamed Rice	Garlic & Tomato Bread	Steamed Rice	Noodles	Steamed rice or Noodles	Fried rice	Noodles	
	Vegetarian Protein	Mock Avalone	Vege Pie	Oden(Japanese)	Pho	Quail Egg	Vege Sausage	Zhajianganmian	
Dessert		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				