



# Food Plan For AIC Boarding House

11th - 17th 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>	Tomato Pasta with Tuna, Crumbed Fish	Beef Stroganoff, Bread	Teriyaki Chicken, Rice, Potato Salad, Spinach Namul	Massaman Curry, Rice	Packed Lunch French Bread Sandwiches	Pizza Toast Scrambled Egg with Spinach Butter Corn	Fish Cutlet Sandwich, French Potato, Salad	
	<b>Vegetarian Options</b>	Omelet	Vegetable Ham	Teriyaki Tofu	Massaman Curry	Subway Style	Soy Meat	Vegetable Cutlet Sand	
<b>Brunch on SAT &amp; SUN</b>									
<b>Dinner</b>	<b>Main Protein</b>	Braised Chicken & Onion with Egg (Japanese)	Cheese Burger	Stir Fried Cabbage & Pork with Bean Paste (Chinese)	Braised Chicken Nibbles with Potato (Korean)	Stir Fried Udon Noodles with Vegetable	Grilled Chicken Wings	Stir Fried Fish & Dill with Turmeric (Vietnam)	
	<b>Side Dish</b>	Salad Bar	Braised Vegetables, Salad	Soup, Shredded Tofu with Vegetable	Seaweed Namul, Radish Kimchi	Boiled Dumplings, Salad	Baked Vegetables	Salad, Sweetened Pickled Radish	
	<b>Rice</b>	Steamed Rice	Bread	Steamed Rice	Steamed Rice	Stir Fried Udon Noodle	Fried Rice	Rice Noodle	
	<b>Vegetarian Protein</b>	Vegetable Meat	Vegetable Croquettes	Mock Abalone	Deep Fried Tofu	Stir Fried Udon Noodle	Egg Huyo	Vegetable Omelette	
<b>Dessert</b>		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				