



Food Plan For AIC Boarding House

14th-20th AUG, 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	Stir Fried Diced Pork & Vegetable with Sweet Sour Sauce	Carbonara, Fish Cake	Stir fried Beef with Green Prpper,Rice	Stir Fried Chicken & Vegetables with Rice	Packed Lunch Sandwich	Pork Schmitzer, Croissant, Butter Corn, Sauted Spinach, Fruit Salad	Pan Cake,Grilled Bacon, Eggs Korean-style Broccoli Salad	
	Brunch on SAT & SUN	Vegetarian Options	Deep Fried Tofu	Carbonara	Soy Bean Curd	Soy Meat	Packed Lunch Sandwich	Vegetable Salad	Vegetable Ham
Dinner	Main Protein	Beef or Pork Meat Balls	Massaman Curry (chicken)	Oden(Assorted Briased vegetable and Meat)	Pad Thai	Grilled Salted Chicken Wing	Mapo Tofu	Fish braised in Ginger Soy sauce	
	Side Dish	Macaroni Salad, Mashed Potato, Soup	Stir Fried Bean Sprouts with Vegetable	Salad bar	Seaweed Soup, Boiled Dumplings ,Salad	Roasted Vegetables	Boiled Vegetables, Salad	Stir Fried Vegetables, Tofu Soup	
	Rice		Steamed Rice	Steamed Rice		Steamed Rice	Noodle	Steamed Rice	
	Vegetarian Protein	Tofu Balls	Massaman Curry	Oden(Assorted Briased vegetable and Tofu)	Pad Thai	Omelette	Mapo tofu	Egg	
Dessert		Fresh Fruit		Dessert Of the Day	Fresh Fruit				