



Food Plan For AIC Boarding House

16th SEP - 22nd OCT, 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 Brunch on SAT & SUN	Main	Beef Curry & Rice	Bibimbap (Korean) Mixed vegetables and meat on rice	Chicken Satay, Stir fried beans, Pilaf	Fried noodles, Chicken nuggets,	Packed Lunch Sandwich	Spaghetti Bolognese, Broccoli & Cauliflower, Soup, Salad	Pork rib sandwich, French potato, Coleslaw, Fruit	
	Vegetarian Options	Vege Curry & Rice	Bibimbap (Korean) Mixed vegetables and protein on rice	Deep Fried Tofu	Vege Ham	Packed Lunch Sandwich	Dry soybean Curd	Vege Ham	
Dinner	Main Protein	Oyako Don (Japanese) Braised Chicken & Egg	Pork Schnitzel	Fish Saute with Tomato Sauce (Vietnamese)	Stir Fried Pork & Cabbage (Chinese)	Gyu Don (Japanese) Braised Beef	BBQ Kebabs	Dakgalbi (Korean) Spicy grilled chicken & veges	
	Side Dish	Salad Bar	Sauted Spinach, Salad	Stir Fried Vegetables, Bean Noodle Salad	Salad, Soup	Briased Deep Fried Tofu	Salad	Braised Egg, Beansprout Namul, Soup	
	Rice	Steamed Rice	Napolitan Pasta	Steamed Rice	Steamed Rice	Steamed Rice	Fried Rice	Steamed Rice	
	Vegetarian Protein	Deep Fried Tofu	Vege Pie	Pancake	Mock Abalone	Soy Meat	Vege Sausage	Deep Fried Tofu	
Dessert		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				