



Food Plan For AIC Boarding House

21st-27th 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 Pork & Cabbage with Bean Paste Sauce, Rice	Locomoco, Rice, Potato, Corn, Salad	Stir Fried Pork with Ginger, Soy Sauce, Rice	Pasta & Meat Balls, Yoghurt	Braised Pork Mince, Spinach Namul, Scrambled Egg, Rice	Bacon & Egg Croissant, Bean & Sundried Tomato Salad	BBQ Pork, Spiced Potato, Broccoli, Coleslaw, Fruit	
	Brunch on SAT & SUN	Vegetarian Options	Mock Abalone	Locomoco	Dry Soy Bean Curd	Soy Meat	Braised Soy Meat	Croissant sand	Tofu
Dinner	Main Protein	Hainanese Chicken & Rice	Chinese-style Fried Noodles with Seafood Sauce (Chinese)	Dakgalbi (Korean-style Chicken)	Pork & Vegetable Miso Soup	Deep Fried Chicken with Sweet & Sour Sauce	Stir Fried Fish & Deep Fried Tofu with Sweet Soy Sauce	Vietnamese-style Stir Fried Chicken with Lemongrass	
	Side Dish	Mini Spring Roll, Salad	Vegetables, Salad	Braised Egg, Beansprouts Namul, Seaweed Soup	Salad Bar	Boiled Cabbage with Seaweed	Egg Soup	Bean Noodle Salad	
	Rice	Steamed Rice	Fried Noodles	Steamed Rice	Braised Rice	Steamed Rice	Steamed Rice	Fried Rice	
	Vegetarian Protein	Omelette	Fried Noodles	Deep Fried Tofu	Tofu & Vege Soup	Croquette	Quail Egg	Omelette	
Dessert		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				