



Food Plan For AIC Boarding House

25th SEP - 01st 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	Main	Seafood Tomato Pasta, Spinach Tomato, Vege Croquettes	Locomoco (Hawaian), Rice, Potato Corn Salad	Stir fried Pork with Ginger Soy Sauce, Rice, Macaroni Salad	Keema Curry with Boiled Egg	Packed Lunch Sandwich	Chinese bread, Roast Pork, German Potato, Boiled Vegetable	Fish & Chips, Soup, Yoghurt, Salad, Fruit	
	Brunch on SAT & SUN	Vegetarian Options	Tomato Pasta	Vegetarian Locomoco (Hawaian)	Omelette	Keema Curry	Packed Lunch Sandwich	Vege Sausage	Vege Meat
Dinner	Main Protein	Deep Fried Chicken & Vege with Black Vineger Sauce (Chinese)	Pork Meat Balls with Cream Sauce	Colorful Sushi Bowl (Chirashi Sushi /Japanese)	Pork Pho (Vietnam)	Grilled Cheese Chicken	Stir Fried Beef Noodles with Spicy Sauce	Steamed Pork with Miso Sauce (Korean)	
	Side Dish	Stir Fried Green Beans, Egg soup	Miso Cheese Eggplant, Salad	Salad, Miso Soup	Salad Bar	Corn Cobs, Grilled Vegetables	Stir Fried Vegetables	Stir Fried Potato Noodles, Kimchi, Soup	
	Rice	Steamed Rice	Bread	Steamed Rice	Steamed Rice	Steamed Rice	Noodle	Steamed Rice	
	Vegetarian Protein	Deep Fried Tofu	Vege Pie	Colorful Miso bowl	Pho	Tofu Hamburg	Vege Stir Fried Noodle	Omelet	
Dessert		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				