



Food Plan For AIC Boarding House

28th AUG -03rd SEP, 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	Cream Pasta with Eggplant and Bacon, Croquette	Chicken Nuggets, Macaroni Salad, Scrambled Egg, Rice	Pork Teriyaki, Beans, Stir Fried Cauliflower with Black Bean	Stir Fried Chicken with Cashews & Rice	Packed Lunch Sandwich	American Hot Dog, Napolitan, Salad, Whole Fruits	Pork Rib Sandwich, French Potato, ColeSlaw, Whole Fruits	
	Brunch on SAT & SUN	Vegetarian Options	Vegetable Ham	Omelette	Deep Fried Tofu	Soy Meat	Packed Lunch Sandwich	Croquettes	Vegetable Ham
Dinner	Main Protein	Stir Fried Pork with Garlic Sprouts (Chinese dish)	Lasagne	Spicy Squid (Korean dish)	Udon Noodle with Curried Beef Soup	Roast Pork with Gravy Sauce	Deep Fried Fish with Sweet & Sour Sauce	Chicken Pho (Vietnamese dish)	
	Side Dish	Bean Sprout Soup, Salad	German Potato Salad	Korean style side dishes	Salad, Braised Bamboo Shoot	Cabbage Soup	Boiled Vegetables	Mini Spring Roll, Salad Bar	
	Rice	Steamed Rice	Cheese Bread	Steamed Rice	Udon Noodle Soup	Corn Rice	Fried Rice	Noodle	
	Vegetarian Protein	Tofu	Vegetable Pie	Spicy Tofu	Udon Noodle Soup	Tofu Hamburger	Deep Fried Tofu	Vegetable Pho (Vietnamese Dish)	
Dessert		Dessert Of the Day	Fresh Fruit	Dessert Of the Day	Fresh Fruit				