



Food Plan For AIC Boarding House

09th - 15th 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	Grilled Pork with Teriyaki Sauce, Rice, Salad	Sauted Fish &h Tomato Sauce Pasta, Basil Potato	Chicken Curry, Paoched Egg, Rice, Salad	Mapo Tofu, Rice,Boiled Choi Sum	Ketchup Rice,Scrambled Egg, Yoghurt, Salad	Pork Ketchup, Pasta, Stir-fried Vegetables, Salad	Teriyaki Chicken Hamburger, French Potato, Salad, Fruit, Jolly	
	Brunch on SAT & SUN	Vegetarian Options	Omelette	Vegetable pie	Mock Abalone	Mapo Tofu	Ketchup Rice	Vegetable Ham	Croquette Burger
Dinner	Main Protein	Fried Rice with Kimchi (BEEF)	Lasagne	Cold Rice Vermicelli with Pork(Vietnam)	Braised Chicken Nibbles with Potato (Korean)	Beef Hamburger	Seafood Gratin (Fish, Shrimp)	Stir Fried Diced Pork & Vegetable with Sweet & Sour Sauce(Chinese)	
	Side Dish	Boiled Dumpling, Salad ,Soup	Stir Fried Vegetables, Coleslaw	Salad, Soup	Spinach Namul, Kimchi	Bean Noodle Salad, Soup	Roast Corn, Salad	Salad	
	Rice	Fried Rice	Bread or Garlic Rice	Veimicelli	Steamed Rice or Rice Cake	Steamed Rice	Bread	Steamed Rice	
	Vegetarian Protein	Boiled Dumplings	Croquettes	Cold Rice Vermicelli	Deep Fried Tofu	Tofu Hamburger	Vege Gratin	Deep Fried Tofu	
Dessert		Fresh Fruit		Dessert Of the Day	Fresh Fruit				