



Indo-Chinese Aged Care Services - Menu for Week 1

Revised in Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Seaweed and minced chicken congee	Mixed veggies and minced pork macaroni soup	Oatmeal with fresh milk, egg droplet and mashed sweet corn	Minced pork and taro congee	Minced pork with finely blended spinach congee	Oatmeal with fresh milk, egg droplet and mashed sweet corn	Bean curd sheet and minced chicken congee Steamed rice roll
Lunch	Vietnamese style rice vermicelli in soup Mixed veggie soup	Vietnamese style braised pork belly and egg with five spicy soy sauce Spare ribs with "Luo Han Guo" and dried Bok Choy soup	Stir fry pork slice with capsicum, celery and black fungus Minced chicken with cream corn and egg droplet soup	Stir fry chicken slice and seasonal vegetable with black bean sauce Pork ribs with soy bean and peanut soup	Braised pork belly with preserved vegetable Pork ribs with hairy melon and pearl barley soup	Stir fry rice vermicelli with tuna fish and green bean Pork ribs with Bok Choy, carrot and honey dates soup	Yangzhou fried rice Watercress and carrot with spare ribs soup
Afternoon tea	Red bean and sago sweet soup	Water chestnut sweet slides	Sweet mung bean and sago with coconut milk soup	Assorted cake	Chinese "Ching Po Leung" sweet soup	"Bubur Cha Cha" assorted beans with coconut milk sweet soup	Assorted cookies
Dinner	"Ma Po tofu" (Stir-fry minced pork and shredded bean curd)	Braised chicken drumstick with dried mustard "Mui choy"	Pan fried fish fillet served in sweet and sour sauce	Braised spare ribs in "Jin Jiang vinegar sauce"	Pan fried egg with silver fish and chives	Braised chicken with dried mustard "Mui choy"	Braised pork belly with potato, carrot and pumpkin



Indo-Chinese Aged Care Services - Menu for Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Seaweed and minced chicken congee	Oatmeal with fresh milk, egg droplet and mashed sweet corn	Mixed veggie with pork/beef macaroni in soup	Fish fillet with ginger and shallot congee	Oatmeal with fresh milk, egg droplet and mashed sweet corn Rice bun	Minced pork with shredded veggie congee	Minced chicken with pumpkin congee Steamed rice rolls
Lunch	Pork Spare ribs with pine apple in sweet and sour sauce Winter melon and pearl barley chicken soup	Stir fried pork slices with cucumber and black fungus Chinese herbal soup	Pan fried fish fillet and braised with dried mustard Sliced Pork with carrot and corn soup	Braised sliced pork with dried bean curd stick and bean curd puff Lean pork with snow fungus and apple soup	Stewed mushroom, black fungus and assorted mixed veggie Pan-fried egg Chicken feet with black eye bean, peanut and black fungus soup	Pan fried egg with silver fish and chives Mixed veggie soup	BBQ pork with five spicy powder Pork ribs, water chestnut and pearl barley soup
Afternoon tea	Gingko, barley with bean curd sheet dessert	Steamed sponge cake	Papaya, snow fungus and red dates sweet soup	Red bean cake	Sweet sago with coconut milk soup	Gou Qizi and egg droplet "agar agar"	Sweet potato and taro sweet soup
Dinner	Stir fried chicken fillet with green bean, carrot and broccoli	Pan fried mashed potato patty with tuna fish and shredded onion	Stir fried pork slides with white cabbage, onion and black fungus	Stir fried chicken with mushroom, straw mushroom and celery	Braised chicken wing/drumstick with five spicy soy sauce	Oven baked chicken drum stick with red rice soybean paste	Stewed minced pork, eggplant with fish paste



Indo-Chinese Aged Care Services - Menu for Week 3

Revised in Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Minced chicken with egg droplet congee	Scrambled egg with dried radish Plain congee	Ham and mixed veggies macaroni soup	Black eye bean and peanut congee Rice bun	Minced pork, taro and mushroom congee	Oatmeal with fresh milk, egg droplet and mashed sweet corn	Minced chicken and pearl barley congee Steamed rice roll
Lunch	Braised pork ribs with preserved mustard green Minced pork with amaranth soup	Minced pork with veggie wonton and noodle soup	Stir fried chicken slices with carrot pineapple and green capsicum Lean pork with apple and snow fungus soup	Steamed pork spare ribs with black bean paste Pork ribs with black bean and honey dates soup	Braised meat ball with tomato, onion and green pea Minced pork with seaweed and egg droplet soup	Oven baked mashed potato with minced pork/chicken and shredded spinach Chinese “Ching Po Leung” and pork rib soup	Braised pork belly/ ribs with pumpkin Chinese herb soup
Afternoon tea	Snow fungus, “lungan” and red dates sweet soup	Black sesame sweet paste	Assorted cakes	Sweet mung bean with sago soup	Sweet potato sweet soup	Mixed fruit jelly	Almond jelly with mixed fruit
Dinner	Pan fried fish fillet served with oyster sauce bean curd puff	Braised pork belly with bean curd stick, mushroom and black fungus	Deep fried fish fillet and braised with bean curd cube	Braised chicken /chicken wing with mushroom, carrot and black fungus	Steamed eggs with minced pork (hen egg and salted duck egg)	Braised Pork belly and egg with five spicy soy sauce	Braised pork slices with dried mustard



Indo-Chinese Aged Care Services - Menu for Week 4

Revised in Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sweet potato congee	Fish fillet with ginger and shallot congee	Oatmeal with fresh milk, egg droplet and mashed sweet corn	Mung bean, pearl barley and minced pork congee	Seaweed and minced pork macaroni with soup	Oatmeal with fresh milk, egg droplet and meshed sweet corn	Minced pork with lettuce congee
Lunch	Braised pork belly with taro Tomato, onion and potato with spare ribs soup	Vietnamese style rice vermicelli with chicken soup	Braised chicken with pumpkin, potato and green bean Lean pork with pear, snow fungus and honey dates soup	Stir fried chicken slices with celery, straw mushroom, carrot and black fungus Spare ribs with dried bok choy, carrot and honey dates soup	Pan fried fish fillet served in creamy sweet corn Chicken and mixed veggie soup	Minced pork and tomato spaghetti Winter melon and pearl barley with pork ribs soup	Braised pork belly with baked bean in tomato sauce Pork ribs with bok choy, carrot and honey dates soup
Afternoon Tea	Yacca cakes	Mixed fruit Jelly	Chinese “Ching Po Leung” sweet soup	Assorted cake	Barley with bean curd sheet and egg dessert	Sponge cake	Sweet mung bean with coconut milk soup
Dinner	Braised hairy melon with minced pork	Steamed meat patty with salted fish	Pan-fried fish fillet in sweet and sour sauce	Steamed meat patty with dried mustard	BBQ roast pork with five spicy powder	Hainan chicken rice	Scrambled eggs with tuna fish