



## Indochinese Aged Care Services - Menu for Week 1

|                         | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|-------------------------|--|--|--|--|--|---|--|
| <b>Breakfast</b>        | <ul style="list-style-type: none"> <li>• Ham, egg &amp; veggie congee</li> <li>• Bread</li> </ul>  | <ul style="list-style-type: none"> <li>• Minced pork &amp; spinach macaroni soup</li> <li>• Bread</li> </ul>   | <ul style="list-style-type: none"> <li>• Oatmeal boil in fresh milk with egg &amp; cream corn + baked beans</li> <li>• Bread</li> </ul>                        | <ul style="list-style-type: none"> <li>• Fish congee</li> <li>• Bread</li> </ul>   | <ul style="list-style-type: none"> <li>• Minced pork congee with egg &amp; vegetable</li> <li>• Bread</li> </ul>                             | <ul style="list-style-type: none"> <li>• Oatmeal boil in fresh milk with egg &amp; cream corn + baked beans</li> <li>• Bread</li> </ul>   | <ul style="list-style-type: none"> <li>• Chicken mince congee with seaweed</li> <li>• Steam rice roll</li> </ul>                                   |
| <b>Delicious snacks</b> |  |  |  |  |  |   |  |
| <b>Lunch</b>            | <ol style="list-style-type: none"> <li>1. Vietnamese style vermicelli soup</li> <li>2. Shredded preserved mustard stem pork patty</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised pork ribs with preserved sour mustard green</li> <li>2. Minced pork steam egg</li> </ol>           | <ol style="list-style-type: none"> <li>1. Stir fry pork with capsicum &amp; celery</li> <li>2. Pan fry eggs with ham &amp; onion</li> </ol>                    | <ol style="list-style-type: none"> <li>1. Braised chicken fillet with black bean sauce</li> <li>2. Steam pork mince with preserved radish</li> </ol> | <ol style="list-style-type: none"> <li>1. Soy sauce pork belly</li> <li>2. Steam egg &amp; salted egg</li> </ol>                             | <ol style="list-style-type: none"> <li>1. Steam fish with ginger and shallot</li> <li>2. Mui-choy pork patty</li> </ol>                   | <ol style="list-style-type: none"> <li>1. Yangzhou fry rice</li> <li>2. Sausage with tomato sauce</li> </ol>                                       |
| <b>Soup of the day</b>  |  |  |  |  |  |   |  |
| <b>Dinner</b>           | <ol style="list-style-type: none"> <li>1. Steam fish fillet &amp; tofu</li> <li>2. Steam pork mince with water chestnut</li> </ol>           | <ol style="list-style-type: none"> <li>1. Steam chicken fillet with dry mushroom &amp; Day Lili</li> <li>2. Stir fry tofu with pork mince</li> </ol> | <ol style="list-style-type: none"> <li>1. Pan fried fish fillet in sweet and sour sauce</li> <li>2. Steam pork ribs with potato in black bean sauce</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised spare ribs in “Jin Jiang vinegar sauce”</li> <li>2. Pan fry fish fillet</li> </ol>                 | <ol style="list-style-type: none"> <li>1. Scrambled egg with tuna, ham and onion</li> <li>2. Steam pork rib with black bean sauce</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised beef with potato &amp; carrots</li> <li>2. Stewed mix-veggie &amp; tofu puff</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised pork belly with potato, round bean, carrot and pumpkin</li> <li>2. Fry egg with onion</li> </ol> |



## Indochinese Aged Care Services - Menu for Week 2

|                         | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|-------------------------|--|--|---|--|---|--|--|
| <b>Breakfast</b>        | <ul style="list-style-type: none"> <li>Minced chicken congee with seaweed, egg &amp; veggie</li> <li>Bread</li> </ul>                      | <ul style="list-style-type: none"> <li>Oatmeal boil in fresh milk with egg and cream corn</li> <li>Bread +baked beans</li> </ul>     | <ul style="list-style-type: none"> <li>Macaroni soup with diced ham &amp; mix veggie</li> <li>Bread</li> </ul>                                  | <ul style="list-style-type: none"> <li>Fish congee with egg</li> <li>Bread</li> </ul>  | <ul style="list-style-type: none"> <li>Oatmeal with minced pork, seaweed &amp; egg</li> <li>Bread</li> </ul>                        | <ul style="list-style-type: none"> <li>Minced pork congee with egg &amp; veggie</li> <li>Dim sum</li> </ul>  | <ul style="list-style-type: none"> <li>Sweet potato congee + baked bean</li> <li>Steam rice roll</li> </ul>  |
| <b>Delicious snacks</b> |  |  |   |  |   |  |  |
| <b>Lunch</b>            | <ol style="list-style-type: none"> <li>Wonton and noodle soup</li> <li>Steamed meatloaf</li> </ol>   | <ol style="list-style-type: none"> <li>Braised pork trotter with peanut</li> <li>Pan fry egg</li> </ol>                              | <ol style="list-style-type: none"> <li>Pan fried eggs with pork mince &amp; chives</li> <li>Steam minced pork with water chestnuts</li> </ol>   | <ol style="list-style-type: none"> <li>Braised pork sliced with bean curd stick and mushroom</li> <li>Pan fry fish fillet</li> </ol> | <ol style="list-style-type: none"> <li>“Lo HanZhai” &amp; fried egg</li> <li>Steam egg with Mimi Frankfurt</li> </ol>               | <ol style="list-style-type: none"> <li>Stir fry pork with round bean</li> <li>Fry egg with chopped onion</li> </ol>  | <ol style="list-style-type: none"> <li>BBQ pork</li> <li>Steam salted egg with ham &amp; onion</li> </ol>    |
| <b>Soup of the day</b>  |  |  |   |  |   |  |  |
| <b>Dinner</b>           | <ol style="list-style-type: none"> <li>Stewed hairy gourd with minced meat</li> <li>Braised deep fry fish fillet with tofu puff</li> </ol> | <ol style="list-style-type: none"> <li>Steam fish with Mui-choy</li> <li>Fried rice vermicelli with minced pork &amp; egg</li> </ol> | <ol style="list-style-type: none"> <li>Stir fry round bean with chicken fillet</li> <li>Steam pork fillet with pickled mustard tuber</li> </ol> | <ol style="list-style-type: none"> <li>Steam fish fillet</li> <li>Braised chicken with vegetable</li> </ol>                          | <ol style="list-style-type: none"> <li>Steamed pork ribs with black bean sauce</li> <li>Braised mix-veggie and tofu puff</li> </ol> | <ol style="list-style-type: none"> <li>Baked Chicken wing / drum stick in fermented bean curd flavor</li> <li>Baked pork fillet in fermented bean curd flavor</li> </ol> | <ol style="list-style-type: none"> <li>Stewed pork ribs with seasonal melon</li> <li>Pan fry fish</li> </ol> |



## Indochinese Aged Care Services - Menu for Week 3

|                         | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|-------------------------|--|--|--|--|--|--|--|
| <b>Breakfast</b>        | <ul style="list-style-type: none"> <li>Macaroni soup with chicken &amp; veggie</li> <li>Bread</li> </ul>                           | <ul style="list-style-type: none"> <li>Scrambled egg with dried radish &amp; plain congee</li> <li>Bread</li> </ul>                          | <ul style="list-style-type: none"> <li>Oatmeal with beef mince and egg</li> <li>Bread</li> </ul>   | <ul style="list-style-type: none"> <li>Fish congee with egg</li> <li>Bread</li> </ul>  | <ul style="list-style-type: none"> <li>Pork mince congee with egg &amp; veggie</li> <li>Bread</li> </ul>   | <ul style="list-style-type: none"> <li>Oatmeal boil in fresh milk, egg &amp; cream corn</li> <li>Bread+ baked bean</li> </ul>          | <ul style="list-style-type: none"> <li>Barley congee with pork mince &amp; egg</li> <li>Steamed rice roll</li> </ul>                                       |
| <b>Delicious snacks</b> |  |  |  |  |  |  |  |
| <b>Lunch</b>            | <ol style="list-style-type: none"> <li>Pork mince congee with century egg</li> <li>Lo Mein</li> <li>Mui choy meat patty</li> </ol> | <ol style="list-style-type: none"> <li>Braised pork belly with bean curd stick and straw mushroom</li> <li>Pan fried egg with ham</li> </ol> | <ol style="list-style-type: none"> <li>Stir fried rice vermicelli with mince and seasonal melon</li> <li>Fry fish fillet with seasonal veggie</li> </ol> | <ol style="list-style-type: none"> <li>Braised pork slide with deep fry bean curd and mushroom</li> <li>Steam meat loaf with preserved radish</li> </ol> | <ol style="list-style-type: none"> <li>Braised spare ribs in “Jin Jiang vinegar sauce”</li> <li>Steam pork mince with pickled mustard tuber</li> </ol> | <ol style="list-style-type: none"> <li>Stir fry chicken fillet with broccoli /cauliflower</li> <li>Steam pork with mui choy</li> </ol> | <ol style="list-style-type: none"> <li>Braised pork with deep fry bean curd and seasonal veggie</li> <li>Steam pork mince with preserved radish</li> </ol> |
| <b>Soup of the day</b>  |  |  |  |  |  |  |  |
| <b>Dinner</b>           | <ol style="list-style-type: none"> <li>Braised beef brisket with potato</li> <li>Pan fry egg with onion</li> </ol>                 | <ol style="list-style-type: none"> <li>Braised pork ribs with pineapple</li> <li>Stir fry bean curd and veggie</li> </ol>                    | <ol style="list-style-type: none"> <li>BBQ pork</li> <li>Steam chicken fillet with water chestnuts</li> </ol>  | <ol style="list-style-type: none"> <li>Baked chicken wing/ drum stick</li> <li>Pan fry egg &amp; potato patty</li> </ol>                                 | <ol style="list-style-type: none"> <li>Steamed eggs with minced pork and vermicelli</li> <li>Stew chicken dice with tofu</li> </ol>                    | <ol style="list-style-type: none"> <li>Steamed pork slides with pickled mustard tuber</li> <li>Tiricolor egg</li> </ol>                | <ol style="list-style-type: none"> <li>Braised pork belly with egg in five spicy soy sauce</li> <li>Fry fish fillet with seasonal veggie</li> </ol>        |



## Indochinese Aged Care Services - Menu for Week 4

|                         | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|-------------------------|--|---|---|---|---|---|---|
| <b>Breakfast</b>        | <ul style="list-style-type: none"> <li>• Minced chicken congee with spinach &amp; egg</li> <li>• Bread</li> </ul>  | <ul style="list-style-type: none"> <li>• Fish congee with ginger &amp; shallot</li> <li>• Bread</li> </ul>                          | <ul style="list-style-type: none"> <li>• Oatmeal boil in fresh milk, egg and cream corn</li> <li>• Dim sum +baked bean</li> </ul>       | <ul style="list-style-type: none"> <li>• Minced meat &amp; century egg congee</li> <li>• Bread</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Macaroni soup with minced pork, seaweed &amp; shallot</li> <li>• Bread</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Oatmeal boil in fresh milk, egg and cream corn</li> <li>• Dim Sum</li> </ul>                               | <ul style="list-style-type: none"> <li>• Stir fry mince beef with bok choy + plain congee</li> <li>• Steam rice rolls</li> </ul>          |
| <b>Delicious snacks</b> |  |   |   |   |   |   |   |
| <b>Lunch</b>            | <ol style="list-style-type: none"> <li>1. Vietnamese style vermicelli &amp; shredded chicken soup</li> <li>2. Steam pork patty with pickled mustard tuber</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised pork belly with taro</li> <li>2. Pan fry fish fillet</li> </ol>                   | <ol style="list-style-type: none"> <li>1. Braised pork ribs with green beans, pumpkin and potato</li> <li>2. Pan fry egg</li> </ol>     | <ol style="list-style-type: none"> <li>1. Steamed pork slices with Mui-choy</li> <li>2. Ma Poh tofu</li> </ol>                                  | <ol style="list-style-type: none"> <li>1. Braised pork belly/egg in five spicy soy sauce</li> <li>2. Stir fry vermicelli with mixed veggie &amp;</li> </ol> | <ol style="list-style-type: none"> <li>1. Steamed pork slices with preserved soy bean paste</li> <li>2. Scrambled egg with chopped onion</li> </ol> | <ol style="list-style-type: none"> <li>1. Fry rice noodle with minced pork, onion and mushroom</li> <li>2. Pan fry fish fillet</li> </ol> |
| <b>Soup of the day</b>  |  |   |   |   |   |   |   |
| <b>Dinner</b>           | <ol style="list-style-type: none"> <li>1. Steamed meatloaf with salted fish</li> <li>2. Steamed meatloaf with shallot</li> </ol>                                     | <ol style="list-style-type: none"> <li>1. Pan fry egg with ham &amp; onion</li> <li>2. Braised meat ball in tomato paste</li> </ol> | <ol style="list-style-type: none"> <li>1. Braised pork slice with pickled mustard tuber</li> <li>2. Pan fry egg with shallot</li> </ol> | <ol style="list-style-type: none"> <li>1. Stir fried chicken with pineapple, carrot &amp; capsicum</li> <li>2. Pan fried fish fillet</li> </ol> | <ol style="list-style-type: none"> <li>1. BBQ pork</li> <li>2. Steamed egg with minced meat &amp; vermicelli</li> </ol>                                     | <ol style="list-style-type: none"> <li>1. Hainan chicken rice</li> <li>2. Stewed bean curd and mix veggie</li> </ol>                                | <ol style="list-style-type: none"> <li>1. Braised meat ball in tomato paste</li> <li>2. Fish fillet with sweet and sour sauce</li> </ol>  |

