

**CAFETERIA MONTHLY MENU**  
**AUGUST MENU**



NAME \_\_\_\_\_

CLASS \_\_\_\_\_

TEL NO. 8604800 LOC. 1126

CONTACT NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

EMAIL: cafeteria.bsm@gmail.com

AUGUST 13-17 2018						
M4	AUGUST 13, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK ADOBO STEAMED RICE, STEAMED WATERCRESS WITH OYSTER SAUCE		95.00		145.00	
CONTINENTAL 1	MOROCCAN LEMON CHICKEN STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	BATTERED FISH FILLET W/ APPLE CIDER VINEGAR STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
PASTA	BAKED MEAT & CHEESE LASAGNA		95.00		145.00	
PLANT BASED / VEGAN	GINGER SESAME TOFU SERVED / BROWN RICE		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF MOROCCAN LEMON CHICKEN		150.00		270.00	
	GFCF PORK ADOBO		150.00		270.00	
SANDWICHES	PULLED PORK SANDWICH IN SOFT HOTDOG BUNS		-		110.00	
	FISH FILLET SANDWICH IN KAISER ROLL		-		110.00	
	CAPRESE BAGEL		-		110.00	
PLANT BASED / VEGAN	MUSHROOM & ARUGULA FOCACCIA SANDWICH		60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- GREEK SALAD		-		70.00	
DRINKS						
M4	AUGUST 14, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHINESE STYLE ORANGE PORK STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 1	BEEF STROGANOFF ROASTED POTATOES, ROASTED GREEN BEANS W/ GARLIC & LEMON		95.00		145.00	
CONTINENTAL 2	MEDITERRANEAN CHICKEN WITH POTATOES STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC & LEMON		95.00		145.00	
PASTA	PASTA CARBONARA		95.00		145.00	
PLANT BASED / VEGAN	SPINACH & MUSHROOM QUINOA PILAF		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF CHINESE STYLE ORANGE PORK		150.00		270.00	
	GFCF BACON, LETTUCE & TOMATO SANDWICH		110.00		150.00	
SANDWICHES	GRILLED CHEESE SANDWICH		60.00		110.00	
	SALMON BAGEL		-		110.00	
	HAM & CHEESE FOCACCIA SANDWICH		60.00		110.00	
PLANT BASED / VEGAN	EGGPLANT PARMIGIANA WHOLE WHEAT SANDWICH		-		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
DRINKS						
M4	AUGUST 15, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK IN SOUR SOUP (PORK SINIGANG) STEAMED RICE, SINIGANG VEGETABLES		95.00		145.00	
CONTINENTAL 1	CREAMY PESTO CHICKEN STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	FISH & POTATO WEDGES ROASTED MIXED VEGETABLES		95.00		145.00	
PASTA	SPAGHETTI WITH CHUNKY BOLOGNESE		95.00		145.00	
PLANT BASED / VEGAN	EGGPLANT POLENTA CASSEROLE		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF FISH & POTATO WEDGES		150.00		270.00	
	GFCF HAM PANINI		110.00		150.00	
SANDWICHES	TURKEY HAM ENGLISH MUFFIN SANDWICH		-		110.00	
	BEEF & ONIONS IN KAISER ROLL		-		110.00	
	MEDITERRANEAN TUNA SANDWICH (WHOLE WHEAT)		60.00		110.00	
PLANT BASED / VEGAN	VEGGIE TOFU WHOLE WHEAT SANDWICH		60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- MEDITERRANEAN SALAD		-		70.00	
DRINKS						
M4	AUGUST 16, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 1	COUNTRY STYLE BEEF STEW STEAMED RICE & ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CORNFLAKES CHICKEN W/ HONEY MUSTARD SAUCE STEAMED RICE & ROASTED VEGETABLES		95.00		145.00	
PASTA	PASTA WITH MUSHROOM MARINARA (V)		95.00		145.00	
PLANT BASED / VEGAN	SUMMER VEGETABLE PESTO BAKE		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS		150.00		270.00	
	GFCF PASTA W/ MUSHROOM MARINARA		150.00		270.00	
SANDWICHES & PIZZA	MUSHROOM & ARUGULA PIZZA		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	TUNA SALAD FOCACCIA SANDWICH		60.00		110.00	
PLANT BASED / VEGAN	SPINACH FRITATA SANDWICH (WHOLE WHEAT BREAD)					
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - GREEK SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
DRINKS						

M4	AUGUST 17, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	SWEET & SOUR FISH STEAMED RICE, GRILLED EGGPLANT AND STRING BEANS			95.00		145.00	
CONTINENTAL 1	ROASTED PORK TENDERLOIN W/ MUSHROOMS STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPER			95.00		145.00	
CONTINENTAL 2	CHICKEN CORDON BLEU STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPER			95.00		145.00	
PASTA	BAKED PESTO & SPINACH MANICOTTI			95.00		145.00	
PLANT BASED / VEGAN	THAI VEGETABLE STEW W/ BROWN RICE			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF ROASTED PORK TENDERLOIN WITH MUSHROOMS			150.00		270.00	
	GFCF BEEF AND MUSHROOM PANINI			110.00		150.00	
SANDWICHES	EGG SALAD CROISSANT			-		110.00	
	CHEESY HAM BAGEL			-		110.00	
	BEEF & MUSHROOMS SANDWICH (SOFT HOTDOG BUN)			-		110.00	
PLANT BASED / VEGAN	BLACK BEAN & RICE WRAPS			-		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - CAESAR SALAD			-		90.00	
	CUP- COBB SALAD			-		70.00	
DRINKS							
<b>AUGUST 20-24 2018</b>							
<b>AUGUST 20, MONDAY (SCHOOL HOLIDAY)</b>							
<b>AUGUST 21, TUESDAY (NINOY AQUINO DAY)</b>							
M5	AUGUST 22, WEDNESDAY (Eidul Adha)		Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN SALPICAO STEAMED RICE, STEAMED SNOW PEAS, YOUNG CORN & CARROTS			95.00		145.00	
CONTINENTAL 1	PORK MILANESE W/ LEMON CREAM SAUCE MASHED POTATOES, ROASTED GREEN BEANS W/ GARLIC			95.00		145.00	
CONTINENTAL 2	BAKED FISH ORANGE SAUCE STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC			95.00		145.00	
PASTA	LINGUINE IN ALFREDO SAUCE			95.00		145.00	
PLANT BASED / VEGAN	ROASTED VEGETABLE LASAGNA			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF CHICKEN SALPICAO			150.00		270.00	
	GFCF EGGPLANT PARMIGIANA SANDWICH			110.00		150.00	
SANDWICHES	CAPRESE FOCACCIA PANINI (V)			60.00		110.00	
	PHILLY CHEESE STEAK ENGLISH MUFFIN SANDWICH			-		110.00	
	SPINACH AND MUSHROOM QUESADILLAS			-		110.00	
PLANT BASED / VEGAN	FRESH VEGETABLE WRAP WITH VEGAN SOUR CREAM			60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - MEDITERRANEAN SALAD			-		90.00	
	CUP - GARDEN SALAD			-		70.00	
DRINKS							
M5	AUGUST 23, THURSDAY		Primary	Price	Regular	Price	Amount
ASIAN	SWEET & SOUR FISH STEAMED RICE, ROASTED BROCCOLI, CAULIFLOWER & BELL PEPPER			95.00		145.00	
CONTINENTAL 1	BEEF STRIPS WITH RED & GREEN BELL PEPPERS STEAMED RICE, STEAMED SPINACH			95.00		145.00	
CONTINENTAL 2	CHICKEN WITH GARLIC HERB BUTTER SAUCE STEAMED RICE, ROASTED BROCCOLI, CAULIFLOWER & BELL PEPPER			95.00		145.00	
PASTA	BAKED ZITI			95.00		145.00	
PLANT BASED / VEGAN	SOBA NOODLES W/ MIXED VEGETABLES			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF SWEET AND SOUR FISH			150.00		270.00	
	GFCF PASTA WITH MARINARA			150.00		270.00	
SANDWICHES & PIZZA	VEGETARIAN PIZZA (v)			-		100.00	
	PEPPERONI PIZZA			-		100.00	
	CHEESE PIZZA			-		100.00	
	TUNA BAGEL					110.00	
	ENGLISH BANGERS IN KAISER ROLL			-		110.00	
	CHEESE PANINI			60.00		110.00	
PLANT BASED / VEGAN	LENTIL & SWEET POTATO BURGER (WHOLE WHEAT BUNS)						
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - COBB SALAD			-		90.00	
	CUPS- CAESAR SALAD			-		70.00	
DRINKS							
M5	AUGUST 24, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	THAI BASIL FISH SAUTE STEAMED RICE AND GRILLED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 1	CRISPY CORNFLAKES CHICKEN STEAMED RICE AND GRILLED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 2	BANGERS W/ MASHED POTATO GRILLED MIXED VEGETABLES			95.00		145.00	
PASTA	PASTA WITH PESTO SAUCE			95.00		145.00	
PLANT BASED / VEGAN	GROUND (TVP) W/ POTATOES, CARROTS & PEAS			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF CORNFLAKES CHICKEN			150.00		270.00	
	GFCF CHICKEN FILLET SANDWICH			110.00		150.00	
SANDWICHES	MEDITERRANEAN TUNA SANDWICH			60.00		110.00	
	DELI BUN BEEF PASTRAMI SANDWICH			60.00		110.00	
	ROASTED CHICKEN PESTO SANDWICH (ENGLISH MUFFIN)			-		110.00	
PLANT BASED / VEGAN	TOFU "CHICKEN" STYLE SANDWICH (WHOLE WHEAT BREAD)			60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - GREEK SALAD			-		90.00	
	CUP- GARDEN SALAD			-		70.00	
DRINKS							

AUGUST 27-31 2018							
AUGUST 27, MONDAY (NATIONAL HEROES DAY)							
M6	AUGUST 28, TUESDAY		Primary	Price	Regular	Price	Amount
ASIAN	BEEF BULGOGI STEAMED RICE, BRAISED BOKCHOY WITH OYSTER SAUCE			95.00		145.00	
CONTINENTAL 1	CHICKEN WITH TARRAGON - MUSHROOM SAUCE MASHED POTATOES, MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 2	BREADED FISH & CHEESE W/ CREAM SAUCE STEAMED RICE, MIXED VEGETABLES			95.00		145.00	
PASTA	SPAGHETTI WITH MEAT BALLS			95.00		145.00	
PLANT BASED / VEGAN	VEGAN CAULIFLOWER TEMPURA W/ BROWN RICE			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF BEEF BULGOGI			150.00		270.00	
	GFCF PASTA MARINARA			150.00		270.00	
SANDWICHES	WHOLE WHEAT CAPRESE MELTPANINI (V)			60.00		110.00	
	GRILLED CHICKEN AND CHEESE QUESADILLA			-		110.00	
	HAM AND CHEESE CROISSANT			-		110.00	
PLANT BASED / VEGAN	FRESH VEGETABLE WRAP WITH VEGAN SOUR CREAM			-		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - COBB SALAD			-		90.00	
	CUP - CAESAR SALAD			-		70.00	
DRINKS							
M6	AUGUST 29, WEDNESDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK STEAK WITH LEMON SAUCE STEAMED RICE, STEAMED BABY CORN, CARROTS & SNOW PEAS			95.00		145.00	
CONTINENTAL 1	CHICKEN PARMIGIANA STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS			95.00		145.00	
CONTINENTAL 2	FISH STICKS WITH MARINARA DIP STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS			95.00		145.00	
PASTA	CHESSY CANNELONI			95.00		145.00	
PLANT BASED / VEGAN	CRISPY TOFU "CHICKEN" W/ MIXED VEGETABLES			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF PORK STEAK WITH LEMON SAUCE			150.00		270.00	
	GFCF VEGETABLE SANDWICH			110.00		150.00	
SANDWICHES	TURKEY & VEGETABLE WRAP			60.00		110.00	
	OPEN FACED MUSHROOM MELT (V) (FOCACCIA BREAD)			60.00		110.00	
	CHEESE PANINI			60.00		110.00	
PLANT BASED / VEGAN	PURPLE SWEET POTATO TEMPEH BURGER (WHOLE WHEAT)			-		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - GREEN SALAD			-		90.00	
	CUP - MEDITERRANEAN SALAD			-		70.00	
DRINKS							
M6	AUGUST 30, THURSDAY		Primary	Price	Regular	Price	Amount
ASIAN	STIR FRY FISH WITH SWEET SOY STEAMED RICE, BOILED SAYOTE W/ TOMATOES & ONIONS			95.00		145.00	
CONTINENTAL 1	ROASTED ORANGE CHICKEN STEAMED RICE, BOILED SAYOTE W/ TOMATOES & ONIONS			95.00		145.00	
CONTINENTAL 2	SHEPHERD'S PIE ROASTED LONG BEANS & SQUASH			95.00		145.00	
PASTA	PASTA W/ PESTO SAUCE			95.00		145.00	
PLANT BASED / VEGAN	BLACK BEANS & MUSHROOM BURGER WITH MIXED VEGETABLES			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF SHEPHERD'S PIE			150.00		270.00	
	GFCF PASTA WITH ROASTED VEGETABLE & PESTO			150.00		270.00	
SANDWICHES	GRILLED CHEESE SANDWICH			60.00		110.00	
	PEPPERONI PIZZA			-		100.00	
	CHEESE PIZZA			-		100.00	
	MUSHROOM PIZZA			-		100.00	
	CHICKEN SALAD CROISSANT						
PLANT BASED / VEGAN	TOFU BBQ SANDWICH (WHOLE WHEAT)			-		110.00	
FRESH FRUITS	PLATE - MIXED FRUIT			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	CUP - GARDEN SALAD					70.00	
	PLATE - COBB SALAD			-		90.00	
DRINKS							
M6	AUGUST 31, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK TERRIYAKI STEAMED RICE, ROASTED VEGETABLES			95.00		145.00	
CONTINENTAL 1	CREAMY GARLIC FISH STEAMED RICE, ROASTED VEGETABLES			95.00		145.00	
CONTINENTAL 2	CHICKEN CORNFLAKES STEAMED RICE, ROASTED VEGETABLES			95.00		145.00	
PASTA	BAKED MACARONI AND CHEESE			95.00		145.00	
PLANT BASED / VEGAN	QUINOA W/ MIXED VEGETABLES			95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF CHICKEN CORNFLAKES			150.00		270.00	
	GFCF PORK TERRIYAKI			150.00		270.00	
SANDWICHES	WHOLE WHEAT GRILLED HAM AND CHEESE CLUB			60.00		110.00	
	CHICKEN CAESAR BAGEL			-		110.00	
	ROASTED BEEF SANDWICH (KAISER ROLL)			-		110.00	
PLANT BASED / VEGAN	VEGETABLE PANINI (WHOLE WHEAT)			60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - CAESAR SALAD			-		90.00	
	CUP - MIXED GREENS SALAD			-		70.00	
DRINKS							

	DRINK ITEMS		QTY		PRICE	AMOUNT
	NESTLE FRESH MILK				45.00	
	JUST COCO BUKO JUICE				95.00	
	SPRING VALLEY (APPLE, ORANGE)				85.00	
	COWHEAD MILK (LITE, PURE)				45.00	
	ARLA STRAWBERRY MILK				45.00	
	CERES JUICE (APPLE, ORANGE)				50.00	
	DUTCHMILL (BLUEBERRY, STRAWBERRY, MIXED FRUIT, SUPERBERRIES)				45.00	
	DEL MONTE DRINK (MANGO, FOURSEASONS)				45.00	
	WELCH'S GRAPE 16OZ				95.00	
	TREETOP APPLE JUICE				65.00	
	MOTT'S APPLE JUICE				60.00	
	SILK SOY MILK VANILLA				70.00	
	YAKULT				15.00	
	STELLINA'S (OLD FASHIONED LEMON, PINK LEMON)				50.00	
	FRESH JUICES CARROT, CARROT & ORANGE				100.00	
	FRUIT SHAKE 8oz (LEMON, STRAWBERRY, WATERMELON)				60.00	
	MILK SHAKE 8oz (BANANA, STRAWBERRY, PLAIN)				65.00	
	WATER				30.00	
	PICOLE (WATERMELON, STRAWBERRY, MANGO, LEMON, NATURAL, MELON)				50.00	
	<b>OTHER ITEM</b>		<b>QTY</b>		<b>PRICE</b>	<b>AMOUNT</b>
	TAKE OUT BOX				10.00	

**PRE- ORDERING INSTRUCTIONS:**

Please use our pre-order form and fill up one form for each child completely.  
Please indicate any special dietary restrictions.  
You can order weekly or monthly. Please place your pre order on or before 3pm the day before.

**CANCELLATION OF PRE ORDER**

The cancellation of pre order meals should be made on or before 8AM in the morning.  
Any order not cancelled or not advised properly cannot be credited the next day.  
Credits from cancelled meals can be used by deducting it directly to their next pre- order.

**PAYMENT LOCATIONS & OPTIONS:** All canteen transactions should be paid directly to Institute of Culinary Management Inc.

**1.) CANTEEN LOADING STATION**

Cash OR Check - Please make Check payable to: Institute of Culinary Management Inc. or ICMI

**2.) BANK DEPOSIT - UNION BANK - Any Branch**

Account Name : Institute of Culinary Management, Inc

Savings Account Number #: 10172-0001001

Please email the copy of the deposit slip to chefnanz@gmail.com and cafeteria.bsm@gmail.com so we can credit your child's account. Please make sure to indicate your child's name.

If you have any concerns please contact 860-4800 local 1119 or 1126  
or email: cafeteria.bsm@gmail.com

Thank you for your continued support.







