

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

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

## CAFETERIA MONTHLY MENU

JANUARY 2017

BRITISH SCHOOL MANILA

FOR THE WEEK OF JANUARY 8-12 2017

M3	JANUARY 8, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH TONKATSU STEAMED RICE, SAUTEED YOUNG CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	BEEF BOURGUIGNON MASHED POTATOES , SAUTEED BROCCOLI, CARROTS & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 2	CHICKEN PICATTA STEAMED RICE, SAUTEED BROCCOLI, CARROTS & RED BELL PEPPER		95.00		145.00	
PASTA	BAKED MAC AND CHEESE		95.00		145.00	
VEGETARIAN	SPINACH RISOTTO		95.00		145.00	
SALADS	MIXED FRUIT PLATE		-		90.00	
	GREEK SALAD PLATE				90.00	
	MINI FRUIT CUP - MIXED FRUIT		-		70.00	
	MINI SALAD CUPS - CAESAR SALAD		-		70.00	
SANDWICHES	HAM & CHEESE PANINI		60.00		110.00	
	CHICKEN CAESAR PANINI		60.00		110.00	
	BEEF PASTRAMI SANDWICH		60.00		110.00	
	VEGETABLE BURGER SANDWICH (v)		-		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF BEEF BOURGUIGNON		150.00		270.00	
	GFCF CHICKEN CAESAR SANDWICH		110.00		150.00	
DRINKS						
M3	JANUARY 9, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	BEEF YAKINIKU STEAMED RICE, SAUTEED BEAN SPROUTS		95.00		145.00	
CONTINENTAL 1	BAKED MEDITERRANEAN FISH STEAMED RICE, SAUTEED GREEN BEANS, TURNIPS & CARROTS		95.00		145.00	
CONTINENTAL 2	ROASTED PORK LOIN WITH APPLES STEAMED RICE, SAUTEED GREEN BEANS, TURNIPS & CARROTS		95.00		145.00	
PASTA	PASTA PUTTANESCA		95.00		145.00	
VEGETARIAN	BAKED PENNE WITH PESTO SAUCE		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP - GARDEN SALAD		-		70.00	
SANDWICHES	CHICKEN CAESAR		60.00		110.00	
Please request for White or Wheat Bread	STEAK SANDWICH WITH CARAMELLIZED ONIONS		60.00		110.00	
	GRILLED HAM & CHEESE		60.00		110.00	
	CAPRESE PANINI MELT (v)		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF MEDITERRANEAN FISH		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
DRINKS						
M3	JANUARY 10, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	KALBI CHIM BONELESS STEAMED RICE, SAUTEED BOKCHOY WITH OYSTER SAUCE		95.00		145.00	
CONTINENTAL 1	CHICKEN WITH 40 CLOVES OF GARLIC STEAMED RICE & SAUTEED LONG BEANS & SQUASH		95.00		145.00	
CONTINENTAL 2	CILANTRO LIME FISH STEAMED RICE & SAUTEED LONG BEANS & SQUASH		95.00		145.00	
PASTA	PASTA CARBONARA W/ BACON BITS		95.00		145.00	
VEGETARIAN	POTATO & SPINACH GRATIN		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP - GARDEN SALAD		-		70.00	
SANDWICHES	MUSHROOM MELT		60.00		110.00	
Please request for White or Wheat Bread	PHILLY CHEESE STEAK SANDWICH		60.00		110.00	
	CHICKEN FILLET PANINI SANDWICH		60.00		110.00	
	GRILLED CHEESE SANDWICH		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF KALBI CHIM BONELESS		150.00		270.00	
	GFCF PHILLY CHEESE STEAK SANDWICH		110.00		150.00	

DRINKS						
M3	JANUARY 11, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED TUNA BELLY WITH TERIYAKI SAUCE STEAMED RICE , BABY CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	BEEF WITH OLIVES STEAMED RICE, CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	YOGURT BRINED CHICKEN FILLETS WITH GRAVY STEAMED RICE, CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
PASTA	LINGUINE WITH SAUSAGE & MEAT BOLOGNESE		95.00		145.00	
VEGETARIAN	LENTIL CASSEROLE WITH BROWN RICE		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUIT		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUPS- GARDEN SALAD		-		70.00	
SANDWICHES Please request for White or Wheat Bread	MUSHROOM PIZZA (v)		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	HAM CLUB SANDWICH		-		110.00	
	CHICKEN SALAD PANINI		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF GRILLED TUNA BELLY WITH TERIYAKI SAUCE		150.00		270.00	
	GFCF HAM SANDWCH		110.00		150.00	
DRINKS						
M3	JANUARY 12, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	SAUTEED FISH WITH CURRY SAUCE STEAMED RICE, SAUTEED CHAYOTE W/ ONIONS & TOMATOES		95.00		145.00	
CONTINENTAL 1	CORNFLAKES CHICKEN W/ HONEY MUSTARD SAUCE STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 2	COUNTRY STYLE BEEF STEW STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
PASTA	FARFALLE & ZUCHINNI WITH PESTO SAUCE (V)		95.00		145.00	
VEGETARIAN	PALAK PANEER		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
SANDWICHES Please request for White or Wheat Bread	EGG SALAD CLUB SANDWICH		60.00		110.00	
	CHEESEBURGER SANDWICH		-		110.00	
	CHICKEN BBQ SANDWICH		60.00		110.00	
	TUNA MELT		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF SAUTEED FISH WITH CURRY SAUCE		150.00		270.00	
	EGG SALAD CLUB SANDWICH		110.00		150.00	
DRINKS						
FOR THE WEEK OF JANUARY 15-19, 2017						
M4	JANUARY 15, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHINESE STYLE ORANGE PORK STEAMED RICE, STIR FRIED CABBAGE		95.00		145.00	
CONTINENTAL 1	BEEF STROGANOFF ROASTED POTATOES , GREEN BEANS WITH GARLIC & LEMONS		95.00		145.00	
CONTINENTAL 2	MEDITERRANEAN CHICKEN WITH POTATOES STEAMED RICE , GREEN BEANS WITH GARLIC & LEMONS		95.00		145.00	
PASTA	LINGUINE WITH MEAT BALLS		95.00		145.00	
VEGETARIAN	BLACK BEANS & VEGETABLE STEW		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- GREEK SALAD		-		70.00	
SANDWICHES Please request for White or Wheat Bread	GRILLED HAM AND CHEESE		60.00		110.00	
	CHICKEN PESTO PANINI		60.00		110.00	
	PHILLY CHEESE STEAK SANDWICH		60.00		110.00	
	MUSHROOM & ARUGULA SANDWICH		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF CHINESE STYLE ORANGE PORK		150.00		270.00	
	GFCF CHICKEN PESTO PANINI		110.00		150.00	
DRINKS						
M4	JANUARY 16., TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK ADOBO STEAMED RICE, SAUTEED WATERCRESS IN OYSTER SAUCE		95.00		145.00	
CONTINENTAL 1	MOROCCAN LEMON CHICKEN STEAMED RICE, SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	

CONTINENTAL 2	SHEPHERD'S PIE SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00					
PASTA	PASTA CARBONARA		95.00		145.00					
VEGETARIAN	PASTA WITH KALE & MUSHROOMS		95.00		145.00					
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00					
	CUP - MIXED FRUITS		-		70.00					
SALADS	PLATE - COBB SALAD		-		90.00					
	CUP- GARDEN SALAD		-		70.00					
SANDWICHES Please request for White or Wheat Bread	GRILLED CHEESE SANDWICH		60.00		110.00					
	BACON, LETTUCE & TOMATO (BLT)		60.00		110.00					
	HAM & CHEESE CLUB SANDWICH		60.00		110.00					
	GRILLED EGGPLANT SANDWICH (v)		60.00		110.00					
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>									
	GFCF PASTA WITH KALE AND MUSHROOM		150.00		270.00					
	GFCF BACON, LETTUCE & TOMATO SANDWICH		110.00		150.00					
DRINKS										
M4	JANUARY 17, WEDNESDAY					Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, SAUTEED SQUASH IN ONIONS & TOMATOES		95.00		145.00					
CONTINENTAL 1	BEEF WITH MUSHROOMS & THYME 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					
VEGETARIAN	VEGETABLE STEW		95.00		145.00					
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00					
	CUP - MIXED FRUITS		-		70.00					
SALADS	PLATE - CAESAR SALAD		-		90.00					
	CUP- GARDEN SALAD		-		70.00					
SANDWICHES Please request for White or Wheat Bread	CHEESE MELT SANDWICH		60.00		110.00					
	BEEF & ONIONS SANDWICH		60.00		110.00					
	CHICKEN BBQ SANDWICH		60.00		110.00					
	HAM AND CHEESE PANINI		60.00		110.00					
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>									
	GFCF BEEF WITH MUSHROOM AND THYME		150.00		270.00					
	GFCF HAM PANINI		110.00		150.00					
DRINKS										
M4	JANUARY 18, THURSDAY					Primary	Price	Regular	Price	Amount
ASIAN	PORK IN SOUR SOUP (PORK SINIGANG) STEAMED RICE, SINIGANG VEGETABLES		95.00		145.00					
CONTINENTAL 1	ROASTED BEEF BRISKET WITH ROSEMARY SAUCE STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00					
CONTINENTAL 2	FISH & POTATO WEDGES ROASTED MIXED VEGETABLES		95.00		145.00					
PASTA	BAKED PESTO & SPINACH MANICOTTI (V)		95.00		145.00					
VEGETARIAN	VEGETARIAN BURGERS W/ BROWN RICE		95.00		145.00					
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00					
	CUP - MIXED FRUITS		-		70.00					
SALADS	PLATE - COBB SALAD		-		90.00					
	CUP- GARDEN SALAD		-		70.00					
SANDWICHES & PIZZA Please request for White or Wheat Bread	MUSHROOM & ARUGULA PIZZA (v)		-		100.00					
	PEPPERONI PIZZA		-		100.00					
	CHEESE PIZZA		-		100.00					
	CHEESEBURGER SANDWICH		-		110.00					
	TUNA SALAD SANDWICH		60.00		110.00					
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>									
	GFCF PASTA WITH MUSHROOM MARINARA		150.00		270.00					
	GFCF TUNA SANDWICH		110.00		150.00					
DRINKS										
M4	JANUARY 19, FRIDAY					Primary	Price	Regular	Price	Amount
ASIAN	STIR-FRY CITRUS BEEF STRIPS STEAMED RICE, STIR FRIED EGGPLANT AND STRING BEANS		95.00		145.00					
CONTINENTAL 1	ROASTED PORK TENDERLOIN W/ MUSHROOMS STEAMED RICE, SAUTEED BROCCOLI, CARROTS & BELL PEPPERS		95.00		145.00					
CONTINENTAL 2	CHICKEN CORDON BLEU STEAMED RICE, SAUTEED BROCCOLI, CARROTS & BELL PEPPERS		95.00		145.00					
PASTA	SPAGHETTI WITH CHUNKY BOLOGNESE		95.00		145.00					
VEGETARIAN	POTATO & BROCCOLI GRATIN		95.00		145.00					
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00					
	CUP - MIXED FRUITS		-		70.00					
SALADS	PLATE - CAESAR SALAD		-		90.00					
	CUP- GARDEN SALAD		-		70.00					

SANDWICHES	EGG SALAD PANINI		60.00		110.00		
	HAM PANINI MELT		60.00		110.00		
	BEEF & MUSHROOMS PANINI		60.00		110.00		
	CHICKEN QUESADILLAS		-		110.00		
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		
DRINKS							
<b>FOR THE WEEK OF JANUARY 22-26 2017</b>							
M5	JANUARY 22, MONDAY		Primary	Price	Regular	Price	Amount
ASIAN	FISH TEMPURA		95.00		145.00		
	STEAMED RICE, SAUTEED CABBAGE, GREEN BEANS & RED BELL PEPPERS						
CONTINENTAL 1	BEEF DAUBE PROVENCAL		95.00		145.00		
	MASHED POTATOES ,GREEN BEANS & CARROTS						
CONTINENTAL 2	LEMON GRILLED CHICKEN BREAST		95.00		145.00		
	STEAMED RICE , GREEN BEANS & CARROTS						
PASTA	PASTA WITH ALFREDO SAUCE		95.00		145.00		
VEGETARIAN	HERBED ORZO WITH VEGGIES		95.00		145.00		
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - CAESAR SALAD		-		90.00		
	CUP - GREEK SALAD		-		70.00		
SANDWICHES	PIZZA MELT		60.00		110.00		
	CHICKEN FILLET SANDWICH		60.00		110.00		
	ROAST BEEF SANDWICH		60.00		110.00		
	HAM & CHEESE PANINI		60.00		110.00		
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF LEMON GRILLED CHICKEN BREAST		150.00		270.00		
	GFCF ROAST BEEF SANDWICH		110.00		150.00		
DRINKS							
M5	JANUARY 23, TUESDAY		Primary	Price	Regular	Price	Amount
ASIAN	BARBECUE PORK TENDERLOIN SLICES		95.00		145.00		
	STEAMED RICE, SAUTEED SQUASH & LONG BEANS						
CONTINENTAL 1	BEEF STRIPS WITH RED & GREEN BELL PEPPERS		95.00		145.00		
	STEAMED RICE, SAUTEED CHAYOTE WITH TOMATOES						
CONTINENTAL 2	SAUTEED CHICKEN BREAST WITH CREAMY SAUCE		95.00		145.00		
	STEAMED RICE, SAUTEED CHAYOTE WITH TOMATOES						
PASTA	BAKED CHEESY CANELLONI (V)		95.00		145.00		
VEGETARIAN	VEGETABLE GRATIN		95.00		145.00		
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - COBB SALAD		-		90.00		
	CUP - GARDEN SALAD		-		70.00		
SANDWICHES	FRESH VEGETABLES PANINI (v)		60.00		110.00		
	CLASSIC TUNA CLUB		60.00		110.00		
	CAPRESE PANINI (V)		60.00		110.00		
	HAM & CHEESE MELT		60.00		110.00		
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF SAUTEED CHICKEN BREAST WITH CREAM SAUCE		150.00		270.00		
	GFCF PASTA WITH MARINARA		150.00		270.00		
DRINKS							
M5	JANUARY 24, WEDNESDAY		Primary	Price	Regular	Price	Amount
ASIAN	TANDOORI CHICKEN KEBAB		95.00		145.00		
	STEAMED RICE, SAUTEED SNOW PEAS, YOUNG CORN & CARROTS						
CONTINENTAL 1	PORK MILANESE		95.00		145.00		
	MASHED POTATOES, SAUTEED GREEN BEANS W/ GARLIC						
CONTINENTAL 2	COUNTRY STYLE BEEF STEW		95.00		145.00		
	STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC						
PASTA	LINGUINE IN CARBONARA SAUCE		95.00		145.00		
VEGETARIAN	ALOO GOBI (POTATO & CAULIFLOWER CURRY)		95.00		145.00		
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - CAESAR SALAD		-		90.00		
	CUP - GARDEN SALAD		-		70.00		
SANDWICHES	CAPRESE PANINI (V)		60.00		110.00		
	PHILLY CHEESE STEAK SANDWICH		60.00		110.00		
	CHICKEN QUESADILLAS		-		110.00		
	HAM & CHEESE MELT		60.00		110.00		
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF COUNTRY STYLE BEEF STEW		150.00		270.00		
	GFCF HAM SANDWICH		110.00		150.00		

DRINKS						
M5	JANUARY 25, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	SWEET & SOUR FISH STEAMED RICE, SAUTEED BROCCOLI, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 1	BEEF WITH MUSHROOMS STEAMED RICE, SAUTEED SPINACH		95.00		145.00	
CONTINENTAL 2	CHICKEN BARBECUE STEAMED RICE, SAUTEED BROCCOLI, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
PASTA	BAKED ZITI		95.00		145.00	
VEGETARIAN	VEGETABLE STEW		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUPS- GARDEN SALAD		-		70.00	
SANDWICHES & PIZZA	VEGETARIAN PIZZA (v)		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	STEAK & MUSHROOMS SANDWICH		60.00		110.00	
	ROASTED CHICKEN WITH BASIL PESTO		60.00		110.00	
	CLASSIC TUNA CLUB		60.00		110.00	
	GRILLED HAM & CHEESE PANINI		60.00		110.00	
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	
DRINKS						
M5	JANUARY 26, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	THAI BASIL FISH SAUTE STEAMED RICE AND SAUTEED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 1	CRISPY CORNFLAKES CHICKEN STEAMED RICE AND SAUTEED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	BARBEQUE MEATLOAF ROASTED POTATOES, SAUTEED MIXED VEGETABLES		95.00		145.00	
PASTA	LINGUINE WITH BOLOGNESE		95.00		145.00	
VEGETARIAN	EGGPLANT PARMIGIANA		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
SANDWICHES	MEDITERRANEAN TUNA SANDWICH		60.00		110.00	
	BEEF PASTRAMI SANDWICH		60.00		110.00	
	CHICKEN, MUSHROOMS & CHEESE QUESADILLA		60.00		110.00	
	GRILLED HAM & CHEESE SANDWICH		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF CORNFLAKES CHICKEN		150.00		270.00	
	GFCF BEEF PASTRAMI SANDWICH		110.00		150.00	
DRINKS						
<b>FOR THE WEEK OF JANUARY 29 - FEBRUARY 02 2017</b>						
M6	JANUARY 29, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	BEEF TERRIYAKI STEAMED RICE, 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 SAUCE		95.00		145.00	
VEGETARIAN	HERB ORZO AND CHUNKY VEGETABLES		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP - GREEK SALAD		-		70.00	
SANDWICHES Please request for White or Wheat Bread	HAM & CHEESE CLUB SANDWICH		60.00		110.00	
	PHILLY CHEESE STEAK SANDWICH		60.00		110.00	
	CHICKEN AND ASPARAGUS SANDWICH		60.00		110.00	
	SHITAKE WITH ARUGULA SANDWICH (V)		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF BEEF TERRIYAKI		150.00		270.00	
	GFCF HAM CLUB SANDWICH		100.00		150.00	
M6	JANUARY 30, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK BARBEQUE STEAMED RICE, BUTTERED CORN		95.00		145.00	
CONTINENTAL 1	CRISPY CORNFLAKES CHICKEN		95.00		145.00	

CONTINENTAL 1	STEAMED RICE, BAKED GREEN BEANS WITH PARMESAN		75.00		145.00	
CONTINENTAL 2	MEDITERRANEAN BEEF STEW STEAMED RICE, BAKED GREEN BEANS WITH PARMESAN		95.00		145.00	
PASTA	PASTA WITH ALFREDO SAUCE		95.00		145.00	
VEGETARIAN	VEGETABLE CURRY WITH BROWN RICE		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP - GARDEN SALAD		-		70.00	
SANDWICHES Please request for White or Wheat	CAPRESE MELTPANINI (V)		60.00		110.00	
	BEEF PASTRAMI ON SANDWICH		60.00		110.00	
	GRILLED CHICKEN AND CHEESE QUESADILLA		60.00		110.00	
	HAM AND CHEESE CROISSANT		-		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF PORK BARBEQUE ON STICK		150.00		270.00	
	GFCF PASTA MARINARA		150.00		270.00	
M6	<b>JANUARY 31, WEDNESDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	STIR FRY FISH WITH SWEET SOY STEAMED RICE, SAUTEED SAYOTE W/ TOMATOES & ONIONS		95.00		145.00	
CONTINENTAL 1	ROASTED ORANGE CHICKEN STEAMED RICE SAUTEED SAYOTE W/ TOMATOES & ONIONS		95.00		145.00	
CONTINENTAL 2	PORK SCHNITZEL STEAMED RICE & SAUTEED LONG BEANS & SQUASH		95.00		145.00	
PASTA	BAKED MEAT & CHEESE LASAGNA		95.00		145.00	
VEGETARIAN	MIXED VEGETABLE RISOTTO		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - GREEN SALAD		-		90.00	
	CUP - MEDITERRANEAN SALAD		-		70.00	
SANDWICHES Please request for White or Wheat Bread	GRILLED HAM AND CHEESE SANDWICH		60.00		110.00	
	OPEN FACED MUSHROOM MELT (V)		60.00		110.00	
	CHEESE PANINI		60.00		110.00	
	CHEESEBURGER SANDWICH		-		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF ROASTED ORANGE CHICKEN		150.00		270.00	
	GFCF GRILLED HAM SANDWICH		100.00		150.00	
M6	<b>FEBRUARY 01, THURSDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	BEEF WITH SOY LEMON SAUCE STEAMED RICE , SAUTEED BABY CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	CHICKEN MARYLAND W/ GRAVY STEAMED RICE, SAUTEED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	PAN SEARED ROSEMARY PORK TENDERLOIN STEAMED RICE, SAUTEEDCAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
PASTA	PASTA WITH PESTO SAUCE		95.00		145.00	
VEGETARIAN	ROASTED VEGETABLE LASAGNA		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUIT		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
SANDWICHES Please request for White or Wheat Bread	GRILLED CHEESE SANDWICH		60.00		110.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	MUSHROOM PIZZA		-		100.00	
	CHICKEN SALAD PANINI		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF PAN SEARED ROSEMARY PORK TENDERLOIN		150.00		270.00	
	GFCF PASTA WITH ROASTED VEGETABLE & PESTO		150.00		270.00	
M6	<b>FEBRUARY 02, FRIDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	PORK & VEGETABLE CHOW MEIN SAUTEED CHAYOTE W/ ONIONS & TOMATOES		95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN CHICKEN WITH SALSA STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 2	BEEF STROGANOFF STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
PASTA	BAKED MACARONI AND CHEESE		95.00		145.00	
VEGETARIAN	BLACK BEANS & VEGETABLE STEW		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
SANDWICHES Please request for	GRILLED HAM AND CHEESE CLUB		60.00		110.00	
	CHICKEN CAESAR SANDWICH		60.00		110.00	

White or Wheat Bread	ROASTED BEEF SANDWICH		60.00		110.00	
	CHEESE SALAD PANINI (V)		60.00		110.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF MEDITERRANEAN CHICKEN WITH SALSA		150.00		270.00	
	GFCF HAM SANDWICH		100.00		150.00	
<b>DRINK ITEMS</b>			<b>QTY</b>	<b>PRICE</b>	<b>AMOUNT</b>	
	ALOE VERA IN CAN (NATURAL, STRAWBERRY, GRAPES)				50.00	
	ALOE VERA IN BOTTLE (500ML)				75.00	
	NESTLE FRESH MILK				45.00	
	JUST COCO BUKO JUICE				85.00	
	SPRING VALLEY (BERRY BANANA, MANGO BANANA, ORANGE)				85.00	
	COWHEAD MILK (LITE, STRAWBERRY)				45.00	
	CERES JUICE (APPLE, ORANGE)				45.00	
	DUTCHMILL (BLUEBERRY, STRAWBERRY)				45.00	
	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	
	HOPE WATER 350ML				20.00	
	HOPE WATER 500ML				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 Education & Management Inc.

**1.) CANTEEN LOADING STATION**

Cash OR Check - Please make Check payable to: Institute of Culinary Education & Management Inc.

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

Account Name : Institute of Culinary Education and Management, Inc

Savings Account Number #: 10172-0001001

Please email the copy of the deposit slip to [chefnanz@gmail.com](mailto:chefnanz@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: [order.iceculinary@gmail.com](mailto:order.iceculinary@gmail.com) / [cafeteria@britishschoolmanila.org](mailto:cafeteria@britishschoolmanila.org)

Thank you for your continued support.