

NAME _____

CLASS _____

CONTACT NUMBER _____ EMAIL _____

CAFETERIA MONTHLY MENU

MAY 2018

BRITISH SCHOOL MANILA

FOR THE WEEK OF APR 30 - MAY 4 2018						
M5	APR 30, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH TEMPURA W/ TEMPURA SAUCE STEAMED RICE, SAUTEED CABBAGE, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 1	COUNTRY STYLE PORK STEW MASHED POTATOES ,GREEN BEANS & CARROTS		95.00		145.00	
CONTINENTAL 2	LEMON GRILLED CHICKEN BREAST STEAMED RICE , GREEN BEANS & CARROTS		95.00		145.00	
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	VEGETABLE & CHEESE MELT (VEGETARIAN)		60.00		110.00	
	CHICKEN FILLET SANDWICH		60.00		110.00	
	ROAST ED PORK SANDWICH		60.00		110.00	
	HAM & CHEESE PANINI		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF LEMON GRILLED CHICKEN BREAST		150.00		270.00	
	GFCF ROAST BEEF SANDWICH		110.00		150.00	
DRINKS						
M5	MAY 1, TUESDAY (HOLIDAY NO CLASSES)	Primary	Price	Regular	Price	Amount
ASIAN	SWEET & SOUR PORK STEAMED RICE, SAUTEED SQUASH & LONG BEANS		95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN FISH FILLET STEAMED RICE, SAUTEED CHAYOTE WITH TOMATOES		95.00		145.00	
CONTINENTAL 2	SAUTEED CHICKEN WITH LEMON AND THYME STEAMED RICE, SAUTEED CHAYOTE WITH TOMATOES		95.00		145.00	
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 WRAP (VEGETARIAN)		60.00		110.00	
	CLASSIC TUNA CLUB		60.00		110.00	
	CAPRESE PANINI (VEGETARIAN)		60.00		110.00	
	HAM & CHEESE MELT		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF SAUTEED CHICKEN WITH LEMON AND THYME		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
DRINKS						
M5	MAY 2, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	TANDOORI CHICKEN STEAMED RICE, SAUTEED SNOW PEAS, YOUNG CORN & CARROTS		95.00		145.00	
CONTINENTAL 1	PORK MILANESE W/ LEMON CREAM SAUCE MASHED POTATOES, SAUTEED GREEN BEANS W/ GARLIC		95.00		145.00	
CONTINENTAL 2	BAKED FISH WITH LEMON CAPER SAUCE STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC		95.00		145.00	
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 (VEGETARIAN)		60.00		110.00	
	PORK MEATBALL SANDWICH		60.00		110.00	
	CHICKEN QUESADILLAS		-		110.00	
	HAM & CHEESE MELT		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF TANDOORI CHICKEN		150.00		270.00	
	GFCF HAM SANDWICH		110.00		150.00	
DRINKS						

M5	MAY 3, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH OYSTER SAUCE STEAMED RICE, SAUTEED BROCCOLI, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 1	CHICKEN CORNFLAKES WITH HONEY MUSTARD SAUCE STEAMED RICE, SAUTEED SPINACH		95.00		145.00	
CONTINENTAL 2	BANGERS WITH MASHED POTATO SAUTEED BROCCOLI, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
PASTA	BAKED ZITI WITH CHICKEN		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	MUSHROOM & VEGETABLE PIZZA (VEGETARIAN)		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	PORK 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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF SPAN SEARED CHICKEN WITH ORANGE SAUCE		150.00		270.00	
	GFCF BAKED ZITI		150.00		270.00	
DRINKS						
M5	MAY 4, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED TUNA WITH MISO SOY SAUCE STEAMED RICE AND SAUTEED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 1	BUTTERMILK BRINED CHICKEN WITH GRAVY 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	
	OPEN FACED MUSHROOM MELT (VEGETARIAN)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF BBQ MEATLOAF		150.00		270.00	
	GFCF BEEF PASTRAMI SANDWICH		110.00		150.00	
DRINKS						
FOR THE WEEK OF MAY 7-11 2018						
M6	MAY 7, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK ASADO 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	FISH STICKS WITH MARINARA DIP STEAMED RICE, MIXED VEGETABLES		95.00		145.00	
PASTA	SPAGHETTI WITH MEAT SAUCE (PORK)		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	
	CHESSY MELT SANDWICH (VEGETARIAN)		60.00		110.00	
	CHICKEN AND ASPARAGUS SANDWICH		60.00		110.00	
	SALMON BAGEL				110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK ASADO		150.00		270.00	
	GFCF HAM CLUB SANDWICH		100.00		150.00	

M6	MAY 8, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH CURRY STEAMED RICE, STIR FRY VEGETABLES		95.00		145.00	
CONTINENTAL 1	CRISPY CORNFLAKES CHICKEN W/ HONEY MUSTARD SAUCE STEAMED RICE, BAKED GREEN BEANS WITH PARMESAN		95.00		145.00	
CONTINENTAL 2	MEDITERRANEAN PORK STEW STEAMED RICE, BAKED GREEN BEANS WITH PARMESAN		95.00		145.00	
PASTA	PASTA WITH ALFREDO SAUCE		95.00		145.00	
VEGETARIAN	QUORN SPAGHETTI		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 (VEGETARIAN)		60.00		110.00	
	EGG SALAD CLUB SANDWICH		60.00		110.00	
	GRILLED CHICKEN AND CHEESE QUESADILLA		60.00		110.00	
	HAM AND CHEESE CROISSANT		-		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MEDITERRANEAN PORK STEW		150.00		270.00	
	GFCF PASTA MARINARA		150.00		270.00	
M6	MAY 9, WEDNESDAY	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 BREAST STEAMED RICE SAUTEED SAYOTE W/ TOMATOES & ONIONS		95.00		145.00	
CONTINENTAL 2	PORK SCHNITZEL WITH MUSHROOM SAUCE STEAMED RICE & SAUTEED LONG BEANS & SQUASH		95.00		145.00	
PASTA	BAKED MEAT & CHEESE LASAGNA (PORK)		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 (VEGETARIAN)		60.00		110.00	
	CHEESE PANINI		60.00		110.00	
	CHEESEBURGER SANDWICH (PORK)		-		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF ROASTED ORANGE CHICKEN		150.00		270.00	
	GFCF GRILLED HAM SANDWICH		100.00		150.00	
M6	MAY 10, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH TERIYAKI 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, SAUTEED CAULIFLOWER, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PAN SEARED ROSEMARY PORK TENDERLOIN		150.00		270.00	
	GFCF PASTA WITH ROASTED VEGETABLE & PESTO		150.00		270.00	

M6	MAY 11, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK & VEGETABLE CHOW MEIN SAUTEED CHAYOTE W/ ONIONS & TOMATOES		95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN CHICKEN WITH TOMATO 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 White or Wheat Bread	GRILLED HAM AND CHEESE CLUB		60.00		110.00	
	CHICKEN CAESAR SANDWICH		60.00		110.00	
	ROASTED BEEF SANDWICH		60.00		110.00	
	CHEESE SALAD PANINI (V)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MEDITERRANEAN CHICKEN WITH SALSA		150.00		270.00	
	GFCF HAM SANDWICH		100.00		150.00	
FOR THE WEEK OF MAY 14 - 18 2018						
M7	MAY 14, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH MASALA STEAMED RICE, SAUTEED BEAN SPROUTS		95.00		145.00	
CONTINENTAL 1	BAKED CHICKEN PARMESAN STEAMED RICE , ROASTED ZUCCHINI STICKS WITH PARMESAN		95.00		145.00	
CONTINENTAL 2	PORK TENDERLOIN WITH APPLES STEAMED RICE , ROASTED ZUCCHINI STICKS WITH PARMESAN		95.00		145.00	
PASTA	CHESSY BAKED ZITI (VEGETARIAN)		95.00		145.00	
VEGETARIAN	DAD'S RATATOUILLE		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	ARUGULA, MOZZARELLA & TOMATO ON FOCCACIA (VEGETARIAN)		60.00		110.00	
	BRAISED BBQ PORK SANDWICH		60.00		110.00	
	GRILLED HAM AND CHEESE SANDWICH		60.00		110.00	
	CHICKEN CAESAR WRAP		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK TENDERLOIN WITH APPLES		150.00		270.00	
	GFCF BRAISED BBQ BEEF SANDWICH		100.00		150.00	
M7	MAY 15, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK TONKATSU STEAMED RICE, SAUTEED LONG BEANS		95.00		145.00	
CONTINENTAL 1	PAN SEARED CHICKEN WITH MUSHROOM SAUCE STEAMED RICE, SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	MEDITERRANEAN FISH FILLET STEAMED RICE, SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
PASTA	FETTUCCHINE ALFREDO		95.00		145.00	
VEGETARIAN	TOFU IN LIGHT SOY		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	CAPRESE MELT PANINI (VEGETARIAN)		60.00		110.00	
	CHEESEBURGER SANDWICH (PORK)		-		110.00	
	ENGLISH BANGERS SANDWICH		60.00		110.00	
	HAM AND CHEESE MELT		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PAN SEARED CHICKEN WITH MUSHROOM SAGE SAUCE		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	

M7	MAY 16, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH TEMPURA W/ TEMPURA SAUCE STEAMED RICE, SAUTEED SQUASH IN ONIONS & TOMATOES		95.00		145.00	
CONTINENTAL 1	MOROCCAN PORK STEAK WITH GRAVY MASHED POTATO, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CHICKEN BBQ STEAMED RICE & ROASTED VEGETABLES		95.00		145.00	
PASTA	ITALIAN SAUSAGE SPAGHETTI		95.00		145.00	
VEGETARIAN	POTATO SPINACH CASSEROLE		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	GRILLED EGGPLANT SANDWICH (VEGETARIAN)		60.00		110.00	
	KANI SALAD PANINI (VEGETARIAN)		60.00		110.00	
	BBQ PULLED PORK SANDWICH		60.00		110.00	
	GRILLED CHEESE SANDWICH WITH BACON AND PEAR		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MOROCCAN PORK STEAK WITH GRAVY		150.00		270.00	
	GFCF ROASTED BEEF WITH MUSHROOM SANDWICH		100.00		150.00	
M7	MAY 17, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK STEAK WITH LEMON SAUCE STEAMED RICE, STIR FRY GREEN BEANS		95.00		145.00	
CONTINENTAL 1	BAKED PARMESAN CRUSTED FISH STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CORNFLAKES CHICKEN WITH HONEY MUSTARD STEAMED RICE, SAUTEED MIXED VEGETABLES		95.00		145.00	
PASTA	BAKED PESTO & SPINACH LASAGNA		95.00		145.00	
VEGETARIAN	BARBEQUED TOFU 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- MIXED GREEN SALAD		-		70.00	
SANDWICHES & PIZZA Please request for White or Wheat Bread	MUSHROOM PIZZA (v)		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	SALMON BAGEL		-		110.00	
	HAM AND CHEESE PANINI		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF CHICKEN FLORENTINE W/ PESTO PASTA		150.00		270.00	
	GFCF HAM SANDWICH		100.00		150.00	
M7	MAY 18, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN AFRITADA SAUTEED SQUASH WITH ONIONS AND TOMATOES		95.00		145.00	
CONTINENTAL 1	APPLE CRANBERRY STUFFED PORKLOIN STEAMED RICE, MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	BATTERED FISH FILLET W/ APPLE CIDER VINEGAR STEAMED RICE, MIXED VEGETABLES		95.00		145.00	
PASTA	PASTA PUTTANESCA		95.00		145.00	
VEGETARIAN	PASTA WITH ROASTED VEGETABLES		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - GARDEN SALAD		-		90.00	
	CUP - GREEK SALAD		-		70.00	
SANDWICHES	BEEF MEATBALL SANDWICH		60.00		110.00	
	TUNA SALAD SANDWICH		60.00		110.00	
	HAM AND CHEESE SANDWICH		60.00		110.00	
	CHEESE SALAD SANDWICH (V)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF CHICKEN AFRITADA		150.00		270.00	
	GFCF MEATBALL SANDWICH		100.00		150.00	

FOR THE WEEK OF MAY 21 - 25 2018						
M1	MAY 21, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN SALPICAO SAUTEED CABBAGE, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 1	PORK & BEANS STEW SAUTEED BROCCOLI & CARROTS		95.00		145.00	
CONTINENTAL 2	BAKED FISH WITH CREAMY LEMON CAPER SAUCE STEAMED RICE , SAUTEED BROCCOLI AND CARROTS		95.00		145.00	
PASTA	CHEESY CANNELLONI (NO MEAT)		95.00		145.00	
VEGETARIAN	GARDEN RISOTTO		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - GARDEN SALAD		-		90.00	
	CUP - GREEK SALAD		-		70.00	
SANDWICHES	CAPRESE MELT (V)		60.00		110.00	
	CLASSIC TUNA SANDWICH		60.00		110.00	
	HAM AND CHEESE SANDWICH CLUB		60.00		110.00	
	EGGPLANT PARMIGIANA SANDWICH		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK & BEANS STEW		150.00		270.00	
	GF CAPRESE SANDWICH		100.00		150.00	
M1	MAY 22, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	GINGER SOY LIME FISH SAUTEED SQUASH & LONG BEANS		95.00		145.00	
CONTINENTAL 1	HERBED CRUSTED PORK TENDERLOIN STEAMED RICE, SAUTEED YOUNG CORN AND SNOW PEAS		95.00		145.00	
CONTINENTAL 2	YOGURT BRINED CHICKEN STEAMED RICE, SAUTEED YOUNGCORN AND SNOW PEAS		95.00		145.00	
PASTA	PASTA WITH CARBONARA SAUCE		95.00		145.00	
VEGETARIAN	POTATO AND SPINACH 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	GRILLED TUNA AND CHEESE PANINI		60.00		110.00	
	CHICKEN BBQ SANDWICH		60.00		110.00	
	BACON, LETTUCE & TOMATO SANDWICH (BLT)		60.00		110.00	
	VEGETABLE WRAP (V)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF GINGER SOY LIME FISH		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
M1	MAY 23, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK BULGOGI STEAMED RICE, SAUTEED LOCAL SPINACH		95.00		145.00	
CONTINENTAL 1	BAKED FISH WITH ORANGE SAUCE STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC		95.00		145.00	
CONTINENTAL 2	CHICKEN CORDON BLEU STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC		95.00		145.00	
PASTA	FUSSILI WITH TOMATO CREAM SAUCE		95.00		145.00	
VEGETARIAN	TOFU AND VEGETABLE MASALA		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP - MEDITERRANEAN SALAD		-		70.00	
SANDWICHES	CREPE STATION SAVORY OR FRUITY (BANANA, STRAWBERRY, MANGO)				100.00	
	GRILLED HAM AND CHEESE SANDWICH		60.00		110.00	
	EGG SALAD CLUB SANDWICH		60.00		110.00	
	CHICKEN BBQ SANDWICH		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK BULGOGI		150.00		270.00	
	GFCF HAM SANDWICH		100.00		150.00	

M1	MAY 24, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	INDIAN TANDOORI CHICKEN STEAMED RICE, SAUTEED NAPA CABBAGE, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 1	ENGLISH BANGERS W/ MASHED POTATO SAUTEED ASPARAGUS, CARROTS & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 2	PAN FRIED COBBLER WITH PESTO SAUCE STEAMED RICE, SAUTEED NAPA CABBAGE, CAULIFLOWER & RED BELL PEPPER		95.00		145.00	
PASTA	SPAGHETTI WITH MEAT BALLS (PORK)		95.00		145.00	
VEGETARIAN	SPINACH LASAGNA		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - GREEN SALAD		-		90.00	
	CUPS- GARDEN SALAD		-		70.00	
SANDWICHES & PIZZA	VEGETARIAN PIZZA (v)		-		100.00	
	PEPPERONIPIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	CHICKEN FILLET SANDWICH		60.00		110.00	
	MUSHROOM SANDWICH (VEGETARIAN)		60.00		110.00	
	GRILLED CHEESE PANINI MELT		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PAN FRIED COBBLER W/ PESTO SAUCE		150.00		270.00	
	GFCF PASTA WITH PESTO SAUCE		150.00		270.00	
M1	MAY 25, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK ADOBO STEAMED RICE, SAUTEED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 1	CHICKEN CORNFLAKES STEAMED RICE, SAUTEED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	SHEPHERD'S PIE SAUTEED MIXED VEGETABLES		95.00		145.00	
PASTA	CREAMY MUSHROOM PASTA		95.00		145.00	
VEGETARIAN	VEGETABLE PAELLA		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	TUNA SALAD SANDWICH		60.00		110.00	
	ROASTED CHICKEN PESTO PANINI		60.00		110.00	
	HAM AND CHEESE SANDWICH		60.00		110.00	
	PIZZA MELT (VEGETARIAN)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK ADOBO		150.00		270.00	
	GFCF TUNA SALAD SANDWICH		100.00		150.00	
FOR THE WEEK OF MAY 28 - JUNE 01, 2018						
M2	MAY 28, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK KALDERETA STEAMED RICE, SAUTEED LONG BEANS & SQUASH		95.00		145.00	
CONTINENTAL 1	PAN SEARED CHICKEN WITH CREAMY MUSHROOMS MASHED POTATOES, SAUTEED BROCCOLI, CARROTS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	BREADED FISH STICKS WITH TARTAR SAUCE STEAMED RICE, SAUTEED BROCCOLI, CARROTS & RED BELL PEPPERS		95.00		145.00	
PASTA	BAKED CHICKEN & CHEESE MANICOTTI		95.00		145.00	
VEGETARIAN	HERBED RICE STUFFED BELL PEPPERS		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - MIXED GREENS SALAD		-		90.00	
	CUP- CAESAR SALAD		-		70.00	
SANDWICHES	CHICKEN PESTO PANINI		60.00		110.00	
	BBQ PULLED PORK SANDWICH		60.00		110.00	
	HAM & CHEESE SANDWICH		60.00		110.00	
	CHEESY SHIITAKE MUSHROOMS PANINI (VEGETARIAN)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK KALDERETA		150.00		270.00	
	GFCF SHITAKE MUSHROOM PANINI		110.00		150.00	

M2	MAY 29, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN IN GINGER SOUP (CHICKEN TINOLA) STEAMED RICE, TINOLA VEGETABLES		95.00		145.00	
CONTINENTAL 1	CREAMY GARLIC FISH STEAMED RICE, SAUTEED GREEN BEANS, CARROTS & TOMATOES		95.00		145.00	
CONTINENTAL 2	PORK BARBEQUE MASHED POTATOES, SAUTEED GREEN BEANS, CARROTS & TOMATOES		95.00		145.00	
PASTA	FARFALLE PASTA WITH CARBONARA SAUCE		95.00		145.00	
VEGETARIAN	VEGETABLE LASAGNA		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP- GREEKSALAD		-		70.00	
SANDWICHES	GRILLED HAM & CHEESE PANINI		60.00		110.00	
	EGG SALAD SANDWICH		60.00		110.00	
	ROASTED VEGETABLE PANINI		60.00		110.00	
	CRISPY CHICKEN BURGER		-		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF CHICKEN IN GINGER SOUP		150.00		270.00	
	GFCF PASTA MARINARA		150.00		270.00	
M2	MAY 30, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED PORK BELLY STEAMED RICE, SAUTEED SAYOTE WITH TOMATOES		95.00		145.00	
CONTINENTAL 1	CREAMY PESTO CHICKEN STEAMED RICE, ROASTED TOMATOES & GREEN BEANS		95.00		145.00	
CONTINENTAL 2	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, VEGETABLE GRATIN		95.00		145.00	
PASTA	BAKED CHEESY PENNE (VEGETARIAN)		95.00		145.00	
VEGETARIAN	PASTA WITH ROASTED VEGETABLES		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - MIXED GREENS SALAD		-		90.00	
	CUP- MEDITERRANEAN SALAD		-		70.00	
SANDWICHES	CREPE STATION - FRUITY OR SAVORY				100.00	
	TUNA SALAD SANDWICH		60.00		110.00	
	CHEESY HAM SANDWICH		60.00		110.00	
	CHICKEN & LETTUCE WRAP				110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS		150.00		270.00	
	GFCF GRILLED HAM SANDWICH		110.00		150.00	
M2	MAY 31, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK & VEGETABLE CHOW MEIN STEAMED RICE		95.00		145.00	
CONTINENTAL 1	CHICKEN W/ GARLIC HERB BUTTER SAUCE STEAMED RICE, ZUCCHINI PARMESAN		95.00		145.00	
CONTINENTAL 2	FISH & CHIPS HONEY CARROTS		95.00		145.00	
PASTA	PASTA WITH PESTO SAUCE		95.00		145.00	
VEGETARIAN	PUMPKIN RISOTTO WITH THYME		95.00		145.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP- MIXED GREENS SALAD		-		70.00	
SANDWICHES	HAM, PEPPERONI AND CHEESE PIZZA		-		100.00	
	THREE CHEESE PIZZA		-		100.00	
	HAM & CHEESE SANDWICH		60.00		110.00	
	CRISPY FISH BURGER		60.00		110.00	
	CHUNKY FOCCACIA PIZZA MELT (VEGETARIAN)		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF FISH & CHIPS		150.00		270.00	
	GFCF PASTA WITH CREAM SAUCE (SOYMILK)		150.00		270.00	

M2	JUNE 01, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH OYSTER SAUCE STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN BEEF STEW MASHED POTATOES, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CRISPY CORNFLAKES CHICKEN STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
PASTA	SPAGHETTI WITH MEAT SAUCE (BEEF)		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	PACKED - COBB SALAD		-		90.00	
	CUP- MIXED GREENS SALAD		-		70.00	
SANDWICHES	CHEESEBURGER SANDWICH		-		110.00	
	PHILLY CHEESE STEAK SANDWICH		60.00		110.00	
	MOZARELLA, BASIL & TOMATO PANINI (v)		60.00		110.00	
	GRILLED CHEESE SANDWICH		60.00		110.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MEDITERRANEAN BEEF STEW		150.00		270.00	
	GFCF HAM SANDWICH		110.00		150.00	
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	
OTHER ITEM			QTY		PRICE	AMOUNT
	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 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 / cafeteria@britishschoolmanila.org

Thank you for your continued support.