

NAME \_\_\_\_\_

## CAFETERIA MONTHLY MENU

CLASS \_\_\_\_\_

### NOVEMBER MENU

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

#### BRITISH SCHOOL MANILA

FOR THE WEEK OF NOVEMBER 5-9, 2018						
M2	NOVEMBER 5, BEEFLESS 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 CHEESE MANICOTTI		95.00		145.00	
	FARFALLE PASTA WITH MARINARA SAUCE		95.00		145.00	
	FARFALLE PASTA WITH PESTO SAUCE		95.00		145.00	
PLANT BASED	HERBED BROWN RICE STUFFED BELL PEPPERS		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK KALDERETA		150.00		270.00	
	GFCF SHITAKE MUSHROOM PANINI		110.00		150.00	
SANDWICHES	CHICKEN QUESADILLA				110.00	
	PIZZA MELT				110.00	
	HAM & CHEESE SANDWICH IN FOCACCIA BREAD				110.00	
	PLANT BASED SHIITAKE MUSHROOMS PANINI				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - MIXED GREENS SALAD		-		90.00	
	CUP- CAESAR SALAD		-		70.00	
DRINKS						
M2	NOVEMBER 6, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN IN GINGER SOUP (CHICKEN TINOLA) STEAMED RICE, TINOLA VEGETABLES		95.00		145.00	
CONTINENTAL 1	SHEPHERD'S PIE STEAMED RICE, SAUTEED GREEN BEANS, CARROTS & TOMATOES		95.00		145.00	
CONTINENTAL 2	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, SAUTEED GREEN BEANS, CARROTS & TOMATOES		95.00		145.00	
PASTA	LINGUINE PASTA WITH CARBONARA SAUCE		95.00		145.00	
	FARFALLE PASTA WITH MARINARA SAUCE		95.00		145.00	
PLANT BASED	BLACK BEAN & MUSHROOM BURGER		95.00		145.00	
	**AVAILABLE ONLY FOR PRE ORDER**					

GFCF MENU	GFCF CHICKEN IN GINGER SOUP		150.00		270.00	
	GFCF PASTA MARINARA		150.00		270.00	
SANDWICHES	EGG SALAD SANDWICH IN CROISSANT				110.00	
	BLT IN LOAF BREAD				110.00	
	CRISPY CHICKEN BURGER				110.00	
	PLANT BASED BLACK BEAN & MUSHROOM BURGER SANDWICH (WHEAT BREAD)				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP- GREEKSALAD		-		70.00	
DRINKS						
M2	<b>NOVEMBER 7, WEDNESDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED PORK BELLY STEAMED RICE, SAUTEED SAYOTE WITH TOMATOES		95.00		145.00	
CONTINENTAL 1	CHICKEN WITH SUNDRIED TOMATO CREAM SAUCE STEAMED RICE, ROASTED TOMATOES & GREEN BEANS		95.00		145.00	
CONTINENTAL 2	SALMON FISH CAKE STEAMED RICE, VEGETABLE GRATIN		95.00		145.00	
PASTA	BAKED CHEESY PENNE		95.00		145.00	
	FUSILLI PASTA WITH MARINARA SAUCE		95.00		145.00	
	FUSILLI PASTA WITH PESTO SAUCE		95.00		145.00	
PLANT BASED	WHOLE WHEAT PASTA WITH ROASTED VEGETABLES		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF CHICKEN WITH SUNDRIED TOMATO CREAM SAUCE		150.00		270.00	
	GFCF GRILLED HAM SANDWICH		110.00		150.00	
SANDWICHES	CREPE STATION - FRUITY OR SAVORY				100.00	
	TUNA SALAD SANDWICH				110.00	
	CHICKEN & RANCH SALAD WRAP				110.00	
	GARDEN MUSHROOM FRITATA SANDWICH (WHEAT BREAD)				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS				90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - MIXED GREENS SALAD		-		90.00	
	CUP- MEDITERRANEAN SALAD		-		70.00	
DRINKS						
M2	<b>NOVEMBER 8, THURSDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	PORK & VEGETABLE CHOW MEIN HONEY CARROTS		95.00		145.00	
CONTINENTAL 1	COUNTRY STYLE BEEF STEW STEAMED RICE, ZUCCHINI PARMESAN		95.00		145.00	
CONTINENTAL 2	FISH & CHIPS HONEY CARROTS		95.00		145.00	

PASTA	PENNE PASTA WITH PESTO SAUCE		95.00		145.00	
	LINGUINE PASTA WITH MARINARA SAUCE		95.00		145.00	
PLANT BASED	PUMPKIN QUINOA WITH THYME		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF FISH & CHIPS		150.00		270.00	
	GFCF PASTA WITH PESTO SAUCE		150.00		270.00	
SANDWICHES	HAM, PEPPERONI AND CHEESE PIZZA		-		100.00	
	THREE CHEESE PIZZA				100.00	
	CHUNKY FOCCACIA PIZZA MELT (VEGETARIAN)				110.00	
	CRISPY FISH BURGER				110.00	
	CHICKEPEA SOFT TACOS				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS				90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP- MIXED GREENS SALAD		-		70.00	
DRINKS						
M2	<b>NOVEMBER 9, FRIDAY</b>					
ASIAN	GINGER SCALLION PORK TENDERLOIN STEAMED RICE, ROASTED MIXED VEGETABLES	Primary	Price	Regular	Price	Amount
			95.00		145.00	
CONTINENTAL 1	BAKED MEDITERRANEAN FISH STEAMED RICE, 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	
	PENNE PASTA WITH CREAMY MUSHROOM SAUCE		95.00		145.00	
PLANT BASED	VEGETABLE CURRY WITH BROWN RICE		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF BAKED MEDITERRANEAN FISH		150.00		270.00	
	GFCF HAM SANDWCH		110.00		150.00	
SANDWICHES	ENGLISH BANGERS PANINI				110.00	
	PHILLY CHEESE STEAK SANDWICH				110.00	
	MOZARELLA, BASIL & TOMATO PANINI (v)				110.00	
	PURPLE SWEET POTATO TEMPEH BURGER / WHOLE WHEAT BREAD				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS				90.00	
	CUP - MIXED FRUITS				70.00	
SALADS	PACKED - CAESAR SALAD		-		90.00	
	CUP- GARDEN SALAD		-		70.00	
DRINKS						
<b>FOR THE WEEK OF NOVEMBER 12-16 2018</b>						
M3	<b>NOVEMBER 12, BEEFLESS MONDAY</b>					
ASIAN	HONEY CHICKEN BARBEQUE	Primary	Price	Regular	Price	Amount
			95.00		145.00	

ASIAN	STEAMED RICE, SAUTEED MIXED VEGETABLES		95.00		145.00		
CONTINENTAL 1	BREADED FISH FILLET WITH CREAM SAUCE 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	BAKED MAC AND CHEESE		95.00		145.00		
	LINGUINE PASTA WITH MUSHROOM MARINARA		95.00		145.00		
PLANT BASED	STIR FRIED NOODLES WITH VEGETABLES		95.00		145.00		
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF HONEY CHICKEN BBQ		150.00		270.00		
	GFCF CHICKEN CAESAR SANDWICH		110.00		150.00		
SANDWICHES	HAM & CHEESE CROISSANT				110.00		
	CHICKEN CAESAR PANINI IN FOCACCIA BREAD				110.00		
	BEEF PASTRAMI SANDWICH IN HOTDOG BUN				110.00		
	VEGETABLE BURGER SANDWICH (WHEAT BREAD)				110.00		
FRESH FRUITS	MIXED FRUIT PLATE				90.00		
	MINI FRUIT CUP - MIXED FRUIT				70.00		
SALADS	GREEK SALAD PLATE		-		90.00		
	MINI SALAD CUPS - CAESAR SALAD		-		70.00		
DRINKS							
M3	NOVEMBER 13, TUESDAY		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 POTATO, 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	FARFALLE PASTA PRIMAVERA		95.00		145.00		
	LINGUINE PASTA WITH MARINARA SAUCE		95.00		145.00		
PLANT BASED	LENTIL & SWEET POTATO BURGER		95.00		145.00		
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>						
	GFCF BEEF BOURGUIGNON		150.00		270.00		
	GFCF PASTA WITH MARINARA		150.00		270.00		
SANDWICHES	CHICKEN CAESAR PANINI				110.00		
	PORK STEAK SANDWICH WITH CARAMELLIZED ONIONS				110.00		
	CAPRESE PANINI MELT (v)				110.00		
	CHICKPEA TUNA SALAD 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						
M3	NOVEMBER 14, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	KALBI CHIM BONELESS (PORK) 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	CHILI LIME FISH CAKE STEAMED RICE & SAUTEED LONG BEANS & SQUASH		95.00		145.00	
PASTA	LINGUINE PASTA W/ CARBONARA & BACON BITS		95.00		145.00	
	PENNE PASTA WITH TOMATO CREAM SAUCE		95.00		145.00	
PLANT BASED	<b>PAD THAI</b>		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF KALBI CHIM BONELESS		150.00		270.00	
	GFCF BEEF STEAK W/ CARAMELIZED ONIONS SANDWICH		110.00		150.00	
SANDWICHES	MUSHROOM MELT IN FOCACCIA BREAD				110.00	
	BEEF STEAK W/ CARAMELIZED ONIONS SANDWICH				110.00	
	CHICKEN FILLET PANINI SANDWICH				110.00	
	<b>VEGGIE TOFU WHOLE WHEAT SANDWICH</b>				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						
M3	NOVEMBER 15, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED TUNA BELLY WITH SOY MISO SAUCE STEAMED RICE , BABY CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	MOROCCAN BURGER STEAK W/ GRAVY STEAMED RICE, CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	CORNFLAKES CHICKEN W/ HONEY MUSTARD SAUCE STEAMED RICE, CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
PASTA	LINGUINE WITH SAUSAGE & MEAT BOLOGNESE		95.00		145.00	
	PENNE PASTA WITH MARINARA SAUCE		95.00		145.00	
PLANT BASED	<b>TANDOORI TOFU W/ TURMERIC RICE</b>		95.00		145.00	
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	
	MUSHROOM PIZZA (v)		-		100.00	

SANDWICHES	HAWAIIAN PIZZA		-		100.00	
	CHEESE PIZZA				100.00	
	CHICKEN SALAD CROISSANT				110.00	
	FALAFEL SANDWICH (WHEAT BREAD)				110.00	
FRESH FRUITS	PLATE - MIXED FRUIT				90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUPS- GARDEN SALAD		-		70.00	
DRINKS						
M3	NOVEMBER 16, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	SAUTEED FISH WITH CURRY SAUCE		95.00		145.00	
	STEAMED RICE, SAUTEED CHAYOTE W/ ONIONS & TOMATOES					
CONTINENTAL 1	YOGURT BRINED CHICKEN FILLET WITH GRAVY		95.00		145.00	
	STEAMED RICE, ROASTED VEGETABLES					
CONTINENTAL 2	PORK STEW WITH BEANS AND SAUSAGE		95.00		145.00	
	STEAMED RICE, ROASTED VEGETABLES					
PASTA	BAKED PENNE WITH CREAMY PESTO SAUCE		95.00		145.00	
	TWIST PASTA WITH OLIVES, CAPERS AND MARINARA SAUCE		95.00		145.00	
PLANT BASED	SWEET POTATO & CORNCAKE SERVED W/ STEAMED VEGETABLES		95.00		145.00	
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	
SANDWICHES	EGG SALAD CLUB SANDWICH				110.00	
	CHEESEBURGER SANDWICH				110.00	
	CHICKEN BBQ SANDWICH IN DELI BUN				110.00	
	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- GARDEN SALAD		-		70.00	
DRINKS						
<b>FOR THE WEEK OF NOVEMBER 19-23 2018</b>						
M4	NOVEMBER 19, BEEFLESS MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK ADOBO		95.00		145.00	
	STEAMED RICE, STEAMED WATERCRESS WITH OYSTER SAUCE					
CONTINENTAL 1	FRENCH ONION CHICKEN		95.00		145.00	
	STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS					
CONTINENTAL 2	BATTERED FISH FILLET W/ APPLE CIDER VINEGAR		95.00		145.00	
	STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS					

PASTA	BAKED MEAT & CHEESE LASAGNA		95.00		145.00	
	FETTUCCHINE WITH MUSHROOM MARINARA		95.00		145.00	
	PENNE PASTA WITH MEAT SAUCE		95.00		145.00	
PLANT BASED	GINGER SESAME TOFU SERVED / BROWN RICE		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF PORK ADOBO		150.00		270.00	
	GFCF GINGER SESAM TOFU W/ BROWN RICE		110.00		150.00	
SANDWICHES	PULLED PORK SANDWICH IN SOFT HOTDOG BUNS		-		110.00	
	FISH FILLET SANDWICH IN KAISER ROLL				110.00	
	CAPRESE IN FOCACCIA BREAD				110.00	
	FALAFEL BURGER (WHEAT BURGER BUNS)				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	<b>NOVEMBER 20, TUESDAY</b>					
		Primary	Price	Regular	Price	Amount
ASIAN	CHINESE STYLE ORANGE PORK		95.00		145.00	
	STEAMED RICE, ROASTED VEGETABLES					
CONTINENTAL 1	BEEF W/ MUSHROOMS		95.00		145.00	
	ROASTED POTATOES, ROASTED GREEN BEANS W/ GARLIC & LEMON					
CONTINENTAL 2	MEDITERRANEAN CHICKEN WITH POTATOES		95.00		145.00	
	STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC & LEMON					
PASTA	LINGUINE PASTA CARBONARA		95.00		145.00	
	FARFALLE & ZUCHINI WITH PESTO SAUCE (V)		95.00		145.00	
PLANT BASED	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				110.00	
	SALMON BAGEL				110.00	
	HAM & CHEESE FOCACCIA SANDWICH				110.00	
	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	<b>NOVEMBER 21, WEDNESDAY</b>					
		Primary	Price	Regular	Price	Amount
ASIAN	PORK IN SOUR SOUP (PORK SINIGANG)		95.00		145.00	

ASIAN	STEAMED RICE, SINIGANG VEGETABLES		95.00		145.00	
CONTINENTAL 1	CRISPY DIJON CHICKEN STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	BAKED COBBLER W/ PESTO SAUCE ROASTED MIXED VEGETABLES		95.00		145.00	
PASTA	SPAGHETTI WITH CHUNKY BOLOGNESE		95.00		145.00	
	FARFALLE W/ ALFREDO SAUCE		95.00		145.00	
PLANT BASED	EGGPLANT POLENTA CASSEROLE		95.00		145.00	
	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
GFCF MENU	GFCF PAN BAKED COBBLER W/ PESTO SAUCE		150.00		270.00	
	GFCF HAM PANINI		110.00		150.00	
SANDWICHES	CHICKEN HAM ENGLISH MUFFIN SANDWICH		-		110.00	
	BEEF & ONIONS IN KAISER ROLL				110.00	
	MEDITERRANEAN TUNA SANDWICH (WHOLE WHEAT)				110.00	
	GRILLED MUSHROOM & EGGPLANT SANDWICH IN WHEAT BREAD				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	<b>NOVEMBER 22, THURSDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN 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	SPAGHETTI PASTA WITH MUSHROOM MARINARA (V)		95.00		145.00	
	BAKED CHEESY PENNE					
PLANT BASED	SUMMER VEGETABLE PESTO BAKE		95.00		145.00	
	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
GFCF MENU	GFCF BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS		150.00		270.00	
	GFCF PASTA W/ MUSHROOM MARINARA		110.00		150.00	
SANDWICHES & PIZZA	MUSHROOM & ARUGULA PIZZA		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	HAM SALAD CROISSANT				110.00	
	CHICKEN CAESAR PANINI				110.00	
	TUNA SALAD FOCACCIA SANDWICH				110.00	



	SWEET POTATO & CORNCAKE BURGER				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						
M4	<b>NOVEMBER 23, FRIDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	THAI STYLE FISH CAKE 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	CHCKEN MARYLAND STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPER		95.00		145.00	
PASTA	BAKED PESTO & SPINACH MANICOTTI		95.00		145.00	
	BOWTIE PASTA WITH MARINARA SAUCE		95.00		145.00	
PLANT BASED	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 IN KAISER ROLL		-		110.00	
	CHESSY HAM (ENGLISH MUFFIN)		-		110.00	
	BEEF & MUSHROOMS SANDWICH (SOFT HOTDOG BUN)		-		110.00	
	BBQ TOFU SANDWICH IN WHOLE WHEAT BUN		-		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>NOVEMBER 26-30 2018</b>					
M5	<b>NOVEMBER 26, BEEFLESS MONDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED PORK BELLY STEAMED RICE, ROASTED SQUASH & LONG BEANS		95.00		145.00	
CONTINENTAL 1	BREADED FISH STICKS WITH TARTAR SAUCE STEAMED RICE, ROASTED SQUASH & LONG BEANS		95.00		145.00	
CONTINENTAL 2	SAUTEED CHICKEN BREAST WITH CREAMY SAUCE STEAMED RICE, ROASTED SQUASH & LONG BEANS		95.00		145.00	
PASTA	SPAGHETTI PASTA WITH MEATBALLS		95.00		145.00	
	FARFALLE & ZUCHINNI WITH PESTO SAUCE (V)		95.00		145.00	
PLANT BASED	STUFFED BELL PEPPERS		95.00		145.00	
	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					

GFCF MENU	GFCF PORK BELLY		150.00		270.00	
	GFCF PASTA MARINARA		110.00		150.00	
SANDWICHES	CHICKEN FILLET DELI BUN SANDWICH		60.00		110.00	
	ROASTED PORK SANDWICH		60.00		110.00	
	SPINACH AND MUSHROOM QUESADILLAS		-		110.00	
PLANT BASED	WHOLE WHEAT CAPRESE MELT PANINI (V)		60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - COBB SALAD		-		90.00	
	CUP - MEDITERRANEAN SALAD		-		70.00	
DRINKS						
M5	<b>NOVEMBER 27, TUESDAY</b>	Primary	Price	Regular	Price	Amount
ASIAN	SWEET & SOUR FISH STEAMED RICE, STEAMED GREEN BEANS & CARROTS		95.00		145.00	
CONTINENTAL 1	BEEF DAUBE PROVENCAL STEAMED RICE , STEAMED GREEN BEANS & CARROTS		95.00		145.00	
CONTINENTAL 2	LEMON GRILLED CHICKEN BREAST STEAMED RICE , STEAMED GREEN BEANS & CARROTS		95.00		145.00	
PASTA	FETUCCINE PASTA WITH ALFREDO SAUCE		95.00		145.00	
	TWIST PASTA WITH CREAMY TOMATO SPINACH SAUCE		95.00		145.00	
PLANT BASED	CAULIFLOWER RICE WITH MIXED VEGETABLES		95.00		145.00	
	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
GFCF MENU	GFCF BEEF DAUBE PROVENCAL		150.00		270.00	
	GFCF PASTA WITH WHITE SAUCE		110.00		150.00	
SANDWICHES	CHICKEN AND RANCH PANINI		60.00		110.00	
	WHOLE WHEAT CLASSIC TUNA CLUB		-		110.00	
	PORK STEAK & MUSHROOM IN KAISER ROLL		-		110.00	
	BBQ TOFU SANWICH (WHOLE WHEAT)		60.00		110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - MIXED GREEN SALAD		-		90.00	
	CUP - CAESAR SALAD		-		70.00	
DRINKS						
M5	<b>NOVEMEBER 28, WEDNESDAY</b>	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		95.00		145.00	

CONTINENTAL 2	STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC		95.00		145.00	
PASTA	LINGUINE IN CARBONARA SAUCE		95.00		145.00	
	PENNE PASTA WITH PESTO SAUCE		95.00		145.00	
PLANT BASED	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 WHEAT BREAD SANDWICH		-		110.00	
	SPINACH AND MUSHROOM QUESADILLAS		60.00		110.00	
	FRESH VEGETABLE WRAP WITH VEGAN MAYO		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	<b>NOVEMBER 29, THURSDAY</b>					
		Primary	Price	Regular	Price	Amount
ASIAN	FISH TEMPURA W/ TEMPURA SAUCE		95.00		145.00	
	STEAMED RICE, ROASTED BROCCOLI, CAULIFLOWER & BELL PEPPER					
CONTINENTAL 1	BEEF STRIPS WITH RED & GREEN BELL PEPPERS		95.00		145.00	
	STEAMED RICE, STEAMED SPINACH					
CONTINENTAL 2	CHICKEN WITH GARLIC HERB BUTTER SAUCE		95.00		145.00	
	STEAMED RICE, ROASTED BROCCOLI, CAULIFLOWER & BELL PEPPER					
PASTA	BAKED ZITI		95.00		145.00	
	SPAGHETTI PASTA WITH CHUNKY BOLOGNESE		95.00		145.00	
	PASTA PUTTANESCA		95.00		145.00	
PLANT BASED	SOBA NOODLES W/ MIXED VEGETABLES		95.00		145.00	
GFCF MENU	<b>**AVAILABLE ONLY FOR PRE ORDER**</b>					
	GFCF BEEF STRIPS WITH RED & GREEN BELL PEPPERS		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
SANDWICHES & PIZZA	VEGETARIAN PIZZA (v)		-		100.00	
	HAM PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	TUNA SALAD IN CROISSANT				110.00	
	ENGLISH BANGERS IN HOTDOG BUNS		-		110.00	
	CHICKPEA TACO				110.00	
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00	
	CUP - MIXED FRUITS		-		70.00	
	PLATE - COBB SALAD		-		90.00	

SALADS	CUPS- CAESAR SALAD		-		70.00	
DRINKS						
M5	<b>NOVEMEBR 30, FRIDAY</b>	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	BAKED MAC AND CHEESE		95.00		145.00	
	PENNE WITH MUSHROM CARBONARA		95.00		145.00	
PLANT BASED	<b>GROUND (TVP) W/ POTATOES, CARROTS &amp; PEAS</b>		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	TUNA MELT IN LOAF BREAD		-		110.00	
	DELI BUN BEEF PASTRAMI SANDWICH		-		110.00	
	ROASTED CHICKEN PESTO SANDWICH IN FOCCACIA		-		110.00	
	<b>TOFU "CHICKEN" STYLE SANDWICH (WHOLE WHEAT BREAD)</b>		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						
	<b>DRINK ITEMS</b>		<b>QTY</b>		<b>PRICE</b>	<b>AMOUNT</b>
	NESTLE FRESH MILK				45.00	
	JUST COCO BUKO JUICE				95.00	
	SPRING VALLEY (APPLE, ORANGE)				95.00	
	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				75.00	
	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)				65.00	
	MILK SHAKE 8oz (BANANA, STRAWBERRY, PLAIN)				70.00	
	SUMMIT GLASS WATER				55.00	
	PICOLE (WATERMELON, STRAWBERRY, MANGO, LEMON, NATURAL, MELON)				55.00	
	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 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](mailto:chefnanz@gmail.com) and [cafeteria.bsm@gmail.com](mailto: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](mailto:cafeteria.bsm@gmail.com)

Thank you for your continued support.