

CAFETERIA MONTHLY MENU

OCTOBER MENU



NAME _____

CLASS _____

CONTACT NUMBER _____ EMAIL _____

TEL NO. 8604800 LOC. 1126

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OCTOBER 01-05 2018						
M4	OCTOBER 01, 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	BAKED FISH W/ SPINACH & TOMATOES 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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MOROCCAN LEMON CHICKEN		150.00		270.00	
	GFCF PORK ADOBO		110.00		150.00	
SANDWICHES	PULLED PORK SANDWICH IN DELI BUNS		-		110.00	
	CRISPY FISH FILLET SANDWICH IN KAISER ROLL		-		110.00	
	CAPRESE FOCACCIA PANINI (V)		-		110.00	
PLANT BASED / VEGAN	MUSHROOM & ARUGULA WHEAT SANDWICH		-		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	OCTOBER 02, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF CHINESE STYLE ORANGE PORK		150.00		270.00	
	GFCF BACON, LETTUCE & TOMATO SANDWICH		110.00		150.00	
SANDWICHES	GRILLED CHICKEN WITH HONEY MUSTARD 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	OCTOBER 03, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF FISH & POTATO WEDGES		150.00		270.00	
	GFCF HAM PANINI		110.00		150.00	
SANDWICHES	CHICKEN HAM SANDWICH		60.00		110.00	
	BEEF & ONIONS IN KAISER ROLL		-		110.00	
	MEDITERRANEAN TUNA SANDWICH (WHOLE WHEAT)		-		110.00	
PLANT BASED / VEGAN	CRISPY VEGGIE TOFU IN 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	OCTOBER 04, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	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	
	HAWAIIAN PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	ROASTED CHICKEN PESTO PANINI		60.00		110.00	
	TUNA SALAD FOCACCIA SANDWICH		60.00		110.00	
PLANT BASED / VEGAN	FRESH VEGETABLE WRAP WITH VEGAN MAYO					
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	OCTOBER 05, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	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						
OCTOBER 08-12 2018 (HALF TERM BREAK)						
OCTOBER 15-19 2018						
M6	OCTOBER 15, MONDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK KALDERETA STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 1	ROASTED ORANGE CHICKEN STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	BAKED PARMESAN CRUSTED FISH STEAMED RICE , ROASTED MIXED VEGETABLES		95.00		145.00	
PASTA	PASTA WITH ALFREDO SAUCE		95.00		145.00	
PLANT BASED / VEGAN	ORIENTAL GLASS NOODLES W/ SPRING VEGETABLES		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK KALDERETA		150.00		270.00	
	GFCF PASTA PESTO SAUCE		150.00		270.00	
SANDWICHES	CLASSIC TUNA SALAD SANDWICH		60.00		110.00	
	WHOLE WHEAT EGG SALAD CLUB SANDWICH		-		110.00	
	CHICKEN AND ASPARAGUS CROISSANT		-		110.00	
PLANT BASED / VEGAN	GRILLED EGGPLANT SANDWICH (WHOLE WHEAT)		-		110.00	
FRUITS & SALADS	CUP - MIXED FRUITS		70.00		70.00	
	PLATE - MIXED FRUIT		70.00		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP - CAESAR SALAD		-		70.00	
DRINKS						
M6	OCTOBER 16, 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	**AVAILABLE ONLY FOR PRE ORDER**					
	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	
	BACON, LETTUCE & TOMATO SANDWICH (WHEAT BREAD)		-		110.00	
PLANT BASED / VEGAN	BLACK BEANS & MUSHROOM BURGER 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						
M6	OCTOBER 17, WEDNESDAY					
ASIAN	PORK STEAK WITH LEMON SAUCE	Primary	95.00	Regular	145.00	Amount
	STEAMED RICE , STEAMED BABY CORN, CARROTS & SNOW PEAS					
CONTINENTAL 1	MEDITERRANEAN CHICKEN WITH POTATOES		95.00		145.00	
	STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS					
CONTINENTAL 2	FISH STICKS WITH MARINARA DIP		95.00		145.00	
	STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS					
PASTA	CHESSY CANNELONI		95.00		145.00	
PLANT BASED / VEGAN	CRISPY TOFU "CHICKEN" W/ MIXED VEGETABLES		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK STEAK WITH LEMON SAUCE		150.00		270.00	
	GFCF VEGETABLE SANDWICH		100.00		150.00	
SANDWICHES	TURKEY & VEGETABLE WRAP		60.00		110.00	
	OPEN FACED MUSHROOM MELT (FOCACCIA BREAD)		60.00		110.00	
	BREAKFAST PANINI (HAM, SCRAMBLED EGG, CHEESE)		60.00		110.00	
PLANT BASED / VEGAN	AVOCADO, LETTUCE AND TOMATO ON WHEAT BREAD (ALT)		-		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	OCTOBER 18, THURSDAY					
ASIAN	STIR FRY FISH WITH SWEET SOY	Primary	95.00	Regular	145.00	Amount
	STEAMED RICE, BOILED SAYOTE W/ TOMATOES & ONIONS					
CONTINENTAL 1	CRISPY DIJON CHICKEN		95.00		145.00	
	STEAMED RICE, BOILED SAYOTE W/ TOMATOES & ONIONS					
CONTINENTAL 2	SHEPHERD'S PIE		95.00		145.00	
	ROASTED LONG BEANS & SQUASH					
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	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF SHEPHERD'S PIE		150.00		270.00	
	GFCF PASTA WITH ROASTED VEGETABLE & PESTO		150.00		270.00	
SANDWICHES	PESTO AND CHEESE PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	HAWAIIAN PIZZA		-		100.00	
	HAM AND CHEESE SALAD CROISSANT		-		110.00	
	CHICKEN SALAD CLUB		-		110.00	
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	OCTOBER 19, FRIDAY					
ASIAN	PORK TERRIYAKI	Primary	95.00	Regular	145.00	Amount
	STEAMED RICE, ROASTED VEGETABLES					
CONTINENTAL 1	CREAMY GARLIC FISH		95.00		145.00	
	STEAMED RICE, ROASTED VEGETABLES					
CONTINENTAL 2	CHICKEN CORNFLAKES		95.00		145.00	
	STEAMED RICE, ROASTED VEGETABLES					
PASTA	BAKED MACARONI AND CHEESE		95.00		145.00	
PLANT BASED / VEGAN	QUINOA W/ MIXED VEGETABLES		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF CHICKEN CORNFLAKES		150.00		270.00	
	GFCF PORK TERRIYAKI		100.00		150.00	
SANDWICHES	HAM AND CHEESE CLUB		-		110.00	
	CHICKEN CAESAR FOCCACCIA PANIN		60.00		110.00	
	ROASTED BEEF SANDWICH IN HOTDOG BUNS		60.00		110.00	
PLANT BASED / VEGAN	ROASTED VEGETABLE PANINI (WHOLE WHEAT)		60.00		110.00	
	PLATE - MIXED FRUITS		-		90.00	

FRESH FRUITS	CUP - MIXED FRUITS		-		70.00	
SALADS	PLATE - CAESAR SALAD		-		90.00	
	CUP- MIXED GREENS SALAD		-		70.00	
DRINKS						
FOR THE WEEK OF OCTOBER 22-26 2018						
M7	OCTOBER 22, 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	
PLANT BASED / VEGAN	DAD'S RATATOUILLE		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK TENDERLOIN WITH APPLES		150.00		270.00	
	GFCF BRAISED PORK BBQ SANDWICH		100.00		150.00	
SANDWICHES	GRILLED HAM AND CHEESE PANINI		60.00		110.00	
	PULLED PORK BBQ SANDWICH IN KAISER ROLL				110.00	
	CHICKEN AND RANCH PANINI		60.00		110.00	
PLANT BASED / VEGAN	ARUGULA, MOZZARELLA & TOMATO ON WHEAT BREAD (VEGETARIAN)				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						
M7	OCTOBER 23, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK TONKATSU STEAMED RICE, SAUTEED LONG BEANS		95.00		145.00	
CONTINENTAL 1	BEEF BOURGUIGNON STEAMED RICE, SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	BAKED MEDITERRANEAN FISH FILLET STEAMED RICE, SAUTEED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
PASTA	FETTUCCINE ALFREDO		95.00		145.00	
PLANT BASED / VEGAN	TOFU IN LIGHT SOY		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF BEEF BOURGUIGNON		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
SANDWICHES	TUNA SALAD SANDWICH				110.00	
	CHICKEN HAM ENGLISH MUFFIN				110.00	
	ENGLISH BANGERS ON HOTDOG BUNS				110.00	
PLANT BASED / VEGAN	TUNA CHICKPEA SALAD SANDWICH IN WHEAT BREAD				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						
M7	OCTOBER 24, 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	
PLANT BASED / VEGAN	POTATO SPINACH CASSEROLE		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MOROCCAN PORK STEAK WITH GRAVY		150.00		270.00	
	GFCF CRISPY FISH BURGER		150.00		150.00	
SANDWICHES	CHICKEN FILLET IN DELI BUN				110.00	
	GRILLED CHEESE SANDWICH WITH BACON AND PEAR PANINI		60.00		110.00	
	BEEF PASTRAMI SANDWICH (HOTDOG BUN)				110.00	
PLANT BASED / VEGAN	GRILLED MUSHROOM & EGGPLANT SANDWICH (WHEAT BURGER BUN)				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						
M7	OCTOBER 25, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	BEEF WITH SOY LEMON SAUCE STEAMED RICE, STIR FRY GREEN BEANS		95.00		145.00	
CONTINENTAL 1	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CORNFLAKES CHICKEN WITH HONEY MUSTARD		95.00		145.00	

CONTINENTAL 2	STEAMED RICE, SAUTEED MIXED VEGETABLES		95.00		145.00		
PASTA	BAKED PESTO & SPINACH LASAGNA		95.00		145.00		
PLANT BASED / VEGAN	BARBEQUED TOFU WITH BROWN RICE		95.00		145.00		
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF CHICKEN FLORENTINE W/ PESTO PASTA		150.00		270.00		
	GFCF HAM SANDWCH		100.00		150.00		
SANDWICHES	MARGARITA PIZZA (BASIL, TOMATO, MOZZARELLA)		-		100.00		
	HAM PIZZA		-		100.00		
	CHEESE PIZZA		-		100.00		
	PORK W/ MUSHROOM PANINI						
	CHICKEN AND RANCH WRAP						
	HAM AND CHEESE PANINI						
PLANT BASED / VEGAN	CHICKPEA SALAD SANDWICH IN WHEAT BREAD		-		110.00		
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - COBB SALAD		-		90.00		
	CUP- MIXED GREEN SALAD		-		70.00		
DRINKS							
M7	OCTOBER 26, 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		
PLANT BASED / VEGAN	PASTA WITH ROASTED VEGETABLES		95.00		145.00		
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF CHICKEN AFRITADA		150.00		270.00		
	GFCF MEATBALL SANDWICH		100.00		150.00		
SANDWICHES	CHEESE BURGER SANWICH				110.00		
	TUNA SALAD SANDWICH IN FOCACCIA BREAD				110.00		
	BREAKFAST SANDWICH IN ENGLISH MUFFIN				110.00		
PLANT BASED / VEGAN	TOFU 'BACON' LETTUCE, TOMATO IN WHEAT BUNS				110.00		
FRESH FRUITS	PLATE - MIXED FRUITS				90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - GARDEN SALAD		-		90.00		
	CUP - GREEK SALAD		-		70.00		
DRINKS							
FOR THE WEEK OF OCTOBER 29 - NOVEMBER 02 2018							
M1	OCTOBER 29, 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	SWEET CHILI SALMON SKEWERS STEAMED RICE , SAUTEED BROCCOLI AND CARROTS		95.00		145.00		
PASTA	PASTA W/ PESTO SAUCE		95.00		145.00		
PLANT BASED / VEGAN	TUSCAN STYLE SHEPHERD'S PIE		95.00		145.00		
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF PORK & BEANS STEW		150.00		270.00		
	GF CAPRESE SANDWICH		100.00		150.00		
SANDWICHES	CAPRESE MELT PANINI (V)		60.00		110.00		
	GRILLED CHICKEN WITH HONEY MUSTARD PANINI		60.00		110.00		
	HAM AND CHEESE SANDWICH CLUB				110.00		
PLANT BASED / VEGAN	FRESH VEGETABLE WRAP SERVED WITH VEGAN MAYO		60.00		110.00		
FRESH FRUITS	PLATE - MIXED FRUITS		-		90.00		
	CUP - MIXED FRUITS		-		70.00		
SALADS	PLATE - GARDEN SALAD		-		90.00		
	CUP - GREEK SALAD		-		70.00		
DRINKS							
M1	OCTOBER 30, TUESDAY	Primary	Price	Regular	Price	Amount	
ASIAN	STIR FRY BEEF & BROCCOLI 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	CHICKEN WITH MUSHROOM GRAVY STEAMED RICE, SAUTEED YOUNGCORN AND SNOW PEAS		95.00		145.00		
PASTA	PASTA WITH CARBONARA SAUCE		95.00		145.00		
PLANT BASED / VEGAN	LENTIL CHILI		95.00		145.00		
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF STIR FRY BEEF & BROCCOLI		150.00		270.00		
	GFCF PASTA WITH MARINARA		150.00		270.00		
	GRILLED TUNA AND CHEESE PANINI		60.00		110.00		

SANDWICHES	BEEF PASTRAMI IN DELI BUNS				110.00	
	SPINACH AND MUSHROOM MELT PANINI		60.00		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 - COBB SALAD		-		90.00	
	CUP - GARDEN SALAD		-		70.00	
DRINKS						
M1	OCTOBER 30, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	PORK BULGOGI		95.00		145.00	
	STEAMED RICE, SAUTEED LOCAL SPINACH					
CONTINENTAL 1	BAKED FISH WITH ORANGE SAUCE		95.00		145.00	
	STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC					
CONTINENTAL 2	CHICKEN CORDON BLEU		95.00		145.00	
	STEAMED RICE, SAUTEED GREEN BEANS W/ GARLIC					
PASTA	FUSSILI WITH TOMATO CREAM SAUCE		95.00		145.00	
PLANT BASED / VEGAN	TOFU AND VEGETABLE MASALA		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF PORK BULGOGI		150.00		270.00	
	GFCF HAM SANDWICH		100.00		150.00	
SANDWICHES	MEATBALL SANDWICH				100.00	
	GRILLED HAM AND CHEESE SANDWICH				110.00	
	EGG SALAD CLUB SANDWICH				110.00	
PLANT BASED / VEGAN	VEGETABLE BURGER				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						
	DRINK ITEMS		QTY		PRICE	AMOUNT
	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)				60.00	
	MILK SHAKE 8oz (BANANA, STRAWBERRY, PLAIN)				65.00	
	SUMMIT GLASS 330ML WATER				55.00	
	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 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.