

NAME _____

CAFETERIA MONTHLY MENU

CLASS _____

SEPTEMBER MENU

CONTACT NUMBER	EMAIL	BRITISH SCHOOL MANILA				
FOR THE WEEK OF SEPTEMBER 3-7 2018		Primary	Price	Regular	Price	Amount
M7		SEPTEMBER 3, MONDAY				
ASIAN	FISH MASALA STEAMED RICE, STEAMED 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 CAESAR WRAP				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		SEPTEMBER 4, TUESDAY				
ASIAN	PORK TONKATSU STEAMED RICE, ROASTED LONG BEANS		95.00		145.00	
CONTINENTAL 1	BEEF BOURGIGNON STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	BAKED MEDITERRANEAN FISH FILLET STEAMED RICE, ROASTED 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 BOURGIGNON		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
SANDWICHES	TUNA SALAD SANDWICH		60.00		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		SEPTEMBER 5, WEDNESDAY				
ASIAN	FISH TEMPURA W/ TEMPURA SAUCE STEAMED RICE, ROASTED 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		100.00		150.00	
SANDWICHES	CRISPY FISH PANINI		60.00		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 EGGPLANT SANDWICH (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						
M7		SEPTEMBER 6, THURSDAY				
ASIAN	BEEF WITH SOY LEMON SAUCE STEAMED RICE, STIR FRY GREEN BEANS		95.00		145.00	
CONTINENTAL 1	BAKED FISH WITH CREAMY GARLIC SAUCE STEAMED RICE, ROASTED MIXED VEGETABLES		95.00		145.00	
CONTINENTAL 2	CORNFLAKES CHICKEN WITH HONEY MUSTARD STEAMED RICE, ROASTED 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 SANDWICH		100.00		150.00	
SANDWICHES	MUSHROOM PIZZA (V)		-		100.00	
	PEPPERONI PIZZA		-		100.00	
	CHEESE PIZZA		-		100.00	
	PORK W/ MUSHROOM PANINI		60.00			
	EGG SALAD SANDWICH		60.00			
	TUNA MELT LOAF BREAD					
PLANT BASED / VEGAN	"SMOKEY BACON" WITH TOASTED BREAD (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	SEPTEMBER 7, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN AFRITADA	STEAMED RICE, ROASTED 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 SANDWICH					110.00	
	TUNA SALAD SANDWICH IN FOCACCIA BREAD			60.00		110.00	
	BREAKFAST BAGEL					110.00	
PLANT BASED / VEGAN	MARYLAND "CRABCAKE" BURGER					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 SEPTEMBER 10-14 2018							
M1	SEPTEMBER 10, MONDAY		Primary	Price	Regular	Price	Amount
ASIAN	CHICKEN SALPICAO	ROASTED CABBAGE, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 1	PORK & BEANS STEW	STEAMED RICE, STEAMED BROCCOLI & CARROTS		95.00		145.00	
CONTINENTAL 2	SWEET CHILI SALMON SKEWERS	STEAMED RICE, STEAMED 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 SOUR CREAM					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							
M1	SEPTEMBER 11, TUESDAY		Primary	Price	Regular	Price	Amount
ASIAN	STIR FRY BEEF & BROCCOLI	STEAMED RICE, STEAMED SQUASH & LONG BEANS		95.00		145.00	
CONTINENTAL 1	HERBED CRUSTED PORK TENDERLOIN	STEAMED RICE, ROASTED YOUNG CORN AND SNOW PEAS		95.00		145.00	
CONTINENTAL 2	CHICKEN WITH MUSHROOM GRAVY	STEAMED RICE, ROASTED 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	
SANDWICHES	GRILLED TUNA AND CHEESE PANINI			60.00		110.00	
	CHICKEN BBQ IN DELI BUN					110.00	
	BACON, LETTUCE & TOMATO SANDWICH (WHEAT BREAD)					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	SEPTEMBER 12, WEDNESDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK BULGOGI	STEAMED RICE, STEAMED LOCAL SPINACH		95.00		145.00	
CONTINENTAL 1	BAKED FISH WITH ORANGE SAUCE	STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC		95.00		145.00	
CONTINENTAL 2	CHICKEN CORDON BLEU	STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC		95.00		145.00	
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			60.00		100.00	
	GRILLED HAM AND CHEESE SANDWICH			60.00		110.00	
	EGG SALAD CLUB SANDWICH					110.00	
PLANT BASED / VEGAN	TOFU "CHICKEN" STYLE 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							

M1	SEPTEMBER 13, THURSDAY		Primary	Price	Regular	Price	Amount
ASIAN	INDIAN TANDOORI CHICKEN STEAMED RICE, STEAMED NAPA CABBAGE, CAULIFLOWER & RED BELL PEPPER			95.00		145.00	
CONTINENTAL 1	ENGLISH BANGERS W/ MASHED POTATO ROASTED ASPARAGUS, CARROTS & RED BELL PEPPER			95.00		145.00	
CONTINENTAL 2	BEEF STROGANOFF STEAMED RICE, STEAMED NAPA CABBAGE, CAULIFLOWER & RED BELL PEPPER			95.00		145.00	
PASTA	SPAGHETTI WITH MEAT BALLS (PORK)			95.00		145.00	
PLANT BASED / VEGAN	WHOLE WHEAT PASTA & KALE			95.00		145.00	
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	
SANDWICHES	VEGETARIAN PIZZA (v)			-		100.00	
	PEPPERONI PIZZA			-		100.00	
	CHEESE PIZZA					100.00	
	CHICKEN FILLET SANDWICH			60.00		110.00	
	GRILLED CHEESE PANINI MELT			60.00		110.00	
PLANT BASED / VEGAN	MUSHROOM & ARUGULA SANDWICH (WHEAT BREAD)					110.00	
FRESH FRUITS	PLATE - MIXED FRUITS					90.00	
	CUP - MIXED FRUITS			-		70.00	
SALADS	PLATE - MIXED GREENS SALAD			-		90.00	
	CUPS- GARDEN SALAD			-		70.00	
DRINKS							
M1	SEPTEMBER 14, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK BARBEQUE SKEWERS STEAMED RICE, ROASTED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 1	CHICKEN CORNFLAKES STEAMED RICE, ROASTED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 2	BAKED FISH W/ SPINACH & TOMATOES STEAMED RICE, ROASTED MIXED VEGETABLES			95.00		145.00	
PASTA	CREAMY MUSHROOM PASTA			95.00		145.00	
PLANT BASED / VEGAN	CARROT NOODLE & QUINOA BOLOGNESE			95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF PORK ADOBO			150.00		270.00	
	GFCF TUNA SALAD SANDWICH			100.00		150.00	
SANDWICHES	TUNA SALAD SANDWICH			60.00		110.00	
	ROASTED CHICKEN PESTO PANINI			60.00		110.00	
	BEEF PASTRAMI SANDWICH			60.00		110.00	
PLANT BASED / VEGAN	LEMON GRILLED TOFU SANDWICH IN 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							
FOR THE WEEK OF SEPTEMBER 17-21, 2018							
M2	SEPTEMBER 17, MONDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK KALDERETA STEAMED RICE, ROASTED LONG BEANS & SQUASH			95.00		145.00	
CONTINENTAL 1	PAN SEARED CHICKEN WITH CREAMY MUSHROOMS MASHED POTATOES, STEAMED BROCCOLI, CARROTS & RED BELL PEPPERS			95.00		145.00	
CONTINENTAL 2	BREADED FISH STICKS WITH TARTAR SAUCE STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPERS			95.00		145.00	
PASTA	BAKED CHICKEN & CHEESE MANICOTTI			95.00		145.00	
PLANT BASED / VEGAN	HERBED 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			60.00		110.00	
	HAM & CHEESE SANDWICH IN FOCACCIA BREAD			60.00		110.00	
PLANT BASED / VEGAN	SHIITAKE MUSHROOMS PANINI (VEGETARIAN)					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	SEPTEMBER 18, 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, ROASTED GREEN BEANS, CARROTS & TOMATOES			95.00		145.00	
CONTINENTAL 2	SALMON FISH CAKE MASHED POTATOES, ROASTED GREEN BEANS, CARROTS & TOMATOES			95.00		145.00	
PASTA	FARFALLE PASTA WITH CARBONARA SAUCE			95.00		145.00	
PLANT BASED / VEGAN	BLACK BEAN & MUSHROOM BURGER			95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	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 / VEGAN	BLACK BEAN & MUSHROOM BURGER SANDWICH (WHEAT BREAD)					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							

M2	SEPTEMBER 19, WEDNESDAY		Primary	Price	Regular	Price	Amount
ASIAN	GRILLED PORK BELLY STEAMED RICE, STEAMED 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, ROASTED TOMATOES & GREEN BEANS			95.00		145.00	
PASTA	BAKED CHEESY PENNE (VEGETARIAN)			95.00		145.00	
PLANT BASED / VEGAN	WHOLE WHEAT PASTA WITH ROASTED VEGETABLES			95.00		145.00	
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	
SANDWICHES	CREPE STATION - FRUITY OR SAVORY					100.00	
	TUNA SALAD SANDWICH			60.00		110.00	
	CHICKEN & RANCH SALAD WRAP					110.00	
PLANT BASED / VEGAN	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	SEPTEMBER 20, THURSDAY		Primary	Price	Regular	Price	Amount
ASIAN	PORK & VEGETABLE CHOW MEIN STEAMED RICE			95.00		145.00	
CONTINENTAL 1	MEDITERRANEAN BEEF STEW STEAMED RICE, ROASTED ZUCCHINI PARMESAN			95.00		145.00	
CONTINENTAL 2	FISH & CHIPS ROASTED HONEY CARROTS			95.00		145.00	
PASTA	PASTA WITH PESTO SAUCE			95.00		145.00	
PLANT BASED / VEGAN	PUMPKIN QUINOA WITH THYME			95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF FISH & CHIPS			150.00		270.00	
	GFCF PASTA WITH CREAM SAUCE (SOYMILK)			150.00		270.00	
SANDWICHES	HAM, PEPPERONI AND CHEESE PIZZA			-		100.00	
	THREE CHEESE PIZZA					100.00	
	CHUNKY FOCACCIA PIZZA MELT (VEGETARIAN)					110.00	
	CRISPY FISH BURGER					110.00	
PLANT BASED / VEGAN	CHICKEPEA SOFT TACOS					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							
M2	SEPTEMBER 21, FRIDAY		Primary	Price	Regular	Price	Amount
ASIAN	BAKED FISH WITH OYSTER SAUCE STEAMED RICE, ROASTED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 1	GINGER SCALLION PORK TENDERLOIN 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	
PLANT BASED / VEGAN	VEGETABLE CURRY WITH BROWN RICE			95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF MEDITERRANEAN BEEF STEW			150.00		270.00	
	GFCF HAM SANDWICH			110.00		150.00	
SANDWICHES	ENGLISH BANGERS PANINI					110.00	
	PHILLY CHEESE STEAK SANDWICH			60.00		110.00	
	MOZARELLA, BASIL & TOMATO PANINI (v)			60.00		110.00	
PLANT BASED / VEGAN	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 - GREEK SALAD			-		70.00	
DRINKS							
FOR THE WEEK OF SEPTEMBER 24-28 2018							
M3	SEPTEMBER 24, MONDAY		Primary	Price	Regular	Price	Amount
ASIAN	HONEY CHICKEN BARBEQUE STEAMED RICE, STEAMED MIXED VEGETABLES			95.00		145.00	
CONTINENTAL 1	BREADED FISH FILLET WITH CREAM SAUCE STEAMED RICE, ROASTED GREEN BEANS, TURNIPS & CARROTS			95.00		145.00	
CONTINENTAL 2	ROASTED PORK LOIN WITH APPLES STEAMED RICE, ROASTED GREEN BEANS, TURNIPS & CARROTS			95.00		145.00	
PASTA	BAKED MAC AND CHEESE			95.00		145.00	
PLANT BASED / VEGAN	STIR FRIED NOODLES WITH VEGETABLES			95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**						
	GFCF BEEF BOURGUIGNON			150.00		270.00	
	GFCF CHICKEN CAESAR SANDWICH			110.00		150.00	
SANDWICHES	HAM & CHEESE CROISSANT					110.00	
	CHICKEN CAESAR PANINI IN FOCACCIA BREAD			60.00		110.00	
	BEEF PASTRAMI SANDWICH IN HOTDOG BUN					110.00	
PLANT BASED / VEGAN	VEGETABLE BURGER SANDWICH (WHEAT BREAD)					110.00	
SALADS	PLATE - GREEK SALAD					90.00	
	MINI SALAD CUPS - CAESAR SALAD					70.00	
FRESH FRUITS	MINI FRUIT CUP - MIXED FRUIT			-		90.00	
	CUP - MIXED FRUITS			-		70.00	
DRINKS							

M3	SEPTEMBER 25, TUESDAY	Primary	Price	Regular	Price	Amount
ASIAN	FISH TONKATSU STEAMED RICE, STEAMED YOUNG CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	BEEF BOURGUIGNON MASHED POTATO, ROASTED BROCCOLI, CARROTS & RED BELL PEPPER		95.00		145.00	
CONTINENTAL 2	CHICKEN PICATTA STEAMED RICE, ROASTED BROCCOLI, CARROTS & RED BELL PEPPER		95.00		145.00	
PASTA	PASTA PRIMAVERA		95.00		145.00	
PLANT BASED / VEGAN	LENTIL & SWEET POTATO BURGER		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF MEDITERRANEAN FISH		150.00		270.00	
	GFCF PASTA WITH MARINARA		150.00		270.00	
SANDWICHES	CHICKEN CAESAR PANINI		60.00		110.00	
	STEAK SANDWICH WITH CAMELIZED ONIONS		60.00		110.00	
	CAPRESE PANINI MELT (V)		60.00		110.00	
PLANT BASED / VEGAN	CHICKPEA TUNA SALAD SANDWICH		60.00		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	SEPTEMBER 26, WEDNESDAY	Primary	Price	Regular	Price	Amount
ASIAN	KALBI CHIM BONELESS (PORK) STEAMED RICE, BRAISED BOKCHOY WITH OYSTER SAUCE		95.00		145.00	
CONTINENTAL 1	CHICKEN WITH 40 CLOVES OF GARLIC STEAMED RICE & ROASTED LONG BEANS & SQUASH		95.00		145.00	
CONTINENTAL 2	CHILI LIME FISH CAKE STEAMED RICE & ROASTED LONG BEANS & SQUASH		95.00		145.00	
PASTA	PASTA CARBONARA W/ BACON BITS		95.00		145.00	
PLANT BASED / VEGAN	CRISPY TOFU PAD THAI		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF KALBI CHIM BONELESS		150.00		270.00	
	GFCF BEEF STEAK W/ CAMELIZED ONIONS SANDWICH		110.00		150.00	
SANDWICHES	MUSHROOM MELT IN FOCACCIA BREAD		60.00		110.00	
	BEEF STEAK W/ CAMELIZED ONIONS SANDWICH		60.00		110.00	
	CHICKEN FILLET PANINI SANDWICH		60.00		110.00	
PLANT BASED / VEGAN	VEGGIE TOFU WHOLE WHEAT SANDWICH				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	SEPTEMBER 27, THURSDAY	Primary	Price	Regular	Price	Amount
ASIAN	GRILLED TUNA BELLY WITH SOY MISO SAUCE STEAMED RICE, STEAMED BABY CORN, CARROTS & SNOW PEAS		95.00		145.00	
CONTINENTAL 1	MOROCCAN BURGER STEAK STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
CONTINENTAL 2	YOGURT BRINED CHICKEN FILLETS WITH GRAVY STEAMED RICE, ROASTED CAULIFLOWER, GREEN BEANS & RED BELL PEPPERS		95.00		145.00	
PASTA	LINGUINE WITH SAUSAGE & MEAT BOLOGNESE		95.00		145.00	
PLANT BASED / VEGAN	TANDOORI TEMPEH W/ TURMERIC RICE		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	GFCF GRILLED TUNA BELLY WITH TERIYAKI SAUCE		150.00		270.00	
	GFCF HAM SANDWICH		110.00		150.00	
SANDWICHES	MUSHROOM PIZZA (V)		-		100.00	
	HAWAIIAN PIZZA		-		100.00	
	CHEESE PIZZA				100.00	
	CHICKEN SALAD CROISSANT				110.00	
PLANT BASED / VEGAN	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	SEPTEMBER 28, FRIDAY	Primary	Price	Regular	Price	Amount
ASIAN	SAUTEED FISH WITH CURRY SAUCE STEAMED RICE, STEAMED 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	PORK STEW WITH BEANS AND SAUSAGE STEAMED RICE, ROASTED VEGETABLES		95.00		145.00	
PASTA	FARFALLE & ZUCHINI WITH PESTO SAUCE (V)		95.00		145.00	
PLANT BASED / VEGAN	SWEET POTATO & CORNCAKE SERVED W/ STEAMED VEGETABLES		95.00		145.00	
GFCF MENU	**AVAILABLE ONLY FOR PRE ORDER**					
	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	
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 - GARDEN SALAD		-		70.00	
DRINKS						

DRINK ITEMS		QTY	PRICE	AMOUNT
	NESTLE FRESH MILK			45.00
	JUST COCO BUKO JUICE			95.00
	SPRING VALLEY (APPLE, ORANGE)			85.00
	COWHEAD MILK (LITE, PURE)			45.00
	ARLA STRAWBERRY MILK			45.00
	CERES JUICE (APPLE, ORANGE)			50.00
	DUTCHMILL (BLUEBERRY, STRAWBERRY, MIXED FRUIT, SUPERBERRIES)			45.00
	DEL MONTE DRINK (MANGO, FOURSEASONS)			45.00
	WELCH'S GRAPE 16OZ			95.00
	TREETOP APPLE JUICE			65.00
	MOTT'S APPLE JUICE			60.00
	SILK SOY MILK VANILLA			70.00
	EVIAN WATER			80.00
	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
	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 ICM

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.