


FIXED BOARD ONE MONTH CYCLE MENU (NOVEMBER 2014)

SILLIMAN UNIVERSITY FOOD SERVICES

	Day 1 Tues.	Day 2 Wed.	Day 3 Thur.	Day 4 Fri.	Day 5 Sat.	Day 6 Sun.	Day 7 Mon.	Day 8 Tues.	Day 9 Wed.	Day 10 Thur.	Day 11 Fri.	Day 12 Sat.	Day 13 Sun.	Day 14 Mon.	Day 15 Tues.
B - F A S T	Luncheon Meat Scrambled Egg Rice Milo	Ground pork (Pinamala) Rice Bread Milo	Bangus Lamayo Pork & Beans Rice Coffee	Corned beef w/ potatoes Rice Puto maya Tsokolate	Hotdog Reg. Boiled Egg Rice Milo	Beef Tapa Rice Mango Sliced Coffee	Native Longaniza Ampalaya w/ egg Rice Milo	Fried fish Egg Omelette Rice Coffee	Chicken Galantina Tuna Mechado Rice Milo	Chicken Adobo Rice Bread Coffee	Hamburger patties Fried egg Rice Milo	Pork Tocino Rice Papaya Coffee	Fish Inun -on Scrambled egg Rice Milo	Eggball Tuna Solid in oil Rice Coffee	Jumbo Hotdog Rice Oatmeal Milo
L U N C H	Chicken Hawaii Chopsuey Rice Banana	Lechon de carajay Squash -dabong w/ tuno Rice Chocolate candy	Fried Chicken Spaghetti Rice Water melon	Bicol Express Kalubay -carrots guis. Rice Oatmeal cookies	Fish Tinola Meatball Rice Cassava gel	Pork Piquat Bas -oy Rice Fried Banana	Chicken Halang - halang Fried Bulad Rice Bocayo	Pork w/ sauce Pinakbet Rice Double bar	Fish Rolls Bihon calo -calo Rice Ice candy	Beef Nilat -an Lumpiang Hanoi Rice Banana	Chicken Afritada Shrimp Gumbo Rice Cutchinta	Beef Stroganoff Cabbage guis. Rice Ube cupcake	Chicken Curry Pensic Frito Rice Cookie bar	Pork Asado Sorable noodle Rice Choco trillion	Fried chicken Mongo w/ tuno Rice Butterscotch
S U P P E R	Pork w/ mush- room sauce Bam -ie Rice Choco cupcake	Grilled Fish Menudo Rice Macarons	Beef strips w/ cauliflower Fried Veg. Lumpia Rice Cappucino Bar	Grilled porkchop Coleslaw Rice Hopia	Chicken Estofa- do Baked Macaroni Rice Crinkles	Fish w/ butter sauce Sotanghon guis. Rice Apple	Beef Teriyaki Sauteed mix veg. Rice Cornstrach cookies	Breaded Baked Chicken Carbonara Rice Juice	Beef Calderita Eggplant Salad guis. Rice Chocolate cookies	Pork Barbeque Picked papaya Rice Pandan cupcake	Fish w/ soy sauce Pork w/ white beans Rice Crinkles	Fish Escabeche Chili con came Rice Hello Choco	Pork Ginger Stringbeans- carrots guis. Rice Banana turon	Fried Porkchop Squash -cab- bage guis. Rice Inipit	Beef w/ oyster sauce Veg. sari -sari guis. Rice Banana
	Day 16 Wed.	Day 17 Thur.	Day 18 Fri.	Day 19 Sat.	Day 20 Sun.	Day 21 Mon.	Day 22 Tues.	Day 23 Wed.	Day 24 Thur.	Day 25 Fri.	Day 26 Sat.	Day 27 Sun.	Day 28 Mon.	Day 29 Tues.	Day 30 Wed.
B - F A S T	Breaded Fish Rice Bodbod Tsokolate	Skinless Chorizo Boiled Egg Rice Milo	Beef Steak Rice Banana Coffee	Morcon Fried Dilis Rice Champorado Milo	Sweet Ham Egg Omelette Rice Coffee	Ground pork (Pinamala) Rice Bread Milo	Fish Inun -on Fried Egg Rice Coffee	Pork Tapa Rice Bread Milo	Sardines guis. Scrambled Egg Rice Coffee	Chicken Galantina Tuna Mechado Rice Milo	Meatball Egg Omelette Rice Coffee	Corned beef w/ potatoes Rice Sliced Bread Milo	Fried Fish Pork & Beans Rice Coffee	Beef Tapa Rice Banana Milo	Chicken Longa- niza Fried egg Rice Coffee
L U N C H	Fish Estofado Batchoy Rice Fruitmix	Pork w/ tausi Sauce Russian salad Rice Food for the gods	Fish Salpicao Lumpia shang- hai Rice Biko w/ latik	Fried Pork Misua w/ sequa Rice Milk Bar	Chicken -Bicol - express Stringbeans w/ se same seeds Rice Caramel Tart	Lechon de carajay Veg. Sari -sari w/ tuno Rice Peanut Brittle	Beef Cocido Macaroni Salad Rice Choco rumble	Fried Chicken Utan law -oy Rice Cutchinta	Pork Sinigang Fried Bulad Rice Bocayo	Pork w/ sauce Gabi w/ tuno Rice Butterscotch	Siomai Fish w/ sss Green Mangoes w/ uyap Rice Chocolate candy	Soup Fried pork Nangka Salad Rice Banana Turon	Sotanghon soup w/ veg. Meatball w/ss Rice Cappucino Bar	Fish Sarciado Ampalaya con carne Rice Watermelon	Beef Sinigang Laksa Rice Milk Bar
S U P P E R	Beef Pochoero Adobong Gulay Rice Bonbon brownies	Macaroni Soup Chicken Barbeque Rice Butter cookies	Pork Pot Roast Native pechay guis. Rice Chiffon Cake	Beefstrips w/ bro- ccoli Baked Spaghetti Rice Crinkles	Pork Barbeque Mixed Salad Rice Polvoron	Chicken Honey glazed Mongo guisado Rice Cookie bar	Pork Humba Pipino Salad Rice Oatmeal Cookies	Veg. Soup Breaded fish Eggplant Fritter Rice Hopia	Fish teriyaki Fresh Miki Gui- sado Rice Banana w/ milk	Breaded baked chicken Veg. Com Combo Rice Choco nuggets	Beef w/ white sauce Stirfry veg. Rice Banana cupcake	Chicken Calderetta Fetuccini Rice Apple	Grilled Pork- chop Potato -bagoio beans guis. Rice Buttercookies	Fried chicken Baked Spag- hetti Rice Juice	Pork Mechado Hawaiian Salad Rice Cookie bar

Prepared by:  Katherine M. Hongayo, RND

Noted by:  Mrs. Ana Vee Alamillo-Riconalla, RND, MFSA
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