SILLIMAN UNIVERSITY FOOD SERVICES
FIXED BOARD ONE MONTH CYCLE MENU

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Breakfast	Sweet Ham	Corned Beef w/Potato	Hotdog Reg	Ground pork pinamala	Fish Inun-on	Burger steak w/ Mushroom Sauce	Luncheon Meat	Bangus Sardines	Chicken Adobo	Cheesedog	Pork Tocino	Chorizo	Morcon	Sardines guis.	Beef Longaniza
	Scrambled Egg	Rice	Fried Egg	Rice	Egg Omelette	Tuna Mechado	Pork & Beans	Boiled Egg	Rice	Scrambled Egg	Rice	Fried Egg	Fried Dilis	Egg Omelet	Tuna flakes in oil
	Rice	Sliced Bread w/Butter	Rice	Fried Banana	Rice	Rice	Rice	Rice	Bread	Rice	Bread	Rice	Champorado	Rice	Rice
	Coffee	Milo	Coffee	Milo	Coffee	Milo	Coffee	Milo	Coffee	Milo	Coffee	Milo	Coffee	Milo	Coffee
Lunch	Pork Hawaii	Breaded Fish	Chicken Halang2x	Fish Escabeche	Beef Estofado	Chicken curry	Fish w/ butter sauce	Lechon de Carajay	Pork Bicol Express	Chicken Tinola	Fish Humba	Pork Steak	Chicken w/ sauce	Fried Porkchop	Fish Tinola
	Bihon guis.	Pork w/White beans	Meatball	Bam -ie	Mongo w/ tuno	Pensic Frito	Fried Veg. Lumpia	Squash - dabong w/ tuno	Fresh miki guis.	Fried Bulad	Chopsuey	Law-oy	Stringbeans guis.	Gabi w/ truno	Lumpia Shanghai
	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Juice	Macaroons	Crinkles	Apple	Banana	Cookie bar	Bolongan	Chocolate cookies	Watermelon	Brownies	Cheesesticks	Crinkles	Banana turon	Sugar cookies	Choco cupcake
Dinner	Sweet Chili chicken	Pork Humba	Pork barbeque	Fried Chicken	Fried Pork	Grilled porkchop	Breaded baked Chicken	Meatballs hawaii	Fried Tamarong	Beef Steak	Fried Chicken	Beef Pot roast	Fried Fish	Chicken Barbeque	Pork w/ white sauce
	Sauteed mix veg.	Pinakbet	Pickled Papaya	Chinese Pechay	Bas -oy	Coleslaw	Spaghetti	Veg. tepan	Menudo	Eggplant Fritters	Carbonara	Native pechay guis.	Picadillo	Macaroni Salad	Stir Fry Veg.
	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Cupcake	Butter cookies	Inipit	Hopia	Puto cheese	Egg mamon	Juice	Banana cake sliced	Heart cookies	Pinwheel cookies	Juice	Halfmoon	Colored Puto	Iced tea	Oatmeal cookies
	Day 16	**Day 17**	**Day 18**	**Day 19**	**Day 20**	**Day 21**	**Day 22**	**Day 23**	**Day 24**	**Day 25**	**Day 26**	**Day 27**	**Day 28**	**Day 29**	**Day 30**
Breakfast	Beef Loaf	Jumbo Cheesedog	Fried Fish	Corned Beef w/Potatoes	Chorizo	Groundpork w/ corn kernel	Bangus Lamayo	Vida Ham	Eggball	Chicken Longaniza	Pork Tocino	Vienna sausage	Bangus Sardines	Chicken Galantina	Pritong pinoy
	Scrambled Egg	Rice	Egg Omelette	Rice	Fried Egg	Fried banana	Pork & beans	Scrambled Egg	Tuna Afritada	Boiled Egg	Rice	Ampalaya w/ egg	Boiled Egg	Tuna Flakes in oil	Egg Omelette
	Rice	Bodbod	Rice	Bread	Rice	Rice	Rice	Rice	Rice	Rice	Bread	Rice	Rice	Rice	Rice
	Milo	Tsokolate	Coffee	Milo	Coffee	Milo	Coffee	0	Coffee	Coffee	Milo	Coffee	Milo	Coffee	Milo
Lunch	Chicken bicol Express	Meatballs w/ sauce	Chicken Caldereta	Breaded Fish	Pork sinigang	Sotanghon Soup	Meatballs w/SSS	Fried Pork	Fish Caldereta	Pork adobo	Chicken ala king	Fish Hawaii	Chicken afritada	Fish Sinigang	Porkstrips w/ brocolli
	Pancit canton Guisado	Fried Veg. Lumpia	Cabbage Hash	Batchoy	Fried Bulad	Fish Fillet	Fried veg. lumpia	Nangka w/ Tuno	Siomai	Squash Cabbage Guis	Pancit Bisaya guisado	Lumpia shanghai	Sequa w/ misua	Meatball	Cabbage guis.
	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	P/ A fresh	Ube hopia	Cupcake	Water melon	Bonbon brownies	Cheesesticks	Banana	Crinkles	Cookie polvoron	Fried Banana	Ice tea	Watermelon	Apple	Banana Turon	Cornstarch Cookies
Supper	Fried Fish	Grilled pork	Lechon de carajay	Beef w/ mushroom sauce	Chicken Honey Glazed	Pork Piquat	Chicken caserrole	Beef Teriyaki	Fried Chicken	Grilled Fish	Beef Estofado	Pork barbeque	Pork w/ white sauce	Fried Chicken	Beef Ginger
	Menudo	Veg. sari sari guis	Mongo guis.	Baked Macaroni	Russian salad	Baguio Beans guis.	Adobong gulay	Kalubay Carrots guis	Potato Salad	Inatayan	Sequa-Tauge Guis	Pipino Salad	Veg. sari sari guis.	Baked Spaghetti	Potato Baguio Beans guis.
	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Camote fries	Nips Cookies	Banana	Choco Cookies	Inipit	Cookie bar	Red pie	Butter Cookies	Mini Cupcake	Puto Cheese	Binaksan	Oatmeal cookies	Colored Puto	Juice	Crinkles

Prepared By:

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Noted by:

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