

SILLIMAN UNIVERSITY FOOD SERVICES FIXED BOARD ONE MONTH CYCLE MENU 1ST Semester SY 2019-2020

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day11	Day 12	Day 13	Day 14	Day 15
B- F A S T	Chorizo Scrambled Egg Rice Milo	Corned Beef w/ potatoes Rice Sliced Bread w/ butter Coffee	Bangus Lamayo Boiled Egg Rice Milo	Jumbo Hotdog Rice Puto Maya Tsokolate	Ground pork Pinamala Rice Fried Banana Coffee	Luncheon Meat Fried Egg Rice Milo	Bistek Rice Bread Coffee	Chorizo Bilbao Ampalaya w/ egg Rice Milo	Sweet Ham Tuna Afritada Rice Coffee	Bangus Sardines Scrambled Egg Rice Milo	Ginulayang mais Rice Bread Coffee	Tuna Sausage Fried Egg Rice Milo	Morcon Fried Dilis Rice Champorado Coffee	Sardines Guisado Egg Omelet Rice Milo	Skinless Chorizo Tuna Mechad Rice Coffee
L U N C H	Fried Chicken Squash – dabong w/ tuno Rice Peanut Brittle	Crab & Corn soup Fried Porkchop Rice Bonbon Brownies	Chicken Tinola Fried Veg. Lumpia Rice Banana	Fish in Tocho Bam –ie Rice Juice	Chicken Teriyaki Kalubay – carrots guis. Rice Cassava Cake	Lechon de Carajay Veg. Sari Sari w/ Tuno Rice Pinwheel cookies	Pininyahang Baboy Chinese pechay guisado Rice Chiffon cake	Breaded Fish Pork w/ white beans Rice Ice candy	Beef Nilat –an Lumpia shanghai Rice Palitao	Pork Humba Pinakbet Rice Choco candy	Fish Fillet Sotanghon sa gulay Rice Apple	Chicken calderita Baguio Beans guis. Rice Cupcake	Fish w/ butter sauce Bihon guisado Rice Fresh P/ A	Fried Pork Utan Law –oy Rice Cutchinta	Veg. Sou Fish fille Siomai Rice Mango ?
D I N N E R	Pork Steak Bas –oy Rice Cupcake	Beef Salpicao Chopsuey Rice Oatmeal Cookies	Pork Pochero Fried Bulad Rice Crinkles	Pork Barbeque Pickled Papaya Rice Pinwheel Cookies	Beef Ginger Sauteed Mix veg. Rice Macaroons	Fish Escabeche Fresh miki guisado Rice Watermelon	Breaded Baked Chicken Macaroni Salad Rice Choco Trillon	Braised Pork in sweet sour Sauce Ginisang okra w/ fish Rice Hopia	Chicken Honey Glazed Spaghetti Rice Juice	Beef w/ white sauce Stir fry veg. Rice Cookie bar	Cabbage Soup Pork Tenderloin Estofado Rice Half moon	Beef stroganoff Eggplant fritter Rice Butter Cookies	Pork Inatayan Cabbage Hash Rice Choco cookies	Chicken caserole Baked Macaroni Rice Banana	Bicol Express Stringbe carrots ; Rice Cheese :

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	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day25	Day26	Day27	Day28	Dy 29	Day 30
B - F A S T	Chicken Galantina Rice Papaya Slice Milo	Beef Loaf Pork & Beans Rice Coffee	Fish Inun – on Scrambled Egg Rice Milo	Pork Tocino Rice Bodbod Tsokolate	Hotdog Reg Fried Egg Rice Coffee	Egg ball Tuna flakes in oil Rice Milo	Beef Steak Rice Bread Coffee	Hamburger patties Scrambled Egg Rice Milo	Corned Beef w/ potatoes Rice Pandesal Coffee	Bangus Sardines Boiled Egg Rice Milo	Jumbo Cheesedog Oatmeal Rice Coffee	Chicken Adobo Rice Banana Milo	Vienna Sausage Fried Egg Rice Coffee	Pork w/ ham sauce Rice Bread Milo	Burger Steak Tuna Sardi Rice Coffe
L U N C H	Pork Hawaii Squash – cabbage guis. Rice Pinasugbo	Chicken Curry Meat ball Rice Hello choco	Pork Menudo Lumpiang Hanoi Rice Milkbar	Fish Tinola Pensic Frito Rice Banana	Pork/chicken adobo Banana heart Salad Rice Macaroons	Chicken w/ ampalaya Cabbage guis. Rice Inipit	Fish w/ tausí sauce Pancit Canton guis. Rice Apple	Pork Sinigang Fried Bulad Rice Bocayo	Chicken Hawaii Carbonara Rice Mini velvet cupcake	Pork asado Nangka w/ tuno Rice Choco cookies	Fish Fillet Batchoy Rice Fruitmix	Meat balls Utan sari sari Rice Nips cookie	Chicken halang- halang Adobong gulay Rice Biko w/ latik	Beef Sinigang Sotanghon Guis. Rice Apple	Pork Huml w/ sk Gabi uno Rice Bana
D I N N E R	Fried Fish Dinuguan Rice Col. puto	Grilled Porkchop Potato Salad Rice Banana cake slice	Beef Pot Roast Baked Spaghetti Rice Choco ball	Fried Chickenx1/4 Pipino Salad Rice Butter cookies	Lechon de carajay Mongo Guisado Rice Nangka tart	Pork w/ sauce Russian Salad Rice Ube hopia	Chicken Barbeque Kalubay – taugue guis. Rice Cupcake	Fish Fritter Coleslaw Rice Butterscotch	Beef Bicol Express Veg. guis. Rice Banana turon	Fried Chicken Stirfry Veg. Rice Pastillas	Beef Caldereta Nativepechay guis. Rice Cassava pudding	Pork ginger Sequa – tauge guis. Rice Inipit	Breaded Fish Picadillo Rice Cookie bar	Chicken Afritada Lumpiang Hubad Rice Nangka tart	Grille Fish Potat bagui beans guis. Rice Crink

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