



Filipino Menu | Standard Meals | Week 1 | November 1-7 & 29-30

NOVEMBER 1 & 29	NOVEMBER 2 & 30	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6	NOVEMBER 7
BREAKFAST						
Sausage Sweet and Sour	Fried Fish	Lugaw	Boiled Egg 1 Pcs	Arroz Caldo	Fried Egg	Chicken Tocino
Steamed Rice	Steamed Rice	Boiled egg	Pancit Bihon		Garlic Fried Rice	Jasmine rice Steamed
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Chicken Rice Soup	Fish Soup	Carrot Potato Soup	Lentil Corn Soup	Chicken Soup	Vegetable Soup	Potato Soup
Ginataang Ampalaya	Ginatang kalabasaw	Chicken Afritada	Vegetable Chop Suey	Chicken Adobo	Ginataang Manok (Chicken)	Fried Fish Tilapia
Steamed rice	Steamed Rice	Steamed Rice	Steamed Rice	Jasmine rice Steamed	Steamed rice	Steamed rice
DINNER						
Green Peas Potato Soup	Mongo Soup	Sweet Corn Potato Soup	Vegetable soup	Carrot Soup	Sweet and Sour soup	Beans Mince Soup
Chicken With Sweet and Hot Sauce	Crispy Chicken a la Bistek	Fried chicken wings/ With Hot Garlic Sauce	Beef Kalderata	Pinakbet	Fish Sinigang	Picadillo
Steamed Rice	Jasmine rice Steamed	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice	Jasmine rice Steamed



Filipino Menu | Standard Meals | Week 2 | November 8-14

NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13	NOVEMBER 14
BREAKFAST						
Hot Dog Grilled	Goto with Egg	Hot Dog	Boiled Egg	Pancit noodle with vegetable	Chicken Lomi	Fried Egg
Steamed Rice		Fried Rice	Fried Rice		Boiled Egg	Garlic Rice
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Crispy Chicken Fried	Vegetable Soup	Corn Potato Tomato Soup	Spinach, Mung Bean and Potato Soup	Fish Soup	Pumpkin Soup	Split Peas and Potato Soup
Pinakbet	Chicken Tinola	Veg chopsuey	Ginatang papaya	Beef Kalderata	Chicken Adobo	Fish Sweet & Sour
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice
DINNER						
Peanut Lentil Soup	Mongo Chicken (Mung Bean Soup)	Sweet Potato Soup	Fish Pepper Vegetable Soup	Vegetable soup	Lentil Spinach Soup	Spicy Cauliflower Soup
Fried fish tilapia	Ginatang tilapia	Beef mechedo	BBQ Fried Chicken	Adobong Sitaw	Adobong talong	Chicken Pochero
Steamed Rice	Jasmine rice Steamed	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice	Jasmine rice Steamed



Filipino Menu | Standard Meals | Week 3 | November 15-21

NOVEMBER 15	NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20	NOVEMBER 21
BREAKFAST						
Sausage sweet soya	Vegetable Chopsuey	Hot Dog	1 Pcs Boiled Egg	Fried Egg	Chicken Arascaldo	Boiled Egg
Fried Rice	Jasmine rice Steamed	Fried Rice	Pancit Bihon	Fried Rice		Stirfried Noodle With Veg
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Potato Soup	Carrot Soup	Lentil Soup	Sweet corn soup	Potato Soup	Carrot Peas Soup	Spinach Soup
Fish sinigang	Gising gising	Fish Ampalaya	Sweet and Sour Sausage	Chicken Adobo	Fish Escabeche	Chicken Asado
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice
DINNER						
Vegetable soup	Spinach Soup	Carrot Peas Soup	Spinach Soup	Lentil Soup	Peanut Lentil Soup	Sweet corn soup
Ginataang Kalabasa	Chicken Tinola	Nilagang Baka	Chicken Stir Fry	Chicken Caldereta	Gising gising	Chicken Afritada
Steamed Rice	Jasmine rice Steamed	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice	Jasmine rice Steamed



Filipino Menu | Standard Meals | Week 4 | November 22-28

NOVEMBER 22	NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28
BREAKFAST						
Pancit noodles	Fried mackerel	Chicken Arroz Caldo	Fried Hot Dog	Tortalang Talang	Chicken Lomi	Egg Omelete
Boiled Egg	Fried Rice		Fried Rice	Fried Rice		Fried Rice
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Chicken Soup	Vegetable Soup	Corn Potato Tomato Soup	Spinach, Mung Bean Soup	Chicken Soup	Pumpkin Soup	Split Peas and Potato Soup
Pinakbet	Adobong Sitaw	Chopsuey	Chicken Asado	Chicken Pulao	Pakbey	Beef salpicao
Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice		Steamed Rice	Steamed Rice
DINNER						
Peanut Lentil Soup	Mung Bean Soup)	Sweet Potato Soup	Fish Pepper Vegetable Soup	Vegetable soup	Lentil Spinach Soup	Spicy Cauliflower Soup
Chicken Roasted	Beef Menudo	Sarciadong Isda FI Tilapia	Ginataang Kalabasa	Chicken Pochero	Sausage Sweet soya FI	Fish Mongo
Steamed Rice	Jasmine rice Steamed	Steamed Rice	Jasmine rice Steamed	Steamed Rice	Steamed Rice	Jasmine rice Steamed