

MENU LIST

	SUN	MON	TUE	WED	THUR	FRI
<b>DINNER</b>	Rice bangus sisig fried chicken seafood vegetable fruits					
<b>BREAKFAST</b>		Sinangag Rice  Beef Tapa Sunny side egg  Radish salad Pineapple	Rice  Chicken Adobo with potato Boiled egg  Ampalaya with egg Fried banana	Rice  Fried danggit Chicken tocino  Tortang talong Lakatan	Rice  Beef shanghai Crab omelet  Onion, tomato, cucumber Orange	Rice  Chicken hotdog Tinapang bangus  Scrambled egg Lakatan
<b>AM SNACKS</b>		Siopao (asado/chicken for non-pork eater) and pineapple juice	Beef lasagna with toasted bread and softdrinks	Arroz caldo with tofu and egg and pineapple juice	Pansit with bread and cucumber juice	Champorado with tuyo and mango juice
<b>LUNCH</b>		Rice Ginataang Salmon  Shanghai Chopseyu Soup Leche Flan Softdrink	Rice garlic beef spareribs  fresh lumpia grilled bangus Soup Buko pandan Softdrinks	Rice Beef Kare-kare  Fried kangkong Relyenong bangus Soup Fruit salad Softdrink	Rice Chicken ala king  battered mixed vegetables Fish fillet Soup Crema de fruta Softdrink	Rice Chicken broccoli!  Camaron rebusado Sweet and sour pork Soup Mango graham Softdrink
<b>PM SNACKS</b>		Baked macaroni and pineapple juice	Ginataang bilo bilo, pastry and pineapple juice	Chicken empanada and mango juice	Beef burger and buko juice	
<b>DINNER</b>		Rice Chicken Tinola  Grilled Tuna  Monggo Fruits	Rice Salmon Head sa Miso  Grilled Liempo  Ginataang Kalabasa Fruits	Rice Beef Bulalo  Grilled Tilapya Boiled kangkong, okra, sitaw with bagoong Fruits	Rice Roast chicken  Buttered mixed vegetables  Grilled blue marlin Fruits	