

# CAFETERIA MENU



NAME \_\_\_\_\_

CLASS \_\_\_\_\_

CONTACT NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

**SEPTEMBER 3-7, 2018**

		Meal Size			Add Side Order		
		Nursery	Primary	Second	Salad	Fruits	Amount
		<b>Monday, September 03,</b>					
<b>SET MENU</b>	<b>BAKED CHICKEN PARMESAN</b>	<b>SET</b>	<b>SET</b>	<b>SET</b>			
<b>CONTINENTAL 1</b>	<b>STEAMED RICE, ROASTED ZUCCHINI STICKS WITH PARMESAN</b>	<b>140.00</b>	<b>150.00</b>	<b>175.00</b>			
	<b>SERVED WITH GREEK SALAD &amp; MINI FRUIT CUP</b>	100.00	110.00	135.00	20.00	20.00	
ASIAN	FISH MASALA STEAMED RICE, STEAMED BEAN SPROUTS	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	PORK TENDERLOIN WITH APPLES STEAMED RICE, ROASTED ZUCCHINI STICKS WITH PARMESAN	100.00	110.00	135.00	20.00	20.00	
PASTA	CHEESY BAKED ZITI (VEGETARIAN)	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	DAD'S RATATOUILLE	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	GRILLED HAM AND CHEESE PANINI	95.00	95.00	95.00	20.00	20.00	
	PULLED PORK BBQ SANDWICH IN KAISER ROLL	95.00	95.00	95.00	20.00	20.00	
	CHICKEN CAESAR WRAP	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	ARUGULA, MOZZARELLA & TOMATO ON WHEAT BREAD (VEGETARIAN)	95.00	95.00	95.00	20.00	20.00	
FRESH FRUITS	PLATE - MIXED FRUITS	95.00	95.00	95.00			
	CUP - MIXED FRUITS	75.00	75.00	75.00			
SALADS	PLATE - CAESAR SALAD	95.00	95.00	95.00			
	CUP - GREEK SALAD	75.00	75.00	75.00			
		<b>Tuesday, September 04,</b>					
<b>SET MENU</b>	<b>PORK TONKATSU</b>	<b>SET</b>	<b>SET</b>	<b>SET</b>			
<b>ASIAN</b>	<b>STEAMED RICE, ROASTED LONG BEANS</b>	<b>140.00</b>	<b>150.00</b>	<b>175.00</b>			
	<b>SERVED WITH OATMEAL COOKIE &amp; MINI FRUIT CUP</b>	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 1	BEEF BOURGUIGNON STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	BAKED MEDITERRANEAN FISH FILLET STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS	100.00	110.00	135.00	20.00	20.00	
PASTA	FETTUCINE ALFREDO	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	TOFU IN LIGHT SOY	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	TUNA SALAD SANDWICH	95.00	95.00	95.00	20.00	20.00	
	CHICKEN HAM ENGLISH MUFFIN	95.00	95.00	95.00	20.00	20.00	
	ENGLISH BANGERS ON HOTDOG BUNS	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	VEGETABLE PANINI (WHOLE WHEAT)	95.00	95.00	95.00	20.00	20.00	
FRESH FRUITS	PLATE - MIXED FRUITS	95.00	95.00	95.00			
	CUP - MIXED FRUITS	75.00	75.00	75.00			
SALADS	PLATE - COBB SALAD	95.00	95.00	95.00			
	CUP - GARDEN SALAD	75.00	75.00	75.00			
		<b>Wednesday, September 05,</b>					
<b>SET MENU</b>	<b>MOROCCAN PORK STEAK WITH GRAVY</b>	<b>SET</b>	<b>SET</b>	<b>SET</b>			
<b>CONTINENTAL 1</b>	<b>MASHED POTATO, ROASTED VEGETABLES</b>	<b>140.00</b>	<b>150.00</b>	<b>175.00</b>			
	<b>SERVED WITH MUSHROOM SOUP &amp; MINI BROWNIE</b>	100.00	110.00	135.00	20.00	20.00	
ASIAN	FISH TEMPURA W/ TEMPURA SAUCE STEAMED RICE, ROASTED SQUASH IN ONIONS & TOMATOES	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	CHICKEN BBQ STEAMED RICE & ROASTED VEGETABLES	100.00	110.00	135.00	20.00	20.00	
PASTA	ITALIAN SAUSAGE SPAGHETTI	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	POTATO SPINACH CASSEROLE (SOY MILK, NO CREAM & BUTTER)	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	CRISPY FISH PANINI	95.00	95.00	95.00	20.00	20.00	
	GRILLED CHEESE SANDWICH WITH BACON AND PEAR PANINI	95.00	95.00	95.00	20.00	20.00	
	BEEF PASTRAMI SANDWICH (HOTDOG BUN)	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	GRILLED EGGPLANT SANDWICH (WHEAT BREAD)	95.00	95.00	95.00	20.00	20.00	
FRESH FRUITS	PLATE - MIXED FRUITS	95.00	95.00	95.00			
	CUP - MIXED FRUITS	75.00	75.00	75.00			
SALADS	PLATE - CAESAR SALAD	95.00	95.00	95.00			
	CUP - GARDEN SALAD	75.00	75.00	75.00			
		<b>Thursday, September 06,</b>					
<b>SET MENU</b>	<b>BEEF WITH SOY LEMON SAUCE</b>	<b>SET</b>	<b>SET</b>	<b>SET</b>			
<b>ASIAN</b>	<b>STEAMED RICE, STIR FRY GREEN BEANS</b>	<b>140.00</b>	<b>150.00</b>	<b>175.00</b>			
	<b>SERVED WITH MINI MIXED GREEN SALAD &amp; MINI FRUIT CUP</b>	100.00	110.00	135.00	20.00	20.00	
ASIAN	BAKED FISH WITH CREAMY GARLIC SAUCE STEAMED RICE, ROASTED MIXED VEGETABLES	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	CORNFLAKES CHICKEN WITH HONEY MUSTARD STEAMED RICE, ROASTED MIXED VEGETABLES	100.00	110.00	135.00	20.00	20.00	
PASTA	BAKED PESTO & SPINACH LASAGNA	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	BARBEQUED TOFU WITH BROWN RICE	100.00	110.00	135.00	20.00	20.00	
	MUSHROOM PIZZA (v)	95.00	95.00	95.00	20.00	20.00	
	CHEESE PIZZA	95.00	95.00	95.00	20.00	20.00	
	PORK W/ MUSHROOM PANINI	95.00	95.00	95.00	20.00	20.00	
	EGG SALAD SANDWICH	95.00	95.00	95.00	20.00	20.00	
	TUNA MELT LOAF BREAD						
PLANT BASED / VEGAN	MUSHROOM & ARUGULA ON FOCACCIA	95.00	95.00	95.00	20.00	20.00	
FRESH FRUITS	PLATE - MIXED FRUITS	95.00	95.00	95.00			
	CUP - MIXED FRUITS	75.00	75.00	75.00			
SALADS	PLATE - COBB SALAD	95.00	95.00	95.00			
	CUP - MIXED GREEN SALAD	75.00	75.00	75.00			

		Friday, September 07,			Nursery	Primary	Second	Salad	Fruits	Amount
SET MENU	CHICKEN AFRITADA	SET	SET	SET						
	STEAK, MED RICE, ROASTED SQUASH WITH ONIONS AND TOMATOES	140.00	150.00	175.00						
ASIAN	SERVED WITH VEGETABLE SOUP & CHOCO CHIP COOKIE	100.00	110.00	135.00	20.00	20.00				
CONTINENTAL 1	APPLE CRANBERRY STUFFED PORKLOIN STEAMED RICE, MIXED VEGETABLES	100.00	110.00	135.00	20.00	20.00				
CONTINENTAL 2	BATTERED FISH FILLET W/ APPLE CIDER VINEGAR STEAMED RICE, MIXED VEGETABLES	100.00	110.00	135.00	20.00	20.00				
PASTA	PASTA PUTTANESCA	100.00	110.00	135.00	20.00	20.00				
PLANT BASED / VEGAN	PASTA WITH ROASTED VEGETABLES	100.00	110.00	135.00	20.00	20.00				
SANDWICHES	CHEESE BURGER SANWICH	95.00	95.00	95.00	20.00	20.00				
	TUNA SALAD SANDWICH IN FOCACCIA BREAD	95.00	95.00	95.00	20.00	20.00				
	BREAKFAST BAGEL	95.00	95.00	95.00	20.00	20.00				
PLANT BASED / VEGAN	VEGGIE TOFU WHOLE WHEAT SANDWICH	95.00	95.00	95.00	20.00	20.00				
FRESH FRUITS	PLATE - MIXED FRUITS	95.00	95.00	95.00						
	CUP - MIXED FRUITS	75.00	75.00	75.00						
SALADS	PLATE - GARDEN SALAD	95.00	95.00	95.00						
	CUP - GREEK SALAD	75.00	75.00	75.00						
DRINK ITEMS							QTY	PRICE	AMOUNT	
	COWHEAD MILK (PURE,LITE)							45.00		
	CERES (APPLE,ORANGE,RED GRAPES)							45.00		
	FRUIT SHAKE 8oz (LEMON, STRAWBERRY, WATERMELON)							60.00		
	HOPE WATER 350ML							20.00		
	HOPE WATER 500ML							30.00		
	PICOLE (STRAWBERRY, MANGO, LEMON, NATURAL,BLUEBERRY)							55.00		
	NESTLE YOGURT( MANGO & STRAWBERRY)							45.00		
	YAKULT							15.00		
PASTRY										
	CHOCO CROISSANT							80.00		
	PLAIN CROISANT							70.00		
	APPLE CRAMBLE							45.00		
	BANANA BREAD							45.00		

**PRE- ORDERING INSTRUCTIONS:**

Please use our pre-order form and fill up one form for each child completely.

Please indicate any special dietary restrictions.

You can order weekly or monthly. Please place your pre order on or before 3pm the day before.

**CANCELLATION OF PRE ORDER**

The cancellation of pre order meals should be made on or before 8AM in the morning.

Any order not cancelled or not advised properly cannot be credited the next day.

Credits from cancelled meals can be used by deducting it directly to their next pre- order.

**PAYMENT LOCATIONS & OPTIONS:** All canteen transactions should be paid directly to Institute of Culinary Management Inc.

**1.) CANTEEN LOADING STATION**

Cash OR Check - Please make Check payable to: **Institute of Culinary Management Inc. or ICMI**

**2.) BANK DEPOSIT – UNION BANK – Any Branch**

Account Name: **Institute of Culinary Management, Inc**

Savings Account Number #: **10172-0001001**

Please email the copy of the deposit slip to **chefnanz@gmail.com** and **cafeteria.eis@gmail.com** so we can credit your child's account. Please make sure to indicate your child's name.

If you have any concerns please contact **JAI PAPIO** at **994-4994** or **09054998200** or email at **cafeteria.eis@gmail.com** or contact **Chef Nancy Dizon-Edralin** at **502-2811** or **0917-5012398** or email **chefnancy.ice@gmail.com**