

CAFETERIA MENU



INSTITUTE OF
CULINARY
MANAGEMENT, INC.

STUDENT NAME _____

CLASS _____

CONTACT NUMBER _____ EMAIL _____

OCTOBER 1-5, 2018

M3		Meal Size			Add Side Order		Amount
		Nursery	Primary	Second	Salad	Fruits	
Monday, September 24,							
SET MENU	PORK ADOBO	SET	SET	SET			
	STEAMED RICE, STEAMED WATERCRESS WITH OYSTER SAUCE	140.00	150.00	175.00			
ASIAN	SERVED WITH MINI GREEK SALAD & MINI FRUIT CUP						
		100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 1	MOROCCAN LEMON CHICKEN STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	BAKED FISH W/ SPINACH & TOMATOES STEAMED RICE, ROASTED GREEN BEANS, CAULIFLOWER & RED BELL PEPPERS	100.00	110.00	135.00	20.00	20.00	
PASTA	BAKED MEAT & CHEESE LASAGNA (PORK)	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	GINGER SESAME TOFU SERVED W/ BROWN RICE	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	PULLED PORK SANDWICH IN DELI BUNS	100.00	100.00	100.00	20.00	20.00	
	CRISPY FISH FILLET SANDWICH IN KAISER ROLL	95.00	95.00	95.00	20.00	20.00	
	CAPRESE FOCACCIA PANINI (V)	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	MUSHROOM & ARUGULA 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 - CAESAR SALAD	95.00	95.00	95.00			
	CUP- GREEK SALAD	75.00	75.00	75.00			
Tuesday, September 25,							
SET MENU	CHINESE STYLE ORANGE PORK	SET	SET	SET			
	STEAMED RICE, ROASTED VEGETABLES	140.00	150.00	175.00			
ASIAN	SERVED WITH MINI OATMEAL COOKIES & MINI FRUIT CUP						
		100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 1	BEEF STROGANOFF ROASTED POTATOES, ROASTED GREEN BEANS W/ GARLIC & LEMON	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	MEDITERRANEAN CHICKEN WITH POTATOES STEAMED RICE, ROASTED GREEN BEANS W/ GARLIC & LEMON	100.00	110.00	135.00	20.00	20.00	
PASTA	PASTA CARBONARA	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	SPINACH & MUSHROOM QUINOA PILAF	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	GRILLED CHICKEN WITH HONEY MUSTARD SANDWICH	95.00	95.00	95.00	20.00	20.00	
	SALMON BAGEL	110.00	110.00	110.00	20.00	20.00	
	HAM & CHEESE FOCACCIA SANDWICH	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	EGGPLANT PARMIGIANA 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 - COBB SALAD	95.00	95.00	95.00			
	CUP- GARDEN SALAD	75.00	75.00	75.00			
Wednesday, September 26,							
SET MENU	CREAMY PESTO CHICKEN	SET	SET	SET			
	STEAMED RICE, ROASTED MIXED VEGETABLES	140.00	150.00	175.00			
CONTINENTAL 1	SERVED WITH MUSHROOM SOUP & MINI BROWNIE						
		100.00	110.00	135.00	20.00	20.00	
ASIAN	PORK IN SOUR SOUP (PORK SINIGANG) STEAMED RICE, SINIGANG VEGETABLES	100.00	110.00	135.00	20.00	20.00	
CONTINENTAL 2	FISH & POTATO WEDGES ROASTED MIXED VEGETABLES	100.00	110.00	135.00	20.00	20.00	
PASTA	SPAGHETTI WITH CHUNKY BOLOGNESE	100.00	110.00	135.00	20.00	20.00	
PLANT BASED / VEGAN	EGGPLANT POLENTA CASSEROLE	100.00	110.00	135.00	20.00	20.00	
SANDWICHES	CHICKEN HAM SANDWICH	95.00	95.00	95.00	20.00	20.00	
	BEEF & ONIONS IN KAISER ROLL	95.00	95.00	95.00	20.00	20.00	
	MEDITERRANEAN TUNA SANDWICH (WHOLE WHEAT)	95.00	95.00	95.00	20.00	20.00	
PLANT BASED / VEGAN	CRISPY VEGGIE TOFU IN 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 - CAESAR SALAD	95.00	95.00	95.00			
	CUP- MEDITERRANEAN SALAD	75.00	75.00	75.00			

		Thursday, September 27,			Nursery	Primary	Second	Salad	Fruits	Amount
SET MENU	COUNTRY STYLE BEEF STEW	SET	SET	SET						
	STEAMED RICE & ROASTED VEGETABLES	140.00	150.00	175.00						
CONTINENTAL 1	SERVED WITH MINI PASTA OR GARDEN SALAD & MINI FRUIT CUP	100.00	110.00	135.00	20.00	20.00				
ASIAN	BAKED FISH WITH BLACK OLIVES, TOMATOES & ONIONS STEAMED RICE, ROASTED VEGETABLES	100.00	110.00	135.00	20.00	20.00				
CONTINENTAL 2	CORNFLAKES CHICKEN W/ HONEY MUSTARD SAUCE STEAMED RICE & ROASTED VEGETABLES	100.00	110.00	135.00	20.00	20.00				
PASTA	PASTA WITH MUSHROOM MARINARA (V)	100.00	110.00	135.00	20.00	20.00				
PLANT BASED / VEGAN	SUMMER VEGETABLE PESTO BAKE	100.00	110.00	135.00	20.00	20.00				
	MUSHROOM & ARUGULA PIZZA	95.00	95.00	95.00	20.00	20.00				
	HAWAIIAN PIZZA	95.00	95.00	95.00	20.00	20.00				
	CHEESE PIZZA	95.00	95.00	95.00	20.00	20.00				
	ROASTED CHICKEN PESTO PANINI	95.00	95.00	95.00	20.00	20.00				
	TUNA SALAD FOCACCIA SANDWICH	95.00	95.00	95.00	20.00	20.00				
PLANT BASED / VEGAN	FRESH VEGETABLE WRAP WITH VEGAN MAYO	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 - GREEK SALAD	95.00	95.00	95.00						
	CUP- GARDEN SALAD	75.00	75.00	75.00						
		Friday, September 28,			Nursery	Primary	Second	Salad	Fruits	Amount
SET MENU	SWEET & SOUR FISH	SET	SET	SET						
	STEAMED RICE, GRILLED EGGPLANT AND STRING BEANS	140.00	150.00	175.00						
ASIAN	SERVED WITH MACARONI SOUP & MINI FRUIT CUP	100.00	110.00	135.00	20.00	20.00				
CONTINENTAL 1	ROASTED PORK TENDERLOIN W/ MUSHROOMS STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPER	100.00	110.00	135.00	20.00	20.00				
CONTINENTAL 2	CHICKEN CORDON BLEU STEAMED RICE, STEAMED BROCCOLI, CARROTS & RED BELL PEPPER	100.00	110.00	135.00	20.00	20.00				
PASTA	BAKED PESTO & SPINACH MANICOTTI	100.00	110.00	135.00	20.00	20.00				
PLANT BASED / VEGAN	THAI VEGETABLE STEW W/ BROWN RICE	100.00	110.00	135.00	20.00	20.00				
SANDWICHES	EGG SALAD CROISSANT	95.00	95.00	95.00	20.00	20.00				
	CHEESY HAM BAGEL	95.00	95.00	95.00	20.00	20.00				
	BEEF & MUSHROOMS SANDWICH (SOFT HOTDOG BUN)	95.00	95.00	95.00	20.00	20.00				
PLANT BASED / VEGAN	BLACK BEAN & RICE WRAPS	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- COBB 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	
	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