

# Brent International School Manila

## September 2017

### Main Cafeteria Breakfast Menu

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>4</b><br>Mothers Made Beef Tapa<br>Spanish Sardines<br>Hot Dogs        | <b>5</b><br>Mackarel<br>In house made Pork Tocino<br>Chicken Franks | <b>6</b><br>Cavite Longganisa<br>Danggit<br>Maling                              | <b>7</b><br>Balogna<br>Chicken Tocino<br>Vienna   | <b>8</b><br>Chicken Adobo<br>Smoked Ham<br>Cheeze Waffles              |
| <b>11</b><br>Hungarian Sausage<br>Ground Pork Omelette<br>Daing na Bangus | <b>12</b><br>Brined Pork Ham<br>Vegetable Fritata<br>Chicken Balls  | <b>13</b><br>Smoked Longganisa<br>Tuna Afritada<br>Frankfurter                  | <b>14</b><br>Hashbrown<br>Spanish Sardines<br>Ham Stead                                     | <b>15</b><br>French Toast<br>Chicken Tocino<br>Spanish Chorizo         |
| <b>18</b><br>Pork Adobo<br>Daing na Isda<br>Bacon & Pancake               | <b>19</b><br>Smoked Ham<br>Corned Beef w/ Onion<br>Tomato<br>Spam   | <b>20</b><br>Ground Pork Picadillo<br>Fried Boneless Bangus<br>Spanish Omelette | <b>21</b><br>Beef Tapa in<br>Pineapple Syrup<br>Chicken Tocino<br>Tuna & Cheese<br>Omelette | <b>22</b><br>Goto with Egg<br>Beef Steak Tagalog<br>Footlong           |
| <b>25</b><br>Chicken Hotshots<br>Home Made Pork Tocino<br>Maling          | <b>26</b><br>Hotdog w/ Onions<br>Chicken Asado<br>Tinapa Bangus     | <b>27</b><br>Chicken Franks<br>Meat Loaf<br>Hash Brown                          | <b>28</b><br>Home Made Sardines<br>Spaghettie w/ Hotdog<br>Spam                             | <b>29</b><br>Blueberry Pancake<br>Bacon<br>Sweet Ham<br>Baked Macaroni |

\* Assorted Fresh Fruits, Sliced Bread with Butter or Jam, Dry Cereals and yogurt are served separately.



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## September 2017

### Main Cafeteria Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <b>4</b><br><i>Choice of:</i><br>Chicken Lemon Steak<br><u>Grilled Chinese Spare Ribs</u><br>Fish Fillet with Creamy Mushroom Sauce<br><i>Serve with:</i><br>* Cabbage and Beans<br>Plain Rice | <b>5</b><br><i>Choice of:</i><br>Pork BBQ on Sticks<br>Buttered Garlic Chicken<br>Baked Fish w/ Herbs<br>*Vegetable Lasagna<br><i>Serve with:</i><br>Plain Rice           | <b>6</b><br><u>ITALIAN</u><br><i>Choice of:</i><br>Bolito Misto Con Salsa Verde ( choice of beef chicken or sausage )<br>Marbled Potatoes<br>*Portabello Rissoto<br>*Pasta Aglio Olio                            | <b>7</b><br><i>Choice of:</i><br>Chicken Parmesan<br>Holiday Pork Steak<br>Fish Stew<br><br><i>Serve with:</i><br>*Cheesy Broccoli<br>Plain Rice                                | <b>8</b><br><i>Choice of:</i><br>Fried Broken Wings<br>Char Sui<br>Beef Tenderloin Teriyaki<br><i>Serve with:</i><br>* Japanese Beansprout<br>Plain Rice                                |
| <b>11</b><br><i>Choice of:</i><br>Smoked Spare Ribs<br>Mandarin Chicken<br>Mojo Potatoes<br>*Pasta Putanesca<br><i>Serve with:</i><br>Plain Rice   | <b>12</b><br><i>Choice of:</i><br>Hong Kong Chicken<br>Fish Tofu<br><i>Serve with:</i><br>Egg Rice<br>*Lou Hon Chai<br>Plain Rice   | <b>13</b><br><u>MONGOLIAN</u><br><i>Choice of:</i><br>Chicken, Beef, Fish and Vegetable<br>* On the spot cooking with Rice and Mixed Vegetables  | <b>14</b><br><i>Choice of:</i><br>Pork Belly Confit<br><u>Chicken con Setas</u><br>Steamed Fish<br>*Garlic Vermicelli<br><i>Serve with:</i><br>Plain Rice                       | <b>15</b><br><i>Choice of:</i><br>Five Spice Chicken<br>Beef Loaf<br><u>Valenciana Rice</u><br><i>Serve with:</i><br>Plain Rice<br>* Tofu and Beans                                     |
| <b>18</b><br><i>Choice of:</i><br>Buttered Garlic Chicken<br><u>Pork Humba</u><br>Hot Potato Salad<br>*Smoked Fish Pasta<br><i>Serve with:</i><br>Plain Rice                                   | <b>19</b><br><i>Choice of:</i><br>Pork Steak Philadelphia<br>Soy Chicken<br>Pan Seared Fish Fillet<br><i>Serve with:</i><br>*Steamed Vegetable<br>Plain Rice              | <b>20</b><br><u>AMERICAN</u><br><i>Choice of:</i><br>Thanks Giving Turkey<br>Aunt Mary's Old House Pork Barbeque<br>Fish and Fries<br>Spaghetti Meatballs<br><i>Serve with:</i><br>Vegetable Salad<br>Plain Rice | <b>21</b><br><i>Choice of:</i><br>Red Sea Catch<br>Roasted Pepper Chicken<br><u>Beef w/ Honey</u><br><i>Serve with:</i><br>Plain Rice<br>Grilled Vegetables<br><br>*Potato Stew | <b>22</b><br><i>Choice of:</i><br>Jerk Chicken<br>Fish Fillet in Sweet and Sour Sauce<br>Mushu Pork<br><i>Serve with:</i><br>Plain Rice<br>Vegetable au Gratin<br>* Pasta Quezo de Bola |
| <b>25</b><br><i>Choice of:</i><br>Grilled Salmon with Teriyaki Sauce<br>Chicken Casserole<br>Roasted Boneless Pork Belly<br><i>Serve with:</i><br>Steamed Assorted Vegetables<br>Plain Rice    | <b>26</b><br><i>Choice of:</i><br>Hot and Crunchy Fish with Honey Lemon Sauce<br>Paprika Baked Chicken<br>Cha Shao<br><i>Serve with:</i><br>*Garlic Spinach<br>Plain Rice | <b>27</b><br><u>MEXICAN</u><br><i>Choice of:</i><br>Mexi Tortillini Pasta<br>Acapulco Barbeque<br>Chicken<br>Grilled Fish with Guacamole<br>Nachos<br>*Corn & Cob  | <b>28</b><br><i>Choice of:</i><br>Braised Beef in Onion and Leeks<br>Savoury Meatballs<br>Breakfast Rice<br><i>Serve with:</i><br>Plain Rice<br><br>* Pasta Alfredo             | <b>29</b><br><i>Choice of:</i><br>Smoked Roast Chuck Eye<br>Dry Rubbed Chicken<br>Creamy Pork Steak<br><i>Serve with:</i><br>Plain Rice<br>Chopsuey<br><br>* Tofu Parmigiana            |

**Available Daily:**

Soup and Sandwiches  
 Breads and Pastries  
 Rice Toppings  
 Salad Bar

A la carte  
 Fresh Fruits  
 Yogurt  
 \* Carving Station Every Friday

**Items may contain nuts/sesame seeds/bean or honey**

\* vegetarian dish