

# HEALTHY SECTION MENU

1ST SEM SY-24-25

## DAILY POKE BAR

*Make your own Poke Bowl*

### **Base (Choose 1)**

Adlai, Quinoa, Brown Rice, Steel Cut Oats, Mixed Greens, Organic Noodles

### **Protein (Choose 1)**

Raw Tuna, Raw Salmon, Raw Spicy Tuna, Tofu, Cooked Shrimp

### **Toppings ( Choose 3)**

Cucumber, Red & Green Bell Pepper, Carrots, Corn, Edamame  
Avocado, Mixed Berries, Mango, Kale, Grapes  
Green Onions, Jalapeño, White Onion, Red Onion, Tomatoes

### **Garnish (Choose 1)**

Sesame Seeds, Furikake, Crispy Garlic, Masago/Tobiko

### **Sauce (Choose 1)**

Ponzu Sauce, Spicy Mayo, Wasabi Aioli,

### **Add On**

Boiled Egg

Kimchi

Walnuts & Almond

## Daily Fresh Juices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fresh Orange Juice</b> <i>Pure Orange</i>	<b>Fresh Orange Juice</b> <i>Pure Orange</i>	<b>Fresh Orange Juice</b> <i>Pure Orange</i>	<b>Fresh Orange Juice</b> <i>Pure Orange</i>	<b>Fresh Orange Juice</b> <i>Pure Orange</i>
<b>Vitamin-Hydration</b> <i>Orange, Carrot, Apple</i>	<b>Energy Boost</b> <i>Apple, Cucumber, Kale, Celery, Lemon, Ginger</i>	<b>Vitamin-Hydration</b> <i>Orange, Carrot, Apple</i>	<b>Energy Boost</b> <i>Apple, Cucumber, Kale, Celery, Lemon, Ginger</i>	<b>Vitamin-Hydration</b> <i>Orange, Carrot, Apple</i>
<b>Circulation Improvement</b> <i>Beet, Apple, Lemon</i>	<b>Chia Seed Plus Juice</b> <i>Chia Seeds, Apple, Lemon, Cucumber, Celery</i>	<b>Circulation Improvement</b> <i>Beet, Apple, Lemon</i>	<b>Chia Seed Plus Juice</b> <i>Chia Seeds, Apple, Lemon, Cucumber, Celery</i>	<b>Circulation Improvement</b> <i>Beet, Apple, Lemon</i>

## Daily Sandwiches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tuna Sandwich</b>	<b>Scrambled Egg Sub</b>	<b>Grilled Chicken Sandwich</b>	<b>Caprese Sandwich</b>	<b>Roast Beef Sandwich</b>
Multigrain Loaf Bread, Tuna, Lettuce, Cucumber, Light Mayo	Multigrain Baquette, Scrambled Eggs, Himalayan Salt, Arugula	Multigrain Loaf Bread, Grilled Chicken Breast, Alfalfa Sprouts, Tomato and Pesto	Multigrain Baquette, Mozzarella, Cherry Tomato, Arugula, Pesto and Balsamic Glaze	Multigrain Loaf Bread, Roast Beef, Caramelized Onions, Emmental Cheese, Whole Grain Mustard with Mayo Garlic and Arugula

## Daily Salad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cilantro Lime Avocado Dressing</b>	<b>Apple Cider Vinegar Dressing</b>	<b>Mixed Berry Vinaigrette Dressing</b>	<b>Citrus Basil Dressing</b>	<b>Sesame Ginger Dressing</b>
Power Greens, Carrots, Turnips, Cherry Tomatoes, Cucumber	Power Greens, Carrots, Turnips, Cherry Tomatoes, Cucumber	Power Greens, Carrots, Turnips, Cherry Tomatoes, Cucumber	Power Greens, Carrots, Turnips, Cherry Tomatoes, Cucumber	Power Greens, Carrots, Turnips, Cherry Tomatoes, Cucumber

## Daily Pasta

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fussili Pasta with Marinara Sauce and Avocado	Beef Ragu in Fussili Pasta	Fussili Pasta with Mixed vegetables and olive oil	Mediterranean Pasta	Baked Fussili Pasta
Shrimp Aioli in Wholewheat Pasta	Lemon Garlic Chicken Pasta	Salmon with Roasted Garlic Pasta	Chicken and Pesto Pasta	Creamy Mushroom with Roasted Bell Pepper Pasta

## Daily Lunch Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Tenderloin</b>	<b>Chicken</b>	<b>Salmon</b>	<b>Beef</b>	<b>Tuna</b>
Beef Tenderloin Steak, Roasted Japanese Sweet Potatoes, French Beans with Roasted Garlic Sauce	Grilled Chicken, Cauliflower Rice, Mixed Green Salad with Aji Verde	Baked Salmon, Quinoa with mixed Vegetable, Guacamole and Sesame honey sauce	Sheperds Pie in Japanese Sweet Potato	Sauteed Tuna Cubes, Adlai Rice, Pickled Cucumber, and Ginger Garlic Sauce

## SNACKS/DESSERTS

Gluten Free Cakes  
Keto Brownies  
Sugar Free pastires  
Baked Japanese Sweet Potato  
Godel Cacao Nibs 40g


## OTHER DRINKS

**Caffein Free Hot Tea**  
Peppemint Herbal Tea  
Honey Vanilla Chamomile Herbal Tea  
Lemon Zinger Herbal Tea  
Raspberry Zinger Herbal Tea  
Country Peach Passion Herbal Tea

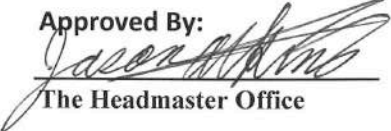
Prepared By:

  
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Chef Allen Eustaquio

Noted By:

  
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Maricel Canlas  
Food Service Office Supervisor

Approved By:

  
\_\_\_\_\_  
The Headmaster Office

## MAIN CAFETERIA LUNCH MENU

1st SEM SY-24-25

WEEK 1 OF THE MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Baked Chicken with Creamy Garlic Sauce	Fish and Chips with Tartar Sauce	Grilled Salmon in Teriyaki Sauce	Chicken Cordon Bleu with Cream Sauce	Grilled Tanuige With Lemon Butter Garlic Sauce
Roast Beef with pepper gravy	Szechuan Chicken Wings	Southern Style Fried Chicken	Korean Beef Stew	Beef Kare-Kare
Grilled Zucchini	Tofu and Broccoli Stir Fry	Marbled Potatoes with Onion Leeks	Cucumber, Carrots and Lettuce Salad	Chopsuey
Buttered Corn and Carrots	Steamed Mixed Vegetables	Korean Spicy Beansprout with Carrots	Sauteed Carrots and Beans	Pinakbet
White Rice	White Rice	White Rice	White Rice	White Rice
Brown Rice	Brown Rice	Brown Rice	Brown Rice	Brown Rice
Red Rice	Red Rice	Red Rice	Red Rice	Red Rice
PASTA/NOODLE CHOICES				
Mac and Cheese	Yakisoba	Classic Lasagna	Creamy Sundried Tomato Penne Pasta	Garlic Chicken Sotanghon
DAILY SOUP OF THE DAY				
Cream of Mushroom Soup	Clam Chowder Soup	Broccoli and Cheese Soup	Creamy Mixed Vegetable Soup	Filipino Fresh Corn Soup
DAILY RICE TOPPINGS				
Sweet and Spicy Korean Pork Meatballs	Honey Garlic Pork	Shrimp Poppers with Garlic Ranch	Chicken Curry	Lechon Kawali with Sauce
Thai Fish Curry	Chicken Teriyaki	Korean Pork Barbaque	Lumpiang Shanghai	Spicy Stir Fried Squid
Korean Fried Rice	Chinese Fried Rice	Korean Fried Rice	Egg Fried Rice	Adobo Fried Rice
DAILY JUICE OF THE DAY				
Buko Juice	Melon Juice	Buko Juice	Watermelon Juice	Sagot Gulaman

## MAIN CAFETERIA LUNCH MENU

1st SEM SY-24-25

WEEK 2 OF THE MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Lemon Pepper Roasted Chicken	Pork with Mushrooms	Italian Pork Meatballs	Herb Crusted Roast Beef with Pepper Gravy	Chicken with Lemon Caper Sauce
Beef with Broccoli	Honey Roasted Chicken	Chinese Orange Chicken	Honey Garlic Glazed Salmon	Grilled Stuffed Squid
Sauteed Mushroom and Beans	Roasted Squash	Buttered Corn	Stir Fried Thai Vegetable	Stir Fried Red and Green Cabbage
Stir Fry Vegetable	Steamed Mixed Vegetables	Spanish Grilled Vegetables	Creamed Spinach	Potato and Broccoli Gratin
White Rice	White Rice	White Rice	White Rice	White Rice
Brown Rice	Brown Rice	Brown Rice	Brown Rice	Brown Rice
Red Rice	Red Rice	Red Rice	Red Rice	Red Rice
PASTA/NOODLE CHOICES				
Shrimp Aglio Olio Pasta	Chapchae	Spinach Lasagna	Penne Pasta in Creamy Garlic Sauce	Pasta with Peas and Cherry Tomatoes
DAILY SOUP OF THE DAY				
Potato Leek Soup	Chicken Chowder Soup	Nido Oriental Soup	Broccoli and Cheese Soup	Cream of Mushroom Soup
DAILY RICE TOPPINGS				
Korean Beef Bulgogi	Korean Spicy Seafood	Spicy Korean Grilled Chicken	Beef Mongolian	Korean Fried Chicken
Spicy Pork Samgyupsal	Chicken Curry	Tteokbukki	Shrimp Gambas	Doenjang Pork
Korean Fried Rice	Crab Meat Fried Rice	Kimchi Fried Rice	Oriental Egg Fried Rice	Korean Fried Rice
DAILY JUICE OF THE DAY				
Buko Juice	Melon Juice	Buko Juice	Watermelon Juice	Sagot Gulaman

## MAIN CAFETERIA LUNCH MENU

1st SEM SY-24-25

WEEK 3 OF THE MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Buffalo Chicken Wings with Ranch Dressing	Baked Salmon With Garlic Cheese Sauce	Chicken Inasal	Indian Butter Chicken	Fish And Chips with Garlic Ranch Dressing
Grilled Pork Belly with Soy Based Sauce	BBQ Beef Brisket	Pork Adobo	Roast Porkloin with Gravy	Salisbury Steak
Steamed Mixed Vegetable	Baked Vegetable in Cream Sauce	Enseladang Talong	Cucumber, Carrots and Lettuce Salad	Sauteed Mushroom
Lentil, Corn and Broccoli Stir Fry	Buttered Mixed Vegetables	Ginataang Kalabasa at Sitaw	Roasted Brussel Sprouts	Grilled Mixed Vegetables
White Rice	White Rice	White Rice	White Rice	White Rice
Brown Rice	Brown Rice	Brown Rice	Brown Rice	Brown Rice
Red Rice	Red Rice	Red Rice	Red Rice	Red Rice
PASTA/NOODLE CHOICES				
Mixed Vegetable Pasta with Sundried Tomato	Baked Ziti Pasta	Creamy Spinach Penne Pasta	Asian Vegetable Stir Fry Noodles	Vegetable Marinara Pasta
DAILY SOUP OF THE DAY				
Corn and Carrot Soup	Egg Drop Soup	Crab and Corn Soup	Creamy Chicken and Corn Soup	Tomato Basil Soup
DAILY RICE TOPPINGS				
Shrimp and Mushroom Al Ajillo	Pork Teriyaki Meatballs	Sticky Honey Lemon Chicken	Chicken Biryani	Pork Sisig
Beefsteak Tagalog	Roasted Hainanese Chicken	Mongolian Beef	Honey Glazed Tuna Bites	Korean Fried Chicken Soy Garlic Flavor
Garlic Rice	Hainanese Rice	Egg Fried Rice	Curry Vegetable Fried Rice	Korean Fried Rice
DAILY JUICE OF THE DAY				
Buko Juice	Melon Juice	Buko Juice	Watermelon Juice	Sagot Gulaman

## MAIN CAFETERIA LUNCH MENU

1st SEM SY-24-25

WEEK 4 OF THE MONTH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Grilled Chicken with Mustard Cream Sauce	Chicken Afritada	Sweet and Sour Pork	Beef Stir Fry	Grilled Tuna with Mango Salsa
Fish Fillet Parmigiana	Lechon Kawali with Sauce	Salmon in Tomato Basil Sauce	Crispy Fish Fingers with Tomato Salsa Puree	Roast Porkloin with Pepper Gravy
Steamed Mixed Vegetable	Pickled Pipino Salad	Butter Roasted Cauliflower	Green Beans with Cherry Tomato	Buttered Corn, Peas and Carrots
Baked Broccoli and Cheese	Adobong Kangkong	Mexican Corn	Sauteed Vegetable with Brussel Sprouts	Tofu and Broccoli Stir Fry
White Rice	White Rice	White Rice	White Rice	White Rice
Brown Rice	Brown Rice	Brown Rice	Brown Rice	Brown Rice
Red Rice	Red Rice	Red Rice	Red Rice	Red Rice
PASTA/NOODLE CHOICES				
Classic Lasagna	Spaghetti vongole	Aglio Olio with Sausage Pasta	Penne Pasta in Marinara Sauce	Pad Thai
DAILY SOUP OF THE DAY				
Potato and Corn Chowder	Egg Drop Soup	Cream of Asparagus Soup	Crab and Corn Chowder	Broccoli and Cheese Soup
DAILY RICE TOPPINGS				
Sesame Grilled Ginger Chicken	Chicken Teriyaki	Garlic Pepper Beef	Shrimp Gambas	Sweet and Sour Fish Fillet
Stir Fry Pork with Kimchi	Salt and Pepper Crispy Squid	Tteokbukki	Sesame Chicken Cutlets	Honey Garlic Pork
Korean Fried Rice	Egg Fried Rice	Kimchi Fried Rice	Garlic Rice	Yangchow Fried Rice
DAILY JUICE OF THE DAY				
Buko Juice	Melon Juice	Buko Juice	Watermelon Juice	Sagot Gulaman



BREAKFAST CHOICES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Tapa	Beef Tapa	Beef Tapa	Beef Tapa	Beef Tapa
Bacon	Corned Beef Hash	Bacon	Corned Beef Hash	Bacon
Sausage	Pork Tocino	Fried Milkfish	Chicken Tocino	Japanese Sausage
Pancake	French Toast	Pancake	French Toast	Pancake
Hashbrown	Plain Waffle	Hashbrown	Plain Waffle	Hashbrown
Vegetable Omelette	Ham and Cheese Omelette	Vegetable Omelette	Ham and Cheese Omelette	Vegetable Omelette
FRIED EGG	FRIED EGG	FRIED EGG	FRIED EGG	FRIED EGG
PLAIN AND GARLIC RICE	PLAIN AND GARLIC RICE	PLAIN AND GARLIC RICE	PLAIN AND GARLIC RICE	PLAIN AND GARLIC RICE
YOGURT AND CEREALS	YOGURT AND CEREALS	YOGURT AND CEREALS	YOGURT AND CEREALS	YOGURT AND CEREALS
SEASONAL FRUIT CUP	SEASONAL FRUIT CUP	SEASONAL FRUIT CUP	SEASONAL FRUIT CUP	SEASONAL FRUIT CUP
HOT CHOCOLATE EVERYDAY				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALA CARTE/DAILY SPECIAL</b>				
Pancake	RAMEN DAY	NACHOS DAYS	RAMEN DAY	NACHOS DAYS
Hashbrown	> Pork, Chicken	>Beef, Cheese, salsa	> Pork, Chicken	>Beef, Cheese, salsa
Beef Tapa	Beef Tapa	Beef Tapa	Beef Tapa	Beef Tapa
Bacon	Corned Beef Hash	Bacon	Corned Beef Hash	Bacon
Steamed Siomai	Gyoza	Steamed Siomai	Gyoza	Nuggets and Fries
Beef Tenderloin Salpicao	Baked Chicken	Beef Tenderloin Salpicao	Baked Chicken	Fried Chicken
Corndog	Onion Rings with Ranch Dressing	Corndog	Onion Rings with Ranch Dressing	Hashbrown
Corn and Carrots	Steamed Mixed Vegetable	Corn and Carrots	Steamed Mixed Vegetable	Corn and Carrots
Garlic Rice	Garlic Rice	Garlic Rice	Garlic Rice	Garlic Rice
Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice
Pasta Bolognese	Pasta Bolognese	Pasta Bolognese	Pasta Bolognese	Pasta Bolognese
Pasta Carbonara	Pasta Carbonara	Pasta Carbonara	Pasta Carbonara	Pasta Carbonara
Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato




<b>MOLAVE PIZZA SECTION</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
PIZZA DAY	PIZZA DAY	PIZZA DAY	PIZZA DAY	PIZZA DAY
4 Choices - Salame Pepperoni, Quattro Formaggi (4 Cheese), Margherita, and Bacon and Mushroom				

KAPE LEON MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butter Croissant				
Chocolate Croissant				
Ham and Cheese Lattice Croissant				
Baguio Banana Bread				
Chunkie Chocolate Chip Cookies			Blueberry and White Chocolate Cookie	
Double Chocolate Brownie			Blueberry Baked Oatmeal Bars	
Banana Oat Chocolate Chunk Muffins			Lemon Tart	
Strawberry Meringue Chocolate Cake	Belgian Strawberry Crepes	Strawberry Cream Cake	Belgian Dark Chocolate Crepes	Kitkat Cake
Chocolate Mocha Cake	Dark Belgian Chocolate Mousse Cake	Chocolate Mocha Cake	Dark Belgian Chocolate Mousse Cake	Hersey's Chocolate Cheesecake
Blueberry Cheese Cake	Oreo Cheese Cake	Strawberry Cheese Cake	Oreo Cheese Cake	Mango Cheesecake
Mango Panna Cotta	Belgian Chocolate Doughnut	Tiramisu	Belgian Chocolate Doughnut	Tiramisu
Adobo Pan de Sal	Cheese Rolls	Corned beef Pan De Sal	Cheese Rolls	
Mixed Green Salad (Choice of Caesar Dressing, Garlic Ranch Dressing, Balsamic Vinaigrette)				
Chickend Potato Salad				
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Mixed Berry and Banana Overnight Oats				
Cesar Salad Wrap	Roasted Sesame Chicken Salad Wrap	Cesar Salad Wrap	Roasted Sesame Chicken Salad Wrap	Cesar Salad Wrap
2 cheese quesadilla	Cheesy Chicken Fajitas	2 cheese quesadilla	Cheesy Chicken Fajitas	2 cheese quesadilla
Ham and Cheese Croissant Sandwich	Pastrami Croissant Sandwich	Ham and Cheese Croissant Sandwich	Pastrami Croissant Sandwich	Ham and Cheese Croissant Sandwich
Grilled Chicken Panini	Crab Salad Sandwich	Grilled Chicken Panini	Crab Salad Sandwich	Grilled Chicken Panini
Egg Salad Sandwich	Avocado Toast	Egg Salad Sandwich	Avocado Toast	Egg Salad Sandwich


\*Some Menu Items may change due to the availability of the ingredients

\*\*Vegetarian Choices


Prepared By:

  
 \_\_\_\_\_  
 Chef Allen Eustaquio

Noted By:

  
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 Maricel Canlas  
 Food Service Office

Approved By:


  
 \_\_\_\_\_  
 The Headmaster Office

## JAPANESE SECTION MENU

### 1ST SEM SY 24-25

Monday	Tuesday	Wednesday	Thursday	Friday
Karaage (4pcs) with Wasabi Mayo P 190.00	Chicken Katsu with Tonkatsu Sauce P 190.00	Chicken Tempura ( 3pcs) P 195.00	Chicken Teriyaki P 190.00	Chicken Katsu with Tonkatsu Sauce P 190.00
Japanese Pork Curry P 195.00	Shrimp Tempura (4pcs) P 205.00	Grilled Saikoro Wagyu Cubes (4pcs) with Onion Sauce P 225.00	Tonkatsu P 195.00	Chashu P 190.00
Miso Soup P 85.00	Miso Soup P 85.00	Miso Soup P 85.00	Miso Soup P 85.00	Miso Soup P 85.00
Japanese Plain Rice (GOHAN) P 30.00	Japanese Plain Rice (GOHAN) P 30.00	Japanese Plain Rice (GOHAN) P 30.00	Japanese Plain Rice (GOHAN) P 30.00	Japanese Plain Rice (GOHAN) P 30.00
Vegetarian Chahan P 55.00	Crab Chahan P 85.00	Vegetarian Chahan P 55.00	Crab Chahan P 85.00	Vegetarian Chahan P 55.00
Okonomiyaki P 85.00	GYOZA P 95.00	Okonomiyaki P 85.00	GYOZA P 95.00	Okonomiyaki P 85.00
California Maki P 120.00	California Maki P 120.00	California Maki P 120.00	California Maki P 120.00	California Maki P 120.00
Crazy Maki P 140.00	Crazy Maki P 140.00	Crazy Maki P 140.00	Crazy Maki P 140.00	Crazy Maki P 140.00
Salmon Sushi P 140.00	Salmon Sushi P 140.00	Salmon Sushi P 140.00	Salmon Sushi P 140.00	Salmon Sushi P 140.00
Spicy Tuna & Salmon Maki P 150.00	Spicy Tuna & Salmon Maki P 150.00	Spicy Tuna & Salmon Maki P 150.00	Spicy Tuna & Salmon Maki P 150.00	Spicy Tuna & Salmon Maki P 150.00
Salmon Sashimi P 250.00	Salmon Sashimi P 250.00	Salmon Sashimi P 250.00	Salmon Sashimi P 250.00	Salmon Sashimi P 250.00

Prepared By:   
 \_\_\_\_\_  
 Chef Allen Eustaquio

Noted By:   
 \_\_\_\_\_  
 Maricel Canlas  
 Food Service Office

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