

MAIN CAFETERIA LUNCH MENU

1st SEM SY2223

WEEK 1 & 3 OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Baked Chicken Set	3 Pcs Tempura Set	Beef Samgyupsal Set	Chicken Karaage Set	Fried Chicken Set
American Pork Barbecue Set	Japanese Chicken Katsu Curry Set		Korean Beef Stew Set	Beef Salpicao Set
DAILY RICE TOPPINGS/RAMEN CHOICES				
Siomai Pork Rice Bowl	Tonkotsu Ramen with Chasu(Pork)	Sweet and Sour Fish Fillet Rice Bowl	Tonkotsu Ramen with Chasu(Pork)	Lumpiang Shanghai Bowl
	Tsuyo Ramen (Chicken)	Chicken Teriyaki Rice Toppings	Tsuyo Ramen (Chicken)	

WEEK 2 & 4 OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY LUNCH SET CHOICES				
Buffalo Wings Set	3 Pcs Tempura Set	Chicken Inasal Set	Chicken Karaage Set	Chicken Adobo Set
Roast Pork Belly Set	Japanese Chicken Katsu Curry Set		Beefsteak Tagalog Set	Fish and Chips Set
DAILY RICE TOPPINGS/RAMEN CHOICES				
Mongolian Shrimp with Broccoli Rice Bowl	Tonkotsu Ramen with Chasu(Pork)	Korean Beef Bulgogi Rice Toppings	Tonkotsu Ramen with Chasu(Pork)	Sisig Rice Rice Bowl
	Tsuyo Ramen (Chicken)	Stir Fry Seafood Rice Toppings	Tsuyo Ramen (Chicken)	

DAILY/WEEKLY STAPLE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL DAY BREAKFAST CHOICES				
Beef Tapa Set	Beef Tapa Set	Beef Tapa Set	Beef Tapa Set	Beef Tapa Set
Bacon Rice Set	Corned Beef Rice Set	Bacon Rice Set	Corned Beef Rice Set	Bacon Rice Set
Sausage with Toast and Egg	Ham and Cheese Omelette with Toast	Pork Tocino Rice Set	Sausage with Toast and Egg	Ham and Cheese Omelette with Toast
Vegetable Omelette with Toast	Milkfish Set	Vegetable Omelette with Toast	Milkfish Set	Vegetable Omelette with Toast
PASTA/NOODLE CHOICES				
Pasta Bolognese	Pasta Bolognese	Pasta Bolognese	Pasta Bolognese	Pasta Bolognese
Pasta Carbonara	Pasta Carbonara	Pasta Carbonara	Pasta Carbonara	Pasta Carbonara
Shrimp Aglio Olio	Yaki Udon	Lasagna	Shrimp Aglio Olio	Garlic Chicken Sotanghon
Vegetarian Pasta	Vegetarian Pasta	Vegetarian Pasta	Vegetarian Pasta	Vegetarian Pasta
DAILY SOUP OF THE DAY				
Vegetable Soup	Vegetable Soup	Vegetable Soup	Vegetable Soup	Vegetable Soup
DAILY SALADS/FRUITS/DESSERTS/SNACKS				
Mixed Green Salad (Choice of Caesar Dressing, Garlic Ranch Dressing, Balsamic Vinaigrette)				
Chicken potato salad	Chicken potato salad	Chicken potato salad	Chicken potato salad	Chicken potato salad
	Kani and Mango Salad		Kani and Mango Salad	
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Banana Lakatan	Banana Lakatan	Banana Lakatan	Banana Lakatan	Banana Lakatan
Seasonal Whole Fruits				
Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg	Boiled Egg
Turon	Turon	Turon	Turon	Turon
Fruit Salad	Leche Flan	Fruit Salad	Leche Flan	Fruit Salad
Granola Mixed Fruit (Fruity Maple, Strawberry, Dark Chocolate)				
OSH (Oh So Healthy) POPS (Sour Cream, White Cheddar, Smokey BBQ)				
OSH (Oh So Healthy) Fruit Snacks (Purple Yam, Guava, Mango, Jackfruit, Kimchi)				

SANDWICHES CHOICES				
Chocohazelnut Sandwich				
Cheese Hotdog Sandwich				
Chicken Fillet Sandwich				
Bacon Lettuce Tomato Sandwich				
Grilled Cheese Sandwich				
Two cheese quesadilla				
Egg Salad Sandwich	Vegetable Burrito with Tomato Salsa	Hamburger or CheeseBurger	Egg Salad Sandwich	
Pan De Sal Sandwich (CHEESE AND EGG OR HAM AND EGG)				
Pan De Sal with Spread (Strawberry Jam or Cream Cheese)				
BREADS AND PASTRIES CHOICES				
Ham and Cheese Bread				
Cinnamon Roll				
Ensaymada				
Asado bun				
Ube Cheese Pan De Sal				
Pan De Sal Plain				
Chocolate Mocha Bread				
Pork Floss Bun				
Pork Floss Spicy Bun				
Chochochip Cookies				
FROYO - FROZEN YOGHURT				
Serving Daily				
Atleast 12 Different Toppings and 4 Different Syrups to choose from.				
MOLAVE PIZZA SECTION				
Pizza Days are Thursdays and Fridays		PIZZA DAY	PIZZA DAY	
3 Choices - Salame Pepperoni, Quattro Formaggi (4 Cheese), and Margherita				
AFTER SCHOOL SHORT ORDER MENU (1:30PM to 4PM)				
6 Pcs Nuggets and Fries Set				
French Fries				
Hamburger Meal				
Cheeseburger Meal				
Pancit Canton Guisado				
Bam-I				

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

**Vegetarian Choices

KAPE LEON MENU

SY-2223

New Beverage Items
Caramel Frappe
Chocolate Frappe
Mocha Frappe
Peach Iced Brewed Tea (Soon)
Yuzu Iced Brewed Tea (Soon)
Breads and Pastries
Adobo Pan de Sal
Cheese Rolls
Pan De Sal Corned Beef
Ham and Cheese Lattice Croissant
Carrot Muffin with Cream Cheese Frosting
Baguio Banana Bread
Premium Belgian Chocolate Donut with Almonds
Butter Croissant
Chocolate Croissant
CHOCOLATE CHUNKIE COOKIE
Double Chocolate Belgian Brownie
CAKES
Blueberry Cheese Cake
Oreo Cheese Cake
Strawberry Cheese Cake
Strawberry Meringue Chocolate Cake
Triple Belgian Chocolate Cake
Ube Caramel Custard Cake
SALADS and SANDWICHES
Chef's Salad
Mixed Green Salad (Choice of Caesar Dressing, Garlic Ranch Dressing, Balsamic Vinaigrette)
Kani Salad
2 cheese quesadilla
Avocado Toast
Bacon Lettuce Tomato Sandwich
Cesar Salad Wrap
Grilled Chicken Panini
Ham and Cheese Croissant Sandwich
Kani and Mango Croissant Sandwich
Fruit Cup
SNACKS
Granola Mixed Fruit (Fruity Maple, Strawberry, Dark Chocolate)
OSH (Oh So Healthy) POPS (Sour Cream, White Cheddar, Smokey BBQ)
OSH (Oh So Healthy) Fruit Snacks (Purple Yam, Guava, Mango, Jackfruit, Kimchi)
Mushroom Chicharon (Hickory BBQ, Peri-Peri, Garlic, Original)
Belgian Chocolate Bars (Milk Chocolate, Dark Chocolate, White Chocolate)