

**FIXED BOARD ONE MONTH MENU CYCLE | SILLIMAN UNIVERSITY FOOD SERVICES DEPARTMENT**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
B-F A-S-T	Hotdog Reg. Boiled Egg Rice Milo	Bangus Lamayo Egg Omelet Rice Coffee	Corned Beef W/ Potatoes Rice Sliced Bread W/ Butter Milo	Ground Pork Pinamala Rice Fried Banana Coffee	Luncheon Meat Scrambled Egg Rice Milo	Morcon Fried Dilis Rice Champorado Coffee	Sweet Ham Tuna Afritada Rice Milo	Bistek Boiled Egg Rice Coffee	Skinless Chorizo Fried Egg Rice Milo	Egg Ball Sardines Guisado Rice Coffee	Beef Loaf Scarmbled Egg Rice Milo	Chicken Galantina Tuna Flakes in Oil Rice Coffee	Fish Inun-On Fried Egg Rice Milo	Jumbo Cheesedog Rice Oatmeal Coffee	Pork Tapa Rice Papaya Sliced Milo
L U N C H	Chicken Curry Sotanghon Guisado Rice Banana	Pork Sinigang Fried Bulad Rice Bocayo	Lechon de Carajay Mongo Guis. w/ Squash Rice Crinkles	Crab & Corn Soup Fried Porkchop Rice Macaroons	Fried Chicken Gabi w/ Tono Rice Bonbon Brownies	Fish Fillet Batchoy Rice Fruitmix	Chicken Tinola Lumpia Shanghai Rice Biko W/ Latik	Meatballs Utan Law-oy Rice Cutchinta	Pork Nilat-an Pancit Canton Guisado Rice Banana	Pork Strips w/ Broccoli Fried Veg. Lumpia Rice Cappuccino Bar	Fish w/ Butter Sauce Bam-Ie Rice Pineapple Fresh	Chicken Bicol Express Baguio Beans Guis. Rice Choco Cookies	Meatball Hawaii Squash Stringbeans Guis. Rice Cassava Cake	Pork Piquat Bihon Guisado Rice Ice Candy	Fish Fillet Siomai Green Mangoes w/ Uyap Rice Choco Candy
S U P P E R	Breaded Fish Chopsuey Rice Cupcake	Beef Bicol Express Stringbeans Carrot Guis. Rice Butter Cookies	Chicken Honey Glazed Spaghetti Rice Juice	Fish w/ SSS Fresh Miki Guisado Rice Watermelon	Pork Strips Teriyaki Chinese Pechay Guisado Rice Oatmeal Cookies	Chicken Caldereta Kalubay Guis. Rice Inipit	Pork Barbeque Pickled Papaya Rice Cornstarch Cookies	Pork Ginger Eggplant Fritters Rice Hopia	Fried Fish Dinuguan Rice Colored Puto	Fried Chicken X1/4 Cucumber Salad Rice Butter Cookies	Picadillo Cabbage Guisado Rice Banana Cake	Beef Stroganoff Bas-Oy Rice Hello Choco	Grilled Porkchop Russian Salad Rice Cookie Bar	Beef Teriyaki Kalubay Guis. W/ Taugue Rice Cheese Bar	Breaded Baked Chicken Hawaiian Salad Rice Cappuccino Bar
	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
B-F A-S-T	Native Longaniza Ampalaya w/ Egg Rice Coffee	Fried Fish Pork & Beans Rice Milo	Burger Steak w/ Mushroom Sauce Egg Omelet Rice Coffee	Tuna Sausage Fried Egg Rice Milo	Bistek Rice Bread Coffee	Corned Beef W/ Potatoes Rice Sliced Bread W/ Butter Milo	Chicken Galantina Tuna Mechado Rice Coffee	Fish Inun-On Fried Egg Rice Milo	Groundpork Pinamala Rice Banana Coffee	Beef Tapa Rice Bread Milo	Bangus Lamayo Fried Egg Rice Coffee	Pork Tocino Rice Puto Maya Tsokolata	Hamburger Patties Scrambled Egg Rice Coffee	Chorizo Bilbao Tuna Afritada Rice Milo	Sardines Guis. Fried Egg Rice Coffee
L U N C H	Fried Pork Apan-Apan Rice Biko w/ Latik	Pork Inatayan Cabbage Hash Rice Palitao	Fried Chicken Nangka w/ Tuno Rice Cupcake	Pork Curry Native Pechay Guisado Rice Double Bar	Lechon de Carajay Squash Dabong w/ Tuno Rice Peanut Brittle	Fish Escabeche Sautéed Mix Veg. Rice Watermelon	Pork Caldereta Carbonara Rice Apple	Chicken Halang-Halang Fried Bulad Rice Bocayo	Fried Porkchop Coleslaw Rice Bonbon Brownies	Breaded Fish Pork w/ White Beans Rice Macaroons	Chicken Hawaii Fresh Lumpia Rice Milk Bar	Fish Tinola Laksa Rice Ice Candy	Beef Nilat-An Pensic Frito Rice Palitao	Cabbage Soup W/ Carrots Fried Chicken Rice Nangka Tart	Pork Humba w/ Skin Banana Heart Salad Rice Macaroons
S U P P E R	Chicken Adobo Pinakbet Rice Choco Candy	Beef Strips w/ White Sauce Stir Fry Veg. Rice Mango Tart	Fried Tamarong Pancit Canton Guis. Rice Banana w/ Milk	Sotanghon Soup Chicken Barbeque Rice Chiffon Cake	Menudo Lumpiang Hanoi Rice Choco Balls	Grilled Porkchop Pipino Salad Rice Banana Turon	Beef Steak Veg. Guisado Rice Pastillas	Corn Soup Pork Estofado Rice Crinkles	Fish Fritter Baked Macaroni Rice Pinwheel Cookies	Pork Pot Roast Potato Salad Rice Oatmeal Cookies	Bicol Express Stringbeans w/ Sesame Seeds Rice Hopia	Pork/ Chicken Adobo Veg. Sari2x Guis. Rice Cupcake	Chicken Honey Glazed Spaghetti Rice Juice	Pork Barbeque Mongo Guis. Rice Choco Trillion	Beef Strips W/ Cauliflower Adobong Gulay Rice Hopia