

VALUE MEAL MENU

SILLIMAN UNIVERSITY FOOD SERVICES

NOVEMBER 2014

Tuesday (4)	Wednesday (5)	Thursday (6)	Friday (7)
Chicken Hawaii Chopsuey Rice Banana	Lechon de carajay Squash-dabong with tono Rice Chocolate candy	Fried chicken Spaghetti Rice Water melon	Bicol express Kalubay-carrots guisado Rice Oatmeal cookies
Tuesday (11)	Wednesday (12)	Thursday (13)	Friday (14)
Pork w/ sauce Pinakbet Rice Double bar	Fish rolls Bihon calo-calo Rice Ice candy	Beef nilat-an Lumpiang Hanoi Rice Banana	Chicken afritada Shrimp gumbo Rice cuchinta
Tuesday (18)	Wednesday (19)	Thursday (20)	Friday (21)
Fried chicken Mongo w/ tuno Rice Butterscotch	Fish estofado Batchoy Rice Fruitmix	Pork with tausi sauce Russian salad Rice Food for the gods	Fish salpicao Lumpiang shanghai Rice Biko with latik
Tuesday (25)	Wednesday (26)	Thursday (27)	Friday (28)
Beef cocido Macaroni salad Rice Choco rumble	Fried chicken Utang law-oy Rice Cuchinta	Pork sinigang Fried bulad Rice Bocayo	Pork w/ sauce Gabi w/ tuno Rice Butterscotch