

SET MENU

PROPOSED MENU FOR THE HEALTHY PUBLIC FOOD PROCUREMENT (Note: Menu items may be interchanged based on the availability of ingredients, seasonal produce, dietary requirements, and budget, while maintaining the same nutritional value)

A. Menu with No Pork

	Set A	Set B	Set C	Set D	Set E
Snack Only	Whole-Wheat Chicken Sandwich	Palabok	Chicken Alfredo (light sauce)	Chicken Spaghetti	Whole-Wheat Tuna Sandwich
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Whole-Wheat Chicken Sandwich	Palabok	Chicken Alfredo (light sauce)	Vegetable Lasagna	Whole-Wheat Tuna Sandwich
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Light Vegetable Soup	Chef's Salad (light dressing/vinaigrette)	Vegetable Soup	Pumpkin Soup	Caesar Salad
	Grilled Chicken	Beef Nilaga with Vegetables	Baked Chicken	Sautéed Beef with bell pepper and broccoli	Chicken Tinola with vegetables
	Steamed Fish with ginger and oyster	Pan Fried Boneless Bangus	Sweet and Sour Fish Fillet	Fish Fillet with herbs/lemon and pepper	Baked Fish Fillet
	Sauteed Vegetables	Steamed/Boiled Rice	Sauteed Mixed Vegetables	Steamed Mixed Vegetables	Steamed/Boiled Rice
	Steamed/Boiled Rice	Fresh Fruit in Season	Steamed/Boiled Rice	Steamed/Boiled Rice	Fresh Fruit in Season
	Fresh Fruit in Season		Fresh Fruit in Season	Fresh Fruit in Season	
PM Snack	Vegetable Salad (light dressing/ vinaigrette)	Fresh Fruit Salad (no added cream)	Vegetable Salad (light dressing/ vinaigrette)	Fresh Fruit Salad with yogurt	Vegetable Salad (light dressing/ vinaigrette)
	Fresh Fruit in Season	Water in Dispenser	Fresh Fruit in Season	Water in Dispenser	Fresh Fruit in Season
	Water in Dispenser		Water in Dispenser		Water in Dispenser

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	Set F	Set G	Set H	Set I	Set J
Snack Only	Fresh Lumpia (light sauce)	Arroz Caldo with Egg	Vegetable Lasagna	Chicken Mami/ Chicken Noodle Soup	Whole Wheat Club House
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Fresh Lumpia (light sauce)	Arroz Caldo with Egg	Vegetable Lasagna	Chicken Mami/ Chicken Noodle Soup	Whole Wheat Club House
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Fresh Mushroom and Corn Soup	Chicken Ginger Soup	Corn and Carrot Soup	Mushroom Soup	Vegetable Soup
	Braised Beef	Chicken Barbeque	Beef Caldereta (lightly seasoned)	Hainanese Chicken	Beef with steamed broccoli and tofu in oyster sauce
	Grilled Fish	Steamed Fish with herbs and lemon	Pan Grilled Rosemary Chicken	Fish Fillet with Tofu in Oyster Sauce	Oven Baked Chicken
	Sauteed Mixed Vegetables	Chopsuey	Sauteed Mixed Vegetables	Steamed Mixed Vegetables	Pinakbet
	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice
	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season
PM Snack	Fresh Fruit Salad (no added cream)	Vegetable Salad (light dressing/ vinaigrette)	Baked Empanada	Fruit Salad (light dressing)	Vegetable Salad (light dressing/ vinaigrette)
	Water in Dispenser	Fresh Fruit in Season	Fresh Fruit in Season	Water in Dispenser	Fresh Fruit in Season
		Water in Dispenser	Water in Dispenser		Water in Dispenser

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B. Menu with Pork

	Set A	Set B	Set C	Set D	Set E
Snack Only	Steamed Siopao	Whole Wheat Chicken and Vegetable Sandwich	Pesto Pasta with Cherry Tomato and Basil	Whole Wheat Tuna and Avocado Sandwich	Pancit Guisado
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Steamed Siopao	Whole Wheat Chicken and Vegetable Sandwich	Pesto Pasta with Cherry Tomato and Basil	Whole Wheat Tuna and Avocado Sandwich	Pancit Guisado
	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Vegetable Salad (light dressing/ vinaigrette)	Pumpkin Soup	Garden Vegetable Salad	Mixed Vegetable Soup	Roasted Veggie Salad in Light Dressing
	Pork Nilaga with vegetables	Braised pork with saba	Pork Adobo	Grilled Pork Belly	Pork Sinigang
	Lemon Pepper Chicken	Steamed Fish with ginger and garlic	Sinigang na Isda with vegetables	Herb Roasted Chicken	Baked Fish with Herbs
	Steamed/Boiled Rice	Sauteed Mixed Vegetables	Steamed/Boiled Rice	Stirfried Vegetables	Steamed/Boiled Rice
	Fresh Fruit in Season	Steamed/Boiled Rice	Fresh Fruit in Season	Steamed/Boiled Rice	Fresh Fruit in Season
		Fresh Fruit in Season		Fresh Fruit in Season	
PM Snack	Fresh Fruit with Yogurt	Chicken and Garden Salad in light dressing	Chicken and Mango Wrap (Whole-Wheat)	Vegetable Salad (light dressing/ vinaigrette)	Fruit and Nut Salad in light dressing/ vinaigrette
	Water in Dispenser	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
		Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser

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	Set F	Set G	Set H	Set I	Set J
Snack Only	Whole-Wheat Grilled Vegetable and Cheese Sandwich	Puttanesca Pasta (Oil-based)	Chicken and Vegetable Wrap (Whole-Wheat)	Chicken Penne Pesto	Tuna and Corn Vegetable Wrap (Whole-Wheat)
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Whole-Wheat Grilled Vegetable and Cheese Sandwich	Puttanesca Pasta (Oil-based)	Chicken and Vegetable Wrap (Whole-Wheat)	Whole-Wheat Chicken and Hummus Sandwich	Tuna and Corn Vegetable Wrap (Whole-Wheat)
	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Vegetable Minestrone	Vegetable Salad (light dressing/ vinaigrette)	Mushroom and Tofu Soup	Vegetable Salad (light dressing/vinaigrette)	Pumpkin and Carrot Soup
	Pork Steak	Healthy Chicken Adobo	Baked Pork Chop	Pesang Manok	Herb Roasted Pork Tenderloin
	Stir Fried Chicken with Beans and Carrots	Miso Fish Soup with Tofu and Vegetables	Herb-Roasted Chicken	Baked Fish with broccoli and carrots	Lemon Garlic Grilled Chicken
	Sauteed Vegetables	Steamed/Boiled Rice	Roasted Vegetables	Steamed/Boiled Ric	Stirfried Vegetables
	Steamed/Boiled Rice	Fresh Fruits in Season	Steamed/Boiled Rice	Fresh Fruits in Season	Steamed/Boiled Rice
	Fresh Fruits in Season		Fresh Fruits in Season		Fresh Fruits in Season
PM Snack	Beef Mami	Oatmeal Banana Carrot Muffin	Vegetable Salad (light dressing/ vinaigrette)	Whole-Wheat Clubhouse	Steamed Rice Cake with Cheese
	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser

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C. Menu with Beef and Pork

	Set A	Set B	Set C	Set D	Set E
Snack Only	Whole Wheat Pasta with Chicken and Vegetables	Whole-Wheat Chicken and Hummus Sandwich	Chicken Pesto Pasta with Vegetables	Whole-Wheat Tuna and Corn Sandwich	Whole Wheat Spaghetti
	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Whole Wheat Pasta with Chicken and Vegetables	Whole-Wheat Chicken and Hummus Sandwich	Chicken Pesto Pasta with Vegetables	Whole-Wheat Tuna and Corn Sandwich	Whole Wheat Spaghetti
	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season	Fresh Fruits in Season
	Fruit or vegetable -Infused Water	Fruit or vegetable-Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Corn and Vegetable Soup	Vegetable Salad (light dressing/vinaigrette)	Mushroom Soup	Vegetable Salad (light dressing/ vinaigrette)	Monggo Soup with Malunggay
	Beef and Vegetable Stir-Fry	Chicken Nilaga with vegetables	Baked Pork Tenderloin with Carrots	Beef Nilaga with vegetables	Pan-Fried Herb Crusted Pork Tenderloin
	Baked Fish with Lemon and Garlic	Stuffed Squid	Pan Fried Fish with Lemon and Dill	Baked Fish Spring Rolls	Pan Fried Fish Fillet with Onion and Bell Peppers
	Sauteed Vegetables	Steamed/Boiled Ric	Roasted Vegetables	Steamed/Boiled Ric	Stirfried Vegetables
	Steamed/Boiled Ric	Fresh Fruits in Season	Steamed/Boiled Ric	Fresh Fruits in Season	Steamed/Boiled Ric
	Fresh Fruits in Season		Fresh Fruits in Season		Fresh Fruits in Season
PM Snack	Vegetable Salad (light dressing/ vinaigrette)	Kani Salad Roll	Fresh Fruit Salad with lemon-honey dressing	Chicken and Vegetable Wrap (Whole-Wheat)	Vegetable Salad (light dressing/ vinaigrette)
	Fresh Fruits in Season	Fresh Fruits in Season	Water in Dispenser	Fresh Fruits in Season	Fresh Fruits in Season
	Water in Dispenser	Water in Dispenser		Water in Dispenser	Water in Dispenser

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	Set F	Set G	Set H	Set I	Set J
Snack Only	Chicken Avocado Wrap (Whole-Wheat)	Whole-Wheat Clubhouse Sandwich	Vegetable Bolognese Pasta	Baked Empanada	Chicken Pasta with Broccoli
	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season
	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser	Water in Dispenser
Meals and Snacks					
AM Snack	Chicken Avocado Wrap (Whole-Wheat)	Whole-Wheat Clubhouse Sandwich	Vegetable Bolognese Pasta	Baked Empanada	Chicken Pasta with Broccoli
	Fresh Fruit Cuts	Fresh Fruit Cuts	Fresh Fruit Cuts	Fresh Fruit Cuts	Fresh Fruit Cuts
	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water	Fruit or vegetable -Infused Water
Lunch	Spinach and Corn Soup	Pumpkin and Carrot Soup	Vegetable Salad (light dressing/ vinaigrette)	Chicken and Mushroom Soup	Vegetable Egg Drop Soup
	Pork Menudo	Healthy Beef Caldereta	Baked Pork Tenderloin	Beef and Broccoli Stir-Fry	Pan-Fried Pork with Mushroom
	Baked Fish with Turmeric and Garlic	Herb Pan-Seared Chicken	Fish Sinigang with Vegetables	Garlic Paprika Chicken	Fish with Vegetable Medley
	Roasted Mixed Vegetables	Stirfried Vegetables	Steamed/Boiled Ric	Sauteed Vegetables	Vegetable Tofu Stir-Fry
	Steamed/Boiled Rice	Steamed/Boiled Rice	Fresh Fruit in Season	Steamed/Boiled Rice	Steamed/Boiled Rice
	Fresh Fruit in Season	Fresh Fruit in Season		Fresh Fruit in Season	Fresh Fruit in Season
PM Snack	Fresh Garden Salad with Lemon Vinaigrette	Tropical Fruit Salad	Tuna and Avocado Wrap (Whole-Wheat)	Fruit Salad withYogurt	Corn and Vegetable Salad with light vinaigrette
	Fresh Fruits in Season	Water in Dispenser	Fresh Fruits in Season	Water in Dispenser	Fresh Fruits in Season
	Water in Dispenser		Water in Dispenser		Water in Dispenser

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D. No Pork Menu for Breakfast and Dinner (for in-house)

	Set A	Set B	Set C	Set D	Set E
Breakfast	Fresh Fruit Cuts (not canned)	Fresh Fruit Cuts	Fresh Fruit Cuts	Fresh Fruit Cuts	Fresh Fruit Cuts
	Homemade Chicken Longanisa	Pan Fried Bangus	Steamed Chicken	Fish Escabeche	Pan Fried Chicken with mushroom
	Poached Egg	Scrambled Egg with Tomato and Onion	Vegetable Omelet	Egg with sauteed ampalaya	Boiled Egg with Tomato
	Steamed Lowland Vegetables	Ensaladang Talong	Stir fried vegetables	Tofu and mixed vegetables Stir-Fry	Ensaladang Camote Tops and Okra
	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice
	Fruit or vegetable -Infused Water or Coffee or Tea	Fruit or vegetable -Infused Water or Coffee or Tea	Fruit or vegetable -Infused Water or Coffee or Tea	Fruit or vegetable -Infused Water or Coffee or Tea	Fruit or vegetable -Infused Water or Coffee or Tea
Dinner	Vegetable Salad (light dressing/vinaigrette)	Chicken Vegetable Soup	Pumpkin Soup	Mushroom and Tofu Soup	Vegetable Salad (light dressing/ vinaigrette)
	Beef Nilaga with vegetables	Pan-Fried Honey Garlic Chicken	Healthy Beef Kare-Kare	Baked Chicken and Herbs	Beef Sinigang
	Grilled Chicken	Steamed Fish with Ginger and and Soy	Pan-Fried Fish with ginger and scallions	Pan seared Fish with Tomatoes and Basil	Baked Paprika Chicken
	Steamed/Boiled Rice	Vegetable	Vegetable	Vegetable	Steamed/Boiled Rice
	Fresh Fruit in Season	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Fresh Fruit in Season
		Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	

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E. With Pork Menu for Breakfast and Dinner (for in-house)

	Set A	Set B	Set C	Set D	Set E
	Fresh Fruit Cuts in Season	Fresh Fruit Cuts in Season	Fresh Fruit Cuts in Season	Fresh Fruit Cuts in Season	Fresh Fruit Cuts in Season
	Pork Tapa	Pan-Fried Sesame Chicken	Baked Fish	Beef Tapa	Baked Chicken Adobo
	Egg Tomato Ensalada	Spinach & Mushroom Omelet	Vegetable Omelet	Egg Scramble	Sunny-Side Up Egg
	Sauteed Mixed Vegetables	Tofu & Vegetable Stir-fry	Steamed Mixed Vegetables	Vegetable Ensalada	Sauteed Mixed Vegetables
Breakfast	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice	Steamed/Boiled Rice
	Fruit or vegetable-Infused Water or Coffee or Tea	Fruit or vegetable-Infused Water or Coffee or Tea	Fruit or vegetable-Infused Water or Coffee or Tea	Fruit or vegetable-Infused Water or Coffee or Tea	Fruit or vegetable-Infused Water or Coffee or Tea
Dinner	Corn and Vegetable Soup	Vegetable Salad (light dressing/vinaigrette)	Chicken Mushroom Soup	Vegetable Salad (light dressing/ vinaigrette)	Monggo with Malunggay
	Grilled Pork Chop with Lemon	Beef Nilaga with Vegetables	Chicken Curry with Vegetables	Pork Sinigang with vegetables	Beef Caldereta (Light Version)
	Pan-Fried Fish with Paprika and Garlic	Pan-Fried Lemon Herb Chicken	Herb Baked Fish	Baked Chicken with Mushrooms	Pan-Fried with Ginger and Scallions
	Mix Vegetable Stir Fry	Steamed/Boiled Rice	Roasted Mixed Vegetables	Steamed/Boiled Rice	Baked Mixed Vegetables with Tomato and Onion
	Steamed/Boiled Rice	Fresh Fruit in Season	Steamed/Boiled Rice	Fresh Fruit in Season	Steamed/Boiled Rice
	Fresh Fruit in Season		Fresh Fruit in Season		Fresh Fruit in Season

Recommended Beverages	Cold drinks - Water - Fruit or Vegetable Infused Water - Fresh Fruit Juice - Lemon Grass Tea Hot drinks - Tea - Coffee - Lemon grass Tea - *With table sugar and low fat milk or skimmed milk
Condiments Recommendation	Don’t make condiments available at the table; provide only upon request

	Corn	Sweet Potato	Egg
Alternative Snacks	Classic Boiled Corn	Classic Boiled Sweet Potato	Classic Hard Boiled Egg
	Vegetable Corn Salad	Cinnamon Honey Sweet Potato	Light Egg Salad
	Garlic Herb Corn	Sweet Potato Vegetable Salad	Avocado Egg Bowl
	Lemon Pepper Corn	Baked Sweet Potato Fries	Veggie Egg Wrap

INDIVIDUAL MENU

SOUP DISH

VEGETABLE	MEAT	LEGUMES
Light Vegetable Soup	Chicken Ginger Soup	Monggo Soup with Malunggay
Pumpkin Soup	Chicken and Mushroom Soup	
Fresh Mushroom and Corn Soup	Chicken Vegetable Soup	
Corn and Carrot Soup		
Mushroom Soup		
Vegetable Soup		
Vegetable Minestrone		
Mushroom and Tofu Soup		
Pumpkin and Carrot Soup		
Corn and Vegetable Soup		
Spinach and Corn Soup		
Vegetable Egg Drop Soup		

PROTEIN DISH FOR BREAKFAST

BEEF	PORK	CHICKEN	FISH	Egg
Beef Tapa	Pork Tapa	Homemade Chicken Longanisa	Pan Fried Bangus	Classic Hard Boiled Egg
	Homemade Pork Longanisa	Steamed Chicken	Fish Escabeche	Boiled Egg with Tomato
	Homemade Tocino without artificial colors	Pan Fried Chicken with Mushroom	Baked Fish	Poached Egg
		Baked Chicken Adobo		Scrambled Egg
		Pan-Fried Sesame Chicken		Sunny Side Up Egg
				Scrambled Egg with Tomato and Onion
				Vegetable Omelet
				Egg with Sauteed Ampalaya
				Egg Tomato Ensalada
				Spinach and Mushroom Omelet

PROTEIN DISH FOR LUNCH AND DINNER

BEEF	PORK	CHICKEN	FISH/ SEAFOOD
Beef Nilaga with Vegetables	Pork Nilaga with Vegetables	Grilled Chicken	Steamed Fish with Ginger and oyster sauce
Sauteed Beef with bell pepper and broccoli	Braised Pork with Saba	Baked Chicken	Pan-Fried Boneless Bangus
Braised Beef	Pork Adobo	Chicken Tinola with Vegetables	Sweet and Sour Fish Fillet
Healthy Beef Caldereta	Grilled Pork Belly	Chicken Barbeque	Fish Fillet with herbs/lemon and pepper
Beef with Steamed Broccoli and Tofu in Oyster Sauce	Pork Sinigang	Pan Grilled Rosemary Chicken	Baked Fish Fillet
Beef and Vegetable Stir-Fry	Pork Steak	Hainanese Chicken	Grilled Fish
Pan-Fried Herb Crusted Pork Tenderloin	Baked Pork Chop	Oven Baked Chicken	Steamed Fish with herbs and lemon
Beef Broccoli Stir-Fry	Herb Roasted Pork	Lemon Pepper Chicken	Fish Fillet with Tofu in Oyster Sauce
Healthy Beef Kare-Kare	Baked Pork with Carrots	Herb Roasted Chicken	Steamed Fish with Ginger and Garlic
Beef Sinigang	Pork Menudo	Stir Fried Chicken with Beans and Carrots	Sinigang na Isda with vegetables
	Baked Pork Tenderloin	Healthy Chicken Adobo	Baked Fish with Herbs
	Pan-Fried Pork with Mushroom	Herb Roasted Chicken	Miso Fish Soup with Tofu and Vegetables
		Pesang Manok	Baked Fish with Lemon and Garlic
		Lemon Garlic Grilled Chicken	Stuffed Squid
		Chicken Nilaga with Vegetables	Pan-Fied Fish with Lemon and Dill

		Herb Pan Seared Chicken	Baked Fish Spring Rolls
		Garlic Paprika Chicken	Pan-Fried Fish Fillet with Onion and Bell Pepper
		Pan-Fried Honey Garlic	Baked Fish with Turmeric and Garlic
		Baked Chicken and Herbs	Fish with Vegetable Medley
		Baked Chicken Paprika	Steamed Fish with Ginger and Soy
			Pan-Fried Fish with Ginger and Scallions

VEGETABLE AND SALAD DISH

Salad		Cooked	
Chef’s Salad (light dressing/ vinaigrette)	Garden Vegetable Salad	Pinakbet	Stirfried Vegetables
Caesar Salad (light dressing/ vinaigrette)		Sauteed Mixed Vegetables	Baked Mixed Vegetables with Tomato and Onion
Vegetable Salad (light dressing/ vinaigrette)		Steamed Mixed Vegetables	Roasted Mixed Vegetables
Chicken and Garden Salad in Light Dressing		Chopsuey	Baked Vegetable Fritters

RICE: Steamed/ boiled Rice

DESSERT

Fresh Fruit Slices in Season	Fresh Fruit in Season
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SNACKS

Note: All snacks are served with fresh seasonal fruit slices or fresh seasonal fruit, except for fruit salads.

SANDWICH	PASTA/ Noodles	BAKED/ STEAMED	WRAP	RICE	VEGETABLES	FRUITS
Whole-Wheat Chicken Sandwich	Palabok	Baked Chicken Empanada	Fresh Lumpia (light sauce)	Arroz Caldo with Egg	Vegetable Salad (light dressing/ vinaigrette)	Fresh Fruit Salad (no added cream)
Whole-Wheat Tuna Sandwich	Chicken Alfredo (Light Sauce)	Baked Tuna Empanada	Chicken and Mango Wrap (Whole-Wheat)	Brown Rice Champorado (Cocoa)	Chicken and Garden Salad in light dressing	Fresh Fruit Salad with Yogurt
Whole-Wheat Club House	Chicken Spaghetti	Baked Vegetable Empanada	Chicken and Vegetables Wrap (Whole-Wheat)		Kani Salad Roll	Fresh Fruit with Yogurt
Whole-Wheat Chicken and Vegetable Sandwich	Vegetable Lasagna	Steamed Siopao	Tuna and Corn Vegetable Wrap		Fresh Garden Salad with Lemon Vinaigrette	Fruit and Nut Salad in light dressing/ vinaigrette
Whole-Wheat Tuna and Avocado Sandwich	Pesto Pasta with Cherry Tomato and Basil	Steamed Rice Cake with Cheese	Chicken and Vegetable Wrap (Whole-Wheat)		Corn and Vegetable Salad with light vinaigrette	Fresh Fruit Salad with lemon-honey dressing
Whole-Wheat Grilled Vegetables and Cheese Sandwich	Puttanesca Pasta (Oil-based)	Oatmeal Banana Carrot Muffin (reduced sugar)	Tuna and Avocado Wrap (Whole-Wheat)			Tropical Fruit Salad
Whole-Wheat Chicken and Hummus Sandwich	Chicken Penne Pesto					
Whole-Wheat Tuna and Corn Sandwich	Whole Wheat Pasta with Chicken and Vegetables					

	Chicken Pesto Pasta with Vegetables					
	Whole Wheat Spaghetti					
	Vegetable Bolognese Pasta					
	Chicken Mami / Chicken Noodle Soup					
	Pancit Guisado					
	Beef Mami					