

October 2017 Menu for Schools

LSG Skychefs

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
BF 1	Bacon	Luncheon Meat	Longaniza	Beef Tapa with Onions	Ham Slices
BF 2	Scrambled Eggs		Cheese Scrambler		Scrambled Eggs
BF Starch	Steamed White Rice	Fried Rice	Steamed White Rice	Garlic Fried Rice	Steamed White Rice
BF Soup	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo
Theme	American Theme	Funday Theme	European Theme	Asian Theme	Chamorro Fiesta Plate
Entrée 1	Pork Pot Roast	Open Faced Pulled Pork Sandwich	Mushroom Chicken	Beef Broccoli	BBQ Chicken
Entrée 2	Fried Chicken	Macaroni and Cheese	Penne Neapolitana	Salt and Pepper Pork	Shrimp Patty
Starch	Mashed Potatoes	Steamed White Rice	Steamed White Rice	Steamed White Rice	Red Rice
Soup	Cream of Broccoli	Bring extra sinigang soup	Cream of Mushroom	Sotanghon Soup	Chalakilis/bring extra nilaga soup
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
BF 1	No Classes for AOLG, SAS, SVS and ND	Shredded Carrot and Potato Omelet	Crumbled Sausage Scramble	Pork Tocino	Hotdog slices with Onions and Soysauce
BF 2		Portuguese Sausage			Scrambled Eggs
BF Starch		Fried Rice	Banana Pancake	Fried Rice	Steamed White Rice
BF Soup		Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo
Theme	American Theme	Funday Theme	European Theme	Asian Theme	Chamorro Fiesta Plate
Entrée 1	Caramel Pork with Pineapple	Meatloaf with Mushroom	Pasta Alfredo	Sweet & Sour Pork	Beef Tinaktak
Entrée 2	Fish and Chips	Fried Chicken	Beef Stroganoff	Beef Curry	Chicken Estufao (Not Spicy for Schools)
Starch	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Red Rice
Soup	Cream of Broccoli	Chicken Corn Soup	Cream of Mushroom	Sotanghon Soup	Chalakilis
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
BF 1	Mac and Cheese Topped with Sausage Crumble	Cheese Quesadillas	Sausage Patty	Pork Link Sausage	Ham and Cheese Omelet
BF 2		Scrambled Eggs	Shredded Potato Omelet	Scrambled Eggs	
BF 3		Steamed White Rice	Steamed White Rice	Garlic Fried Rice	white rice
BF Soup	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo
Theme	American Theme	Funday Theme	European Theme	Asian Theme	Chamorro Fiesta Plate
Entrée 1	Pork Pot Roast	Taco Cake	Penne Neapolitana	Stir Fry Noodles	Fish Escabeche
Entrée 2	Spaghetti Meatsauce	Fried Chicken	Baked Chicken	Chicken Kaarage	Barbecue Pork Ribs
Starch	Steamed White Rice	Steamed White Rice	Steamed White Rice	Steamed White Rice	Red Rice
Soup	Cream of Broccoli	Chicken Corn Soup	Cream of Mushroom	Sotanghon Soup	Chalakilis
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
BF 1	Bacon	Open faced Rolls with Sausage Crumbles and White Gravy	Sausage Patty	Pork Link Sausage	Chicken Tocino
BF 2	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
BF 3	Shredded Hash Browns		Fried Rice	Garlic Fried Rice	Blueberry Pancakes
BF Soup	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo	Arroz Caldo
Theme	American Theme	Funday Theme	European Theme	Asian Theme	Chamorro Fiesta Plate
Entrée 1	Pulled Pork	Lasagna Served with Soft Roll	Baked Garlic Chicken	Chicken Tonkatsu	Barbecue Pork Ribs
Entrée 2	Cheeseburger	Kaarage	Fettucini Alfredo	Tuna Casserole	Shrimp Patty
Starch	French Fries	Steamed White Rice	Steamed White Rice	Steamed White Rice	Red Rice
Soup	Cream of Broccoli	Chicken Corn Soup	Cream of Mushroom	Sotanghon Soup	Chalakilis
	Monday	Tuesday	Note: All pasta dishes served with Soft Dinner Rolls.		
Date	30-Oct	31-Oct			
BF 1	Bacon	Sausage Patties			
BF 2	Scrambled Eggs	Scrambled Eggs			
BF 3	Fried Rice	Shredded hash browns			
BF Soup	Arroz Caldo	Arroz Caldo			
Theme	American Theme	Funday Theme			
Entrée 1	Pot Roast	Chicken Barbecue			
Entrée 2	Spaghetti Marinara	Three-cheese Pasta			
Starch	Steamed White Rice	Steamed White Rice			
Soup	Cream of Broccoli	Pumpkin Soup			