

SVCS FEBRUARY LUNCH MENU 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FEB 4	FEB 5	FEB 6	FEB 7	FEB 8
B-FAST 1	SCRAMBLED EGGS	CHICKEN NUGGETS	GARLIC RICE	CORNED BEEF FRIED RICE	FRIED EGGS
B-FAST 2	FRIED RICE	STEAM RICE	PORK TOCINO	EGGS	GARLIC RICE
B-FAST 3	GRILLED SPAM	HOT DOG	SLICED FRUIT		PORK LINKS
LUNCH 1	BEEF CALDARETA	PASTA CARBONARA	SWEAT AND SOUR FISH	BEEF KATSUDON	TERIYAKI CHICKEN
LUNCH 2	CHICKEN CUTLET	GRILLED/ROAST PORK	BBQ CHICKENS	COMBINATION PANCIT	PORK AFRITADA/STEW
LUNCH 3					
LUNCH 4					
STARCH 1	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
VEG	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
SOUP	MACARONI SOUP	CORN SOUP	SOTANGHON	ARROZ CALDO	CHICKEN NOODLE SOUP
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FEB 11	FEB 12	FEB 13	FEB 14	FEB 15
B-FAST 1	EGGS	FRIED RICE	SCRAMBLED EGGS	FRENCH TOAST	GARLIC RICE
B-FAST 2	FRIED RICE	PORTUGUESE SAUSAGE	POTATO O'BRIEN	PEAHC HALVES	HASHBROWN PATTIES
B-FAST 3	BEEF TAPA	EGGS	HAM	HOT DOG	BEEF LINKS
LUNCH 1	CORNED BEEF WITH POTATOES	SWEET AND SOUR PORK	CHICKEN PASTA ALFREDO	BEEF BULGOGI RCE BOWL	SPAGHETTI W/ MEAT SAUCE
LUNCH 2	CHICKEN KARAAGE	ROSEMARY BAKED CHICKEN	BEEF BROCOLLI	PORK CUTLET	FRIED CHICKEN
LUNCH 3					
LUNCH 4					
STARCH 1	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
VEG	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
SOUP	MACARONI SOUP	CORN SOUP	SOTANGHON	ARROZ CALDO	CHICKEN NOODLE SOUP
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FEB 18	FEB 19	FEB 20	FEB 21	FEB 22
B-FAST 1	SCRQAMBLED EGGS	CHICKEN NUGGETS	PANCAKES	HASHBROWN	YANG CHOW FRIED RICE
B-FAST 2	FRIED RICE	STEAMED NUGGETS	SAUSAGE PATTIES	SCRAMBLED EGGS	FRIED EGGS
B-FAST 3	GRILLED HAM	BOILED EGGS	SLICED FRUITS	SAUSAGE LINKS	SLICED FRUITS
LUNCH 1	MEATLOAF WITH MUSHROOM GRAVY	FRIED CHICKEN STRIPS	MAC AND CHEESE	CHICKEN TERIYAKI	BEEF BURGUNDY
LUNCH 2	FISH & CHIPS WITH TARTAR SAUCE	BEEF STEAK W/ POTATO AND ONION RING	PORK KATSUDON	BEEF BROCOLLI	CHICKEN KARRAGE
LUNCH 3					

LUNCH 4					
STARCH 1	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
VEG	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
SOUP	MACARONI SOUP	CORN SOUP	SOTANGHON	ARROZ CALDO	CHICKEN NOODLE SOUP
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	FEB 25	FEB 26	FEB 27	FEB 28	
B-FAST 1	CHEESY EGGS	FRIED RICE	SCRAMBLED EGGS	FRENCH TOAST	
B-FAST 2	FRIED RICE	PORTUGESE SAUSAGE	POTATO O'BRIEN	PEACH HALVES	
B-FAST 3	BEEF TAPA	FRUIT SLICES	HAM	HOT DOG	
LUNCH 1	BBQ CHICKEN	BEEF STIRFRY MONGOLIAN	PENNE PASTA IN RED SAUCE	BEEF SOTANGHON	
LUNCH 2	PANCIT CANTON COMBINATION	JERK CHICKEN WITH SALSA	FRIED CHICKEN	GRILLED PORK STEAK	
LUNCH 3					
LUNCH 4					
STARCH 1	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	
VEG	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	
SOUP	MACARONI SOUP	CORN SOUP/CHOWDER	SOTANGHON	ARROZ CALDO	