



## PHILIPPINE SCHOOL DOHA

### BREAKFAST FOR JULY

SY 2010-2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				1 Fried Rice / Plain Rice Egg Foo Yung Tinapa w/ tomatoes Chicken Nuggets Beef Tapa
4 Fried Rice / Plain Rice Scrambled Egg Dried Pusit Fried Chicken (Drumstick) Beef Patties w/ gravy	5 Fried Rice / Plain Rice Cheese Omelet Alumahan Fritters Chicken Nuggets Meatballs w/ SSS	6 Fried Rice / Plain Rice Tortang Talong Daing Bangus Chicken Tocino Beef Longganisa	7 Fried Rice / Plain Rice Hotdog Omelet Sliced Ham Chicken patties w/ gravy Beef Lumpia	8 Fried Rice / Plain Rice Scrambled egg w/ o. spring Tuna guisado Fried Chicken Wings Beef Steak
11 Fried Rice / Plain Rice Egg Sarciado Tuyo w/ tomatoes Chicken Adobo Corned Beef	12 Fried Rice / Plain Rice Sliced Egg w/ Tomatoes Fried fish C. Liver & Gizzard adobo Beef Picadillo	13 Fried Rice / Plain Rice Potato Omelet Fish Escabeche Juicy Hotdog Beef Adobo	14 Fried Rice / Plain Rice Scrambled Egg Dried fish Chicken BBQ de Carajay Beef ala Cubana	15 Fried Rice / Plain Rice Fried egg Dilis Sliced Salami Beef morcon
18 Fried Rice / Plain Rice Fried Saba Fish Omelet Sliced Chicken Beef Tapa	19 Fried Rice / Plain Rice Scrambled Egg Tinapa w/ tomatoes Chicken Tocino Beef Steak	20 Fried Rice / Plain Rice Fried talong Tuna omelet Chicken Longganisa Beef patties w/ gravy	21 Fried Rice / Plain Rice Fried egg Fried fish Fried Chicken Beef	22 Fried Rice / Plain Rice S. egg w/ mushroom Daeng Bangus Chicken Embutido Ribs BBQ
25 Fried Rice / Plain Rice Sweet Dilis Chicken Torta Goto Batangas	26 Fried Rice / Plain Rice Scrambled Egg Pusit Adobo Fried Chicken Wings Beef morcon	27 Fried Rice / Plain Rice Fried egg Bangus Steak Chicken Nuggets Corned beef	28 Fried Rice / Plain Rice Egg Sarciado Fish fillet w/ SSS Sliced Chicken Meatballs w/ gravy	29 Fried Rice / Plain Rice Scrambled egg w/ tomato Dilis w/ tomatoes Chicken strips Liver Steak

Prepared By:  
A.R.Ramos / R. Capili / J. Fulmaran  
Canteen

Approved By:  
P.D. Pal / A.I. Guzman / M.Saratan  
Planning Committee

Noted By:  
A.S. Acosta, PhD  
Principal



**PHILIPPINE SCHOOL DOHA**  
**LUNCH FOR JULY**  
 SY 2010-2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				1 Ginataang Tilapia Chicken Afritada Beef Tapa Sitao Guisado
4 Fish Fillet with SSS Fried Chicken (drumstick) Beef Caldereta Chopsuey	5 Fish con Tokwa Chicken Tinola Meatballs with SSS Sitao / Calbasa guisado	6 Daing Bangus Chicken Teriyaki Beef Batangas Lumpia Sariwa	7 Fried Fish Chicken Caldereta Beef Lumpia Pinakbet	8 Fish Sarciado Chicken BBQ de Carajay Beef steak Monggo
11 Fried Fish Chicken Adobo Bopis Laing	12 Fish Fillet with tartar sauce Chicken & Tokwa Beef Picadillo Gata papaya	13 Fish Escabeche Chicken Sisig Beef kare-kare Pechay guisado	14 Fish Paksiw Chicken Menudillo Beef ala Cubana Ampalaya guisado	15 Fried Fish Chicken with SSS Beef Morcon Stir-fried Vegetables
18 Fish Sinigang Sliced Chicken Beef Goulash Upo Guisado	19 Fried fish Chicken Lumpia Beef Ribs Nilaga Togue guisado w/ tokwa	20 Fish Steak Chicken Asado Beef Igado Zucchini guisado	21 Fish Adobo Chicken Mechado Beef with Mushroom sauce Okoy	22 Fried fish Fried Chicken Ribs BBQ Bulanglang vegetables
25 Fried Fish Chicken Goto Batangas Kilawin Labanos	26 Pusit Adobo Chicken Sinigang Beef with SSS Cabbage con Tokwa	27 Bangus Steak Chicken Pochoero Bicol Express Cauliflower guisado	28 Fried Fish Chicken Cantonese Beef Hot Pot Relleno Talong	29 Fish con tausi Chicken Garlic Beef Mizuno Patola guisado

Note : Subject to change depending on availability of ingredients

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