

PHILIPPINE SCHOOL DOHA

Breakfast for February

SY 2011 - 2012

Sunday	Monday	Tuesday	Wednesday	Thursday
			1 Boiled Egg with tomatoes Togue Okoy Daing Bangus Chicken Burger with sauce	2 Scrambled Egg with tomato Vegetable Fritters Chicken Balls with sauce Picadillo
5 Egg Sarciado Cassava Okoy Fried Chicken Wings Beef Lumpia	6 Cheese Omelet Side Salad with TID Chicken Torta Beef Loaf	7 Egg Caldereta Talong Salad Sliced Chicken Meatballs	8 Fried Egg Mango Salad Chicken Barbecue Chicken Longganisa	9 Scrambled Egg with o. spring Side Salad with TID Chili Con Carne Fried Chicken with gravy
12 Fried Egg Mixed Boiled Vegetables Chicken Strips with SSS Beef Ala Cubana	13 Boiled Egg Papaya Okoy Fish Fillet Chicken Steak	14 Scrambled Egg w/ mushroom Lumpiang Prito Tuna Guisado Chicken Embutido	15 Egg Salad Kangkong Fritters Lumpiang Shanghai Sliced Ham	16 Fried Egg Rellenong Talong Beans and Corn Sardines with Miswa
19 Scrambled Egg with milk Cucumber Salad Smoked Turkey strips Fried Chicken Drumstick	20 Fried egg Side Salad with TID Fish Steak Chicken Cantonese	21 Potato Omelet Sliced Tomatoes Smoked Fish Breaded Chicken	22 Salted Egg with tomatoes Vegetable Fritters Chicken Longganisa Beef Balls with SSS	23 Sliced Egg Corn Soup Chicken Wings Adobo Breaded Mix Shrimp & Squid
26 Scrambled Egg with tomato Buttered Carrots and Corn Chicken Tocino Beef Tapa	27 Cheese Omelet Fried Talong Chicken Steak Beef Longganisa	28 Sliced Egg Vegetable Fritters Sliced Chicken Beef Tapa	29 Egg Sarciado Talong Steak Chicken Embutido Fried Mackerel	



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Lunch for February
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Sunday	Monday	Tuesday	Wednesday	Thursday
			1 Beef Kare-kare Chicken Afritada Fried Fish with tomato and onion	2 Beef Adobo Fish Fillet with tartar sauce Side Salad with TID Chicken Sisig
5 Chicken Mechado Beef Menudo Fish Escabeche Chopsuey	6 Meatballs Bangus Sinigang Chicken Adobo	7 Bicol Express with sitaw, ampalaya and okra Chicken Teriyaki Fried Fish	8 Chicken Estofado Beef Pochero Fish Guinataan Sitaw & Kalabasa Guisado	9 Bopis with Labanos Fried Chicken Special Fish Steak Papaya Guisado
12 Beef Nilaga Fish Sarciado Chicken Menudillo	13 Ribs Caldereta Chicken Asado Fish Paksiw Ampalaya Guisado	14 Chicken Lumpia Tinola Soup Beef Stew	15 Beef with Peas Fish Paksiw with Talong and Okra Chicken with SSS	16 Chicken Barbecue Monggo Guisado Beef Mizuno
19 Beef Steak with onion rings Chicken Wings Caldereta Fish Sarciado	20 Fried Fish Bulanglang Vegetables Chicken Guinataan	21 Chicken Menudo Beef Adobo Fish Escabeche	22 Roast Beef with Vegetable sidings Chicken Stew Fish Fillet	23 Pesang Tilapia Fried Sliced Chicken Beef Pochero
26 Chicken Tinola Beef Teriyaki Pusit Adobo	27 Fish Guinataan with Sitaw Fried Sliced Chicken with cucumber sidings	28 Beef Sinigang Chicken Menudo Fried Fish Laing	29 Beef Steak Fried Sliced Chicken Fish Filled Buttered Vegetables	



PHILIPPINE SCHOOL DOHA

Staff for February

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Sunday	Monday	Tuesday	Wednesday	Thursday
			1 Beef Kare-kare	2 Fish Fillet with tartar sauce Side Salad
5 Chicken Mechado	6 Bangus Sinigang	7 Bicol Express with sitaw, ampalaya and okra	8 Chicken Estofado	9 Bopis with Labanos
12 Shrimp Guinataan	13 Ribs Caldereta	14 Chicken Lumpia Tinola Soup with Vegetables	15 Fish Paksiw with talong and okra	16 Chicken Barbecue Monggo Guisado with ampalaya and spinach
19 Beef Steak with onion rings	20 Fried Fish Bulanglang Vegetables	21 Chicken Menudo	22 Roast Beef with cauliflower and beans	23 Pesang Tilapia
26 Chicken Tinola	27 Fish Guinataan with Sitaw	28 Beef Sinigang	29 Fried Sliced Chicken Buttered Vegetables	