



PHILIPPINE SCHOOL DOHA

BREAKFAST FOR MARCH

SY 2009-2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Beef Tapa Scrambled egg Snack: Pancit Bihon Macaroni Soup	2 Chicken Embutido Chili con carne Snack: Spaghetti Lomi	3 Fish Fillet Beef Burger steak Snack: Pancit Canton Champorado	4 Fried Chicken Sliced Boiled Egg Snack : Beef Mami Gata Halo-Halo
7 Chicken Nuggets Scrambled egg Snack : Baked Macaroni Pancit Palabok	8 Spicy Hotdog Corned beef guisado Snack : Pancit Miki-Bihon Goto	9 Chicken Tocino Fried egg Snack : Chicken Mami Gata mais	10 Beef Longganisa Tuna guisado Snack : Spaghetti Palaeros	11 Chicken Liver adobo Boiled egg Snack : Carbonara Champorado
14 Chicken Steak Quails egg Snack: Pancit Bihon Macaroni Soup	15 Meatballs w/ SSS Chicken Loaf Snack : Baked macaroni Pancit palabok	16 Egg caldereta Cocktail Hotdog Snack :Pancit Miki-bihon Goto	17 Chicken Wings afritada Fried Saba Snack : Gata Saging Lomi	18 Beef Steak / Tinapa Scrambled egg Fried rice Snack : Seafood Pancit Arrozcaldo
21 Beef Ala Cubana Fried Egg Snack: Spaghetti Lomi	22 Chicken Patties w/ gravy Shrimp nuggets Snack : Pancit Canton Carbonara	23 Hotdog Steak Scrambled egg Snack : Beef mami Gata Halo-Halo	24 Chicken Picadillo Chicken Nuggets Snack : Chix Noodle soup Champorado	25 Chicken wings adobo Egg Sarciado Snack : Dry macaroni Pancit Bihon
28 Beef longganisa Chicken Strips Snack : Pancit Bihon Macaroni dry	29 Tuna guisado Scrambled egg Snack : Spaghetti Champorado	30 Fried Chicken / Nuggets w/ Fries Snack : Pancit Palabok Goto	31 Egg torta Fried talong Snack : Chicken mami Pancit Mixed	

Note : Subject to change depending on availability of ingredients

Prepared By:
A.R.Ramos

Checked By:
P.Pal

Approved by:
A.I.Guzman

Noted By:
M.B. Reyes



PHILIPPINE SCHOOL DOHA
LUNCH FOR MARCH
 SY 2009-2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Sliced Chicken Beef Menudo Tilapia w/ SSS Chopsuey	2 Chicken Sisig Bopis Fried Alumahan Pinakbet	3 Chicken Adobo Ribs Caldereta Gata Tambacol Upo Guisado	4 Chicken Menudo Bicol Express Bangus Paksiw Zucchini guisado
7 Chicken Afritada Chicken with SSS Fish Sarciado Pechay con Tokwa	8 Chicken Paksiw Ribs Nilaga Fried fish Papaya Gata	9 Fried Chicken Chicken Tinola Beef Mechado Monggo	10 Chicken Asado Chicken Sliced Ribs Sinigang Talong Steak	11 Chicken Steak Chicken Teriyaki Pusit Adobo Sitaw Guisado
14 Chicken Pochero Marinated Chicken Beef w/ oyster Cabbage guisado	15 Chicken Lumpia Diced Chicken w/ cashew Ribs Adobado Labanos Kilawin	16 Chicken Higado Chicken Curry Roast Beef Green Beans guisado	17 Chicken Estofado Chicken Meatballs Fried Fish Okra Adobo	18 Chicken BBQ Ribs Kare-Kare Fish Fillet Lumpia Sariwa
21 Fried Chicken Chicken Sinigang Ribs BBQ Sitaw / Calbasa guisado	22 Chicken and Tokwa Bopis Bangus Steak Laing	23 Chicken Mechado Beef Sisig Grilled Tanigue Stir-fried vegetable	24 Chicken Cantonese Fried Chicken Fish Escabeche Papaya guisado	25 Breaded Chicken Beef Sinigang Fried fish Ampalaya con carne
28 Chicken w/ pineapple Chicken Caldereta Beef Liver Steak Togue with Tokwa gsdo	29 Fried Drumstick Chicken Humba Fried Fish Bulanglang veg	30 Chicken Sliced Chicken BBQ de Carajay Beef Adobo Puso ng Saging Kilawin	31 Chicken strips w/ SSS Bopis Fish fillet Lumpia prito	

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PHILIPPINE SCHOOL DOHA
BREAKFAST FOR APRIL
 SY 2009-2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				1 Scrambled egg Beef Tapa Snack: Arrozcaldo Pancit Bihon
4 Chicken Tocino Hotdog Slices Snack: Carbonara Lomi	5 Sliced Boiled egg Beef steak Snack: Champorado Macaroni soup	6 Chicken Nuggets Ham slice Snack: Beef Mami Pancit Canton	7 Fried egg Longganisa Snack: Macaroni dry Goto	8 Daing / Pusit Chicken Lumpia Fried rice Snack: Baked macaroni Pancit Bihon
11 Chicken wings adobo Daing Snack: Pancit Palabok Spaghetti	12 Onion & Tomato Omelet Beef patties w/ gravy Snack: Pancake Chicken Noodle soup	13 Chicken embutido Fish fillet Snack: Pancit Miki-Bihon Baked Macaroni	14 Potato omelet Corned Beef Snack: Oatmeal Pancit Luglug	15 Beef Picadillo Chicken strips Snack: Gata mais totong Chicken Mami
18 Meatballs w/ gravy Chicken liver adobo Snack: Seafood Pancit Sotanghon Soup	19 Scrambled egg Sliced Chicken Snack: Lumpia prito Champorado	20 Juicy Hotdog Beef Lumpia Snack: Spaghetti Pancit Bihon	21 Fried egg Fried chicken Snack: Macaroni Soup Arrozcaldo	22 Chicken Patties Tuna guisado Snack: Pancit Palabok Macaroni dry
24 Scrambled egg Cheese Hotdog Snack: Beef Mami Goto	25 Beef Longganisa Chicken Nuggets Snack: Pancit Canton Macaroni dry	26 Fried egg Chicken Steak Snack: Carbonara Macaroni soup	27 Cocktail Franks Beef Picadillo Snack: Chicken Noodle Soup	28 Chicken wings adobo Fried Tokwa Snack: Gata mais Spaghetti

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PHILIPPINE SCHOOL DOHA
LUNCH FOR APRIL
 SY 2009-2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				1 Chicken liver & gizzard adobo Chicken Sisig Beef pepper steak Puso ng saging
4 Chicken Wings Caldereta Sliced Chicken Beef with Asparagus Pechay con Tokwa	5 Chicken with mushroom Fried drumstick Pusit Adobo Chopsuey Macao	6 Chicken BBQ Sesame Fried chicken Sinigang Hipon Monggo	7 Chicken Lumpia Roast beef Tilapia Ginataan Upo guisado	8 Chicken Steak Bicol Express Daeng Bangus Lumpia Sariwa
11 Chicken Adobo Fried Chicken Strips Beef paksiw Stir-Fried vegetable	12 Chicken Menudo Marinated Fried chicken Fried Tilapia Ginataan papaya	13 Chicken Tinola Chicken Sisig Ribs Adobado Buttered vegetable	14 Breaded Chicken Beef mechado Fried Alumahan Talong Steak	15 Chicken Afritada Bopis Spicy Caldereta Meatballs Labanos Kilawin
18 Chicken BBQ (stick) Chicken Sinigang Beef Picadillo Braised vegetable	19 Beef Kare-kare Chicken curry wings Sliced Chicken Yasaitame vegetables	20 Chicken Estofado Chicken BBQ Carajay Fish Ginataan Calabasa guisado	21 Chicken Tokwa Fried Chicken Beef Stew Ampalaya guisado	22 Chicken Estofado Fish fillet with tartar sauce Chopsuey
25 Chicken sesame Ribs BBQ Torta Talong	26 Chicken Humba Fish Sinigang Papaya guisado	27 Chicken Cantonese Bicol Express Braised vegetables	28 Chicken Mechado Fried Fish Pinakbet	29 Chicken Tinola Fried Fish Lumpia Sariwa

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PHILIPPINE SCHOOL DOHA
MENU FOR MAY
 SY 2009-2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Dang-Si-Log Sliced Chicken Chopsuey Snack: Pancit Bihon	3 Hot-Si-Log Fried Fish Pinakbet Snack: Banana cue	4 Tap-Si-Log Ribs Sinigang Snack: Spaghetti	5 Chix-Si-Log Fish Fillet Stir-fried veg Snack: Turon	6 Long-Si-Log Beef menudo Upo Gsdo Snack: Macaroni Soup
9 To-Si-log Chix BBQ Ampalaya gsdo Snack: Pancit Palabok	10 Corn-Si-Log Fish Escabeche Vegetable guisado Snack: Champorado	11 Tinapa-Si-Log Chicken Tinola Snack: Lomi	12 Daing-Si-Log Beef Caldereta Sitaw Guisado Snack: Maruya	13 Fish-Si-Log Pusit Adobo Papaya guisado Snack: Arrozcaldo
16 Tap-Si-Log Bangus Steak Tortang Talong Snack: Goto	17 Long-Si-Log Chicken Adobo Lumpia Sariwa Snack: Mixed pancit	18 To-Si-Log Bangus Sinigang Snack: Dry Macaroni	19 Chix-Si-Log Beef Steak Sayote with Corn Snack: Palaeros	20 Hot-Si-Log Fried Tilapia Braised vegetable Snack: Banana cue
23 Fish-Si-Log Chicken Afritada Puso ng Saging gsdo Snack: Pancit Canton	24 Tinapa-Si-Log Ribs Nilaga Snack: Baked Macaroni	25 Corn-Si-Log Inihaw Fish Bulanglang vegetable Snack: Carbonara	26 Long-Si-Log Bopis Laing Snack: Camote cue	27 Daing-Si-Log Chicken Sisig Okoy Snack: Ginataan Halo-halo
30 Dang-Si-Log Fried Chicken Shrimp Sinigang Snack: Pancit Bihon	31 Chicken Nuggets Fried Egg Beef Kare-Kare Snack : Spaghetti			

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