

## **SUSTAINABLE FOOD CHOICES ON CAMPUS 2023**

Menus Offered by the University Catering Services

### **SNACKS**

Congee (Arrozcaldo)  
Chocolate Rice Porridge (Champorado)  
  
Macaroni soup (Sopas)  
Saute Vermicilli (Sotanghon guisado)  
Noodles with shrimp and pork sauce  
(Malabon)  
Glutinous rice ball with coconut milk (Bilobilo)  
Banana spring roll with cheese (Turon with cheese)  
Egg sandwich  
Tuna Sandwich  
Chicken Sandwich  
  
Vegetable empanada  
Banana cue  
Camote cue  
Vegetable Salad with Mango Puree

### **MEALS**

Green beans with coconut milk (Gising-gising)  
String beans with soy sauce (Adobong sitaw)  
String beans and pumpkin with coconut milk  
(Ginisang sitaw at kalabasa)  
Milk fish in tamarind soup (Sinigang na bangus)  
  
Sauteed mung beans (Ginisang monggo)  
  
Shriveled (Pinakbet)  
  
Vegetables with peanut sauce (Vegetable kare-kare)  
Taro leaves and stems with coconut milk (Laing)  
Chicken soup (Tinolang manok)  
Chicken Vinegar braised (Chicken adobo)  
Mixed vegetables with peanut sauce (Lumpiang hubad)  
Mung bean sprout spring roll (Lumpiang togue)  
Arroz Ala Cubana  
  
Fish with coconut milk (Ginataang isda)  
Sizzling tofu (Sisig tofu)  
Sauteed banana heart with calamansi juice (Sisig na puso ng saging)

**Note: Some ingredients such as fish, fruits and vegetables used by the Catering Services are sources and produced by University production projects**

Prepared by:

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*Cook II*

Noted by:

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