



Republic of the Philippines
TARLAC AGRICULTURAL UNIVERSITY
Camiling, Tarlac



DEPARTMENT OF BUSINESS AND AUXILIARY SERVICES

SUSTAINABLE FOOD CHOICES ON CAMPUS
Menus Offered by the University Catering Services

BREAKFAST (PACKED)

GOOD FOR 100PHP

1. TAPA w/ rice, fruit, & coffee
2. HOTDOG w/ rice, fruit, & coffee
3. CHICKEN LONGGANISA w/ rice,
fruit, & coffee
4. TOCINO w/ rice, fruit, & coffee
5. SPAM w/ rice, fruit, & coffee
6. MALING w/ rice, fruit, & coffee
7. HAM or BACON w/ rice, fruit, &
coffee
8. CORNBEEF w/ rice, fruit, & coffee
9. TORTA w/ rice, fruit, & coffee
10. DAING BANGUS w/ rice, fruit, &
coffee

GOOD FOR 150PHP

1. TAPSILOG w/ dried fish
2. HOTSILOG w/ dried fish
3. LONGSILOG w/ dried fish
4. TOCILOG w/ dried fish
5. SPAMSILOG w/ dried fish
6. MALINGSILOG w/ dried fish
7. CORNSILOG w/ dried fish
8. BANGSILOG w/ dried fish
9. BACON w/ dried fish
10. HUNGARIAN w/ dried fish

LUNCH/DINNER BUFFET**(good for 150php; 1 meat, 1 veggie w/ fruits & bottled water)****CHOICES:**

PORK	BEEF	FISH	CHICKEN	FRUITS	VEGGIES
Pork Menudo	Beef Steak	Fried Fish	Fried Chicken	Lakatan	Pinakbet
Pork Giniling	Beaf Pepper Steak	Fish Fillet w/ tartar sauce	Chicken Afritada	Poncan	Inabraw
Pork Afritada	Beef Bagis	Sweet & Sour Fish Fillet	Chicken Pineapple	Apple	Mix Veggies
Pork Chicharon	Beef Caldereta	Bangus Ala Pobre	Chiucken BBQ	Klat-kiat	Chopsuey
Pork Steak	Beef w/ broccoli	Pinaputok na bangus	Chicken Cordon Blue	Water melon	Sayote guisado
Pork Pepper Steak	Beef w/ ampalaya	Relyenong Bangus	Chicken Fingers	Melon	Beans Guisada
Breaded Pork	Beef w/ mushroom	Fish Steak	Chicken Pastel		Okoy (kamote/kalabasa)
Grilled Pork			Chicken Adobo		
Igado					
Sisig					
Pork Humba					

LUNCH/DINNER BUFFET

(good for 200php; 1 meat, 1 fish, 1 veggie w/ fruits & bottled water)

CHOICES:

PORK	BEEF	FISH	CHICKEN	FRUITS	VEGGIES
Pork Menudo	Beef Steak	Fried Fish	Fried Chicken	Lakatan	Pinakbet
Pork Giniling	Beef Pepper Steak	Fish Fillet w/ tartar sauce	Chicken Afritada	Poncan	Inabraw
Pork Afritada	Beef Bagis	Sweet & Sour Fish Fillet	Chicken Pineapple	Apple	Mix Veggies
Pork Chicharon	Beef Caldereta	Bangus Ala Pobre	Chicken BBQ	Klat-kiat	Chopsuey
Pork Steak	Beef w/ broccoli	Pinaputok na bangus	Chicken Cordon Blue	Water melon	Sayote guisado
Pork Pepper Steak	Beef w/ ampalaya	Relyenong Bangus	Chicken Fingers	Melon	Beans Guisada
Breaded Pork	Beef w/ mushroom	Fish Steak	Chicken Pastel		Okoy (kamote/kalabasa)
Grilled Pork			Chicken Adobo		
Igado					
Sisig					
Pork Humba					

LUNCH/DINNER BUFFET

(good for 300php; 2 meat, 1 fish, 1 veggie w/ fruits & bottled water)

CHOICES:

PORK	BEEF	FISH	CHICKEN	FRUITS	VEGGIES
Pork Menudo	Beef Steak	Fried Fish	Fried Chicken	Lakatan	Pinakbet
Pork Giniling	Beef Pepper Steak	Fish Fillet w/ tartar sauce	Chicken Afritada	Poncan	Inabraw
Pork Afritada	Beef Bagis	Sweet & Sour Fish Fillet	Chicken Pineapple	Apple	Mix Veggies
Pork Chicharon	Beef Caldereta	Bangus Ala Pobre	Chicken BBQ	Kiat-kiat	Chopsuey
Pork Steak	Beef w/ broccoli	Pinaputok na bangus	Chicken Cordon Blue	Water melon	Sayote guisado
Pork Pepper Steak	Beef w/ ampalaya	Relyenong Bangus	Chicken Fingers	Melon	Beans Guisada
Breaded Pork	Beef w/ mushroom	Fish Steak	Chicken Pastel		Okoy (kamote/kalabasa)
Grilled Pork			Chicken Adobo		
Igado					
Sisig					
Pork Humba					

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

PREPARED BY:


IRENE S. SANTIAGO
 University Catering Operations Staff

Certified True and Correct:


JAY-AR A. DE MAYO, DBA
 Director, Business and Auxiliary Services

SNACKS MENU

GOOD FOR 80PHP

1. Canton
2. Sotanghon Guisado
3. Bihon

A. Bihon

GOOD FOR 100PHP

1. Canton w/ *puto*
2. Sotanghon w/ *puto*
3. Bihon w/ *puto*

A. Bihon w/ *puto*

LUNCH/DINNER BUFFET

(good for 150php; 1 meat, 1 veggie w/ fruits & bottled water)

CHOICES:

PORK	BEEF	FISH	CHICKEN	FRUITS	VEGGIES
Pork Menudo	Beef Steak	Fried Fish	Fried Chicken	Lakatan	Pinakbet
Pork Giniling	Beaf Pepper Steak	Fish Fillet w/ tartar sauce	Chicken Afritada	Poncan	Inabraw
Pork Afritada	Beef Bagis	Sweet & Sour Fish Fillet	Chicken Pineapple	Apple	Mix Veggies
Pork Chicharon	Beef Caldereta	Bangus Ala Pobre	Chiucken BBQ	Kiat-kiat	Chopsuey
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Breaded Pork	Beef w/ mushroom	Fish Steak	Chicken Pastel		Okoy (kamote/kalabasa)
Grilled Pork			Chicken Adobo		
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LUNCH/DINNER BUFFET

(good for 200php; 1 meat, 1 fish, 1 veggie w/ fruits & bottled water)

CHOICES:

PORK	BEEF	FISH	CHICKEN	FRUITS	VEGGIES
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