

MONTH 1 WEEK 1										
CYCLE MENU FOR OUTLETS		COLOR GUIDE:	SPECIAL MENU	BEST-SELLERS	HOUSE SPECIAL					
1Sycamore Food Ventures, Inc.										
FOOD ITEM	MONDAY	EXTENDER/SIDE DISH	TUESDAY	EXTENDER/SIDE DISH	WEDNESDAY	EXTENDER/SIDE DISH	THURSDAY	EXTENDER/SIDE DISH	FRIDAY	EXTENDER/SIDE DISH
BREAKFAST	March 3-7									
EGG	Sunny side up		Sunny side up		Sunny side up		Sunny side up		Sunny side up	
OMELETTE	Ham omelette		Vegetable omelette		Tortang talong		Tomato omelette		Hotdog omelette	
FRIED RICE	Adobo fried rice		Bagoong fried rice		Yangchow fried rice		Garlic fried rice		Egg fried rice	
PLAIN RICE	Plain rice		Plain rice		Plain rice		Plain rice		Plain rice	
	Hotdog		Vigan longganisa		Chicken adobo		Beef tapa		Hungarian sausage	
	Fried maling		Fried danggit	Atchara	Burger steak		Daing na bangus	Atchara	Poqui 2x	
	Corned beef w/ potatoes		Pork tapa		Lumpiang shanghai		Pork tocino		Fried banana	
	Chicken tenders		Ampalaya w/ egg		Fried siomai		Pork embutido		Waffle	
	Pancake w/ syrup		Nilagang saging		Sweet ham		Fish finger		Fried chicken	
	Chicken tocino		Pork baloney		Chicken pastil		Chicken sausage		Arroz ala cubana	
SNACKS										
PASTA/NOODLES	Sopas		Chicken mami		Arrozcaldo w/ b. egg		Chamorado		Chicken sotanghon	
LUNCH										
CHICKEN	Garlic parmesan chicken wings		Hainanese chicken rice	sliced cucumber	Tori katsu	Shredded cabbage	Lemon herbed chicken		Roast chicken	
	Chicken inasal w/ java rice	Atchara	Orange chicken		Chicken biryani		Chicken parmigiana		Chicken curry	
PORK	Porkchop bistek		Pork adobo sa gata	fried potato	Pork sisig		Grilled pork bbq on stick	Atchara	Bagoong fried rice	pork, dilis, egg, cucumber.
	Pork igado		Pork binagoongan	Fried eggplant	Pork bicol express		Lechon kawali w/ liver sauce		Pork dinuguan	
BEEF	Beef bulgogi	Togue carrots	Beef rendang		Beef burgundy		Roast beef w/ marble potato		Beef and mushroom salpicao	
SEAFOOD	Grilled stuffed squid		Fish fillet in lemon butter sauce		Bangus ala pobre		Fish fillet w/ aioli dip		Adobong pusit	
VEGETABLE	Tofu sisig		Adobong kangkong w/ tofu		Eggplant con tofu		Lumpiang hubad w/ peanut sauce		Vegetable okoy	
	Sayote w/ minced pork		Chopseuy		Roasted mix veggies		Baguio beans w/ minced pork		Tofu sisig	
AM SNACKS										
KAKANIN	Turon		Kamote cue		Ginataang mais		Palitaw w/ cheese		Butchi ube	
	Ginataang bilo		Ginataang mais		Sapin 2x		Karioka		Togue	
	Maja blanca		Peanut tikoy roll		Puto flan		Puto salted egg		Fresh lumpia	
	Pichi 2x		Biko latik		Turon		Kutsinta		Banana cue	
FRUITS	Mixed fruits		Mixed fruits		Mixed fruits		Mixed fruits		Mixed fruits	
	Apple		Orange		Lakatan		Apple		Orange	
SALAD	Caesar salad		Ham and corn salad		Mango kani salad		Garden salad		Thai pomelo salad	
SANDWICH	Clubhouse		Cheese pimiento		French toast		Kariman		Cheesy hotdog sandwich	
DESSERT	Leche flan		Mango tapioca		Buko salad		Banana sago		Crema de fruita	

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PASTA/NOODLES	Baked lasagna		Baked mac		Chicken Pesto pasta		Chicken alfredo		Baked lasagna	
	Pancit canton		Carbonara		Pancit palabok		Pancit canton bihon		Pancit malabon	
STREET FOOD	Tokneneng		Dynamite		Chilled taho		Kwek 2x on stick		Squid ball and vegie ball on	
DINNER										
CHICKEN	Chicken cordon bleu		Grilled peri 2x chicken		Chicken liver gizzard adobo		Chicken buffalo		Chicken afritada	
	Kung pao chicken		Buttered chicken		Lechon manok		Chicken fillet ala king		Fried chicken w/ gravy	
PORK	Pork katsu w/ sweet soy dip	shredded cabbage	Pork dinakdakan		Bagnet pork kare 2x		Pork humba		Pork bopis	
	Pork menudo		Pork sinigang		Grilled liempo		Breaded porkchop		Pork bicol express	
BEEF	Korean beef stew		Beef caldereta		Beef bulalo		Beef salibury steak		Beef bistek tagalog	
SEAFOOD	Baked fish au gratin		Rellenong bangus		Cajun buttered shrimp		Seafood paella		Poached fish in white wine sauce	
VEGETABLE	Vegetable kare 2x		Ginataang langka		Spicy laing		Ginataang sitaw kalabasa		Ginisang munggo w/ chicharon	
	Buttered mix veg		Org. veg w/ bagoong		Ampalaya con carne		Buttered mix veggies		Pinakbet	
PM SNACKS										
KAKANIN	Togue		Turon		Peanut tikoy roll		Lumpiang tikoy w/ cheese		Palitaw ube	
	Maruya		Palitaw sa latik		Fresh lumpia		Maja blanca		Pichi 2x	
	Banana cue		Puto pao		Banana cue		Ginataang munggo		Turon	
FRUITS	Kutsinta		Butchi monggo		Togue		Puto salted egg		Cassava cake	
	Mixed fruits		Mixed fruits		Mixed fruits		Mixed fruits		Mixed fruits	
	Orange		Banana		Apple		Orange		Apple	
SALAD	Crab and corn		Cobb salad		Potato salad		Grilled chicken salad		Tuna salad	
SANDWICH	Hotdog bread roll		Chicken fillet sandwich		Clubhouse		Chicken buger		Monte cristo	
DESSERT	Fruit salad		Mango graham		Fruity gelatin		Coffee jelly		Buko pandan	
PASTA/NOODLES	Japchae		Spaghetti		Baked mac		Sotanghon guisado		Pancit canton	
STREET FOOD	Chicken proben		Cheese sticks		Kikiam and fishball on stick		Chilled taho		Bbq on stick	