

**GOLDEN MIND ACHIEVERS SCHOOL – LUNCH MENU OCTOBER 2024**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Mixed Veggies (Chopsuey) / Steamed Rice / Fruits	Pork adobo/steamed rice/banana	Beef with broccoli/steamed rice/fruits	Pork Curry / Steamed Rice / Fruits
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Baked Macaroni/sliced bread	Chicken adobo / Steamed Rice / Fruits	Spinach with ground pork / Steamed Rice /Fruits	Chicken Curry / Steamed Rice / Fruits / Miso Soup	Chicken Nuggets / Steamed Rice / Corn Soup /Fruits
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>NO SCHOOL COLUMBUS DAY</b>	Ground Pork w/ Carrots and Potato / Steamed Rice / Fruits	Chicken Soup “Tinola” / Steamed Rice / Fruits	Chicken Afritada / Steamed Rice / Fruits	Pork Tonkatsu / Steamed Rice / Soup
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Spaghetti and Meatballs / Sliced Bread	Pork Soup “Nilaga”/ Steamed Rice/Fruits	Fried Chicken / Steamed Rice / banana	Pork menudo / Steamed Rice / Fruits	Burger Steak w/ Mushroom / Steamed Rice / Corn Soup
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Yakisoba / Sliced bread	Pork and chicken adobo / Steamed Rice/ Fruits	Chicken Teriyaki / Steamed Rice / Fruits	Beef caldereta / Steamed Rice / Fruits	