

# GOLDEN MIND ACHIEVERS SCHOOL – LUNCH MENU JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			NO SCHOOL	NO SCHOOL
5	6	7	8	9
Spaghetti with ground beef / bread	Chicken Adobo / Steamed Rice/ Banana	Beef Soup with Veggies “Nilaga” / Steamed Rice / Fruits	Pork Menudo/ Steamed Rice / Fruits / Soup	Chicken Karage / Steamed Rice / Soup/Fruits
12	13	14	15	16
Yakisoba/ Bread /	Pork Adobo / Steamed Rice / Fruits	Ground beef with carrots and potato / Steamed Rice	Pork Curry/ Steamed Rice /Fruits	Chicken Nuggets / Steam Rice / Corn soup/Fruits
19	20	21	22	23
MARTIN LURTHE KING JR. DAY SCHOOL IS CLOSED	Chicken Katsu / Steamed Rice/Soup/Fruits	Shredded carrots with Spam / Steamed Rice / Banana	Chicken Afritada/ Steamed Rice / Fruits	Pork katsu/ Steamed Rice / soup
26	27	28	29	30
Macaroni and cheese/ bread	Chicken Curry/ Steamed Rice /Fruits	Fish Fillet/Steamed rice/Soup/Fruits	Beef with Broccoli/Steamed rice/fruits	Chicken soup with Spinach (tinola)/ Steamed Rice / Fruits