

GOLDEN MIND ACHIEVERS SCHOOL – LUNCH MENU JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Ground Pork w/ Carrots and Potato / Steamed Rice / fruits	Pork soup (Nilaga) / Steamed rice/banana	Beef with Broccoli/Steamed rice/fruits	4th of July SCHOOL IS CLOSED
7	8	9	10	11
Spaghetti w/ Ground Beef and hotdog/Sliced bread	Chicken Soup “tinola” / Steamed Rice/fruits	Pork Curry / Steamed Rice / Fruits	Chicken Afritada / Steamed Rice/Fruits	Pork Katsu/ Steamed Rice / Soup
14	15	16	17	18
Macaroni and Cheese/Sliced bread	Beef Soup (Nilaga) / Steamed Rice/Fruits	Shredded carrots with spam / Steamed Rice / banana	Chicken Adobo / Steamed Rice/Fruits	Chicken Nuggets / Steamed Rice / Soup
21	22	23	24	25
Spaghetti w/ meatballs /Sliced bread	Ground Beef w/ Carrots and Potato / Steamed Rice / banana	Pork stew “Menudo” / Steamed Rice / Fruits	Chicken Curry/Steamed Rice/fruits	Fried Chicken / Steamed Rice / Corn Soup
28	29	30	31	
Yakisoba/Sliced Bread	Chicken Karaage Steamed Rice/Soup	Hamburger Steak with mushrooms/Steamed rice/banana	Pork Curry/Steamed rice/Fruits	