

GOLDEN MIND ACHIEVERS SCHOOL – LUNCH MENU OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Pork adobo/steamed rice/banana	Beef with broccoli/steamed rice/fruits	Burger Steak w/ Mushroom / Steamed Rice / Corn Soup
6	7	8	9	10
Filipino Style Spaghetti/sliced bread	Chicken adobo / Steamed Rice / Fruits	Beef Soup “Nilaga”/ Steamed Rice /Fruits	Chicken Curry / Steamed Rice / Fruits / Soup	Chicken Nuggets / Steamed Rice / Corn Soup /Fruits
13	14	15	16	17
NO SCHOOL COLUMBUS DAY	Ground Pork w/ Carrots and Potato / Steamed Rice / Fruits	Chicken with pineapple / Steamed Rice / Fruits	Chicken Afritada / Steamed Rice / Fruits	Pork Tonkatsu / Steamed Rice / Soup
20	21	22	23	24
Spaghetti and Meatballs / Slice Bread	Pork Soup “Nilaga”/ Steamed Rice/Fruits	Fried Chicken / Steamed Rice / banana	Pork menudo / Steamed Rice / Fruits	Pork Curry / Steamed Rice / Fruits
27	28	29	30	31
Yakisoba / Slice bread	Pork adobo / Steamed Rice/ Fruits	Chicken afritada / Steam Rice / Fruits	Beef caldereta / Steamed Rice / Fruits	Mixed Veggies (Chopsuey) /Steamed Rice / Fruits