

GOLDEN MIND ACHIEVERS SCHOOL – LUNCH MENU AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chicken soup with Spinach (tinola)/ Steamed Rice / Fruits
4	5	6	7	8
Spaghetti with ground beef / bread	Beef Soup with Veggies “Nilaga” / Steamed Rice / Fruits	Chicken Adobo / Steamed Rice/ Banana	Pork Menudo/ Steamed Rice / Fruits / Soup	Chicken Karage / Steamed Rice / Soup/Fruits
11	12	13	14	15
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
18	19	20	21	22
Spaghetti with meatballs/ Bread	Chicken Katsu / Steamed Rice/Soup/Fruits	Shredded carrots with Spam / Steamed Rice / Banana	Chicken Afritada/ Steamed Rice / Fruits	Pork katsu/ Steamed Rice / soup
25	26	27	28	29
Macaroni and cheese/ bread	Chicken Curry/ Steamed Rice /Fruits	NO SCHOOL	NO SCHOOL	NO SCHOOL