

# Sustainable food choices for all on campus, including vegetarian and vegan food:

## *MPSU's Vegan Menu*

The **MPSU Vegan Menu** showcases a thoughtfully curated selection of plant-based dishes that blend Filipino culinary tradition with modern nutrition. Offered at an affordable price of **₱70.00 per meal**, it ensures that every member of the university community can enjoy healthy, balanced meals without financial strain.

The vegan offerings feature familiar local favorites such as **Pancit Bihon**, **Misua with Upo**, **Lumpiang Togue**, **Ensaladang Talong**, **Fried Tokwa**, and **Bulanglang Achara**—prepared with fresh, locally sourced vegetables and plant-based proteins.

Complementing these are wholesome meals like **Ginataang Kalabasa**, **Adobong Kangkong**, **Ginisang Munggo**, **Chopsuey**, **Ginisang Ampalaya**, **Pinakbet**, and **Vegetable Kare-Kare**—each dish rich in vitamins, minerals, and fiber.

These vegan meals not only satisfy hunger but also honor Filipino flavors while promoting health and sustainability—a perfect harmony between tradition and innovation. By embracing plant-based meals, MPSU promotes a **sustainable food culture** that supports both people and the planet. Many of the ingredients used in the Vegan Menu are sourced from **local farmers and community growers**, thereby strengthening local livelihoods and encouraging sustainable agricultural practices.

Each meal served represents a conscious step toward reducing **greenhouse gas emissions**, **water consumption**, and **food waste**. This initiative reflects MPSU's unwavering commitment to environmental stewardship and positions the university as a model for **green campus leadership** in the Cordillera region.

Mountain Province State University

**Vegan**  
*Menu*



Mountain Province State University

# Vegan Menu

Pancit Bihon

Php. 70.00

Misua with Upo

Php. 70.00

Lumpiang Togue

Php. 70.00

Ensaladang

Php. 70.00

Talong

Fried Tokwa

Php. 70.00

Bulanglang Achara

Php. 70.00

"Where every craving  
meets its match"

2 ZERO  
HUNGER



2024