





## Technical Guidance on the Implementation of Programs for RBOs in Central Luzon

### MENU

<b>March 1, 2023</b>	
BREAKFAST	Rice, Corned Beef Hash, Fried Danggit with Vinegar Sauce, Sunny Side-up Egg, Mango Slice
AM SNACKS	Pancit Canton, Shanghai and Fresh Cucumber Lemon Juice
LUNCH	Rice, Sinigang na Hipon, Pork BBQ, Chopsuey with quail egg & shrimp, Watermelon
PM SNACKS	Lumpiang Shanghai with Vinegar and White Grape Juice in Can
DINNER	Rice, Buttered Shrimp, Salted Egg Chicken Wings, Nilaga, Brownies
<b>March 2, 2023</b>	
BREAKFAST	Rice, Pork Giniling, Longganisa, Tuna Egg Omelette, Banana
AM SNACKS	Baked Mac & Cheese, Puto, Fresh Citrus Juice
LUNCH	Rice, Sinampalukang Manok, Pork Liempo, Stir Fry Vegetable, Melon
PM SNACKS	Big Ube Cheese Ensaymada and Orange Juice in Can
DINNER	Rice, Creamy Baked Salmon, Chicken Fillet, Batchoy, Cookies
<b>March 3, 2023</b>	
BREAKFAST	Rice, Beef Tapa, Fried Daing na Bangus, Scrambled Egg, Orange
AM SNACKS	Pancit Palabok, Cassava Cake, Fresh Buko Juice
LUNCH	Rice, Sinigang sa Miso, Chicken Inasal, Stir Fry Vegetable, Banana
PM SNACKS	Special Empanada, Four Season Juice in Can
DINNER	Rice, Grilled Squid, Creamy Baked Vegetable, Tinola, Moist Crinkles

\*with free flowing coffee and hot chocolate  
 Candies and nuts

Prepared by:

**ANNA ROSE G. PANGILINAN**  
**AA VI**