

MENU

Training on Operations and Maintenance of Solar Powered Fertigation System (SPFS) (Training on Operation and Maintenance of Rice Machines) on June 6-8, 2023

June 6, 2023

Breakfast	Rice, Corned Beef, Hotdog, Sunny Side up Egg, Pandesal with coffee or hot choco
AM Snack	Carbonara with bread and Iced Tea
Lunch	Rice, Fried Tilapia with Buro and Mustasa, Steamed Okra, Ampalaya, chicken tinola, Pork BBQ, Pakwan
PM Snack	Banana cue and Camote cue with buko juice
Dinner	Rice, Sinigang na hipon, Chopsuey, Higadilyo, Fruit salad

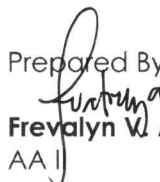
June 7, 2023

Breakfast	Rice, Chicken Adobo, Salted Egg with Onion, Talong and Kamatis, Daing
AM Snack	Beef Spaghetti with Bread and Lemonade
Lunch	Grilled Chicken, Teriyaki, Pork Spring Rolls, Beans and Carrot with Tofu, Ponkanitas
PM Snack	Club House with Minute maid
Dinner	Rice, Fish Serciado, Chicken Curry, Sweet and sour chicken, Banana

June 8, 2023

Breakfast	Rice, Daing na Bangus, Talong and Kamatis, Egg, Luncheon Meat
AM Snack	Pasta with Tuna in Pink Sauce with Bread and Iced Tea
Lunch	Rice, Pork BBQ, Fresh Lumpia Ubod, Sinigang Pork Ribs, Empanaditas
PM Snack	Palabok with Kutsinta, BTW
Dinner	Rice, Fish Serciado, Chicken Curry, Cabbage Saute, Banana

Prepared By:


Frevalyn W. Atienza

AA II