



Republic of the Philippines
Department of Agriculture
AGRICULTURAL TRAINING INSTITUTE

Regional Training Center III

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LADDERIZED TRAINING COURSE ON EXTENSION DELIVERY SYSTEM (Phase II):
Training Course on Community Organizing (CO) and
Participatory Rural Appraisal (PRA)

ATI-RTC 3, San Ramon, Dinalupihan, Bataan

MENU

May 22, 2023	
BREAKFAST	Rice, Sunny Side-up egg, Tocino, Sweet & Sour Fish, Banana
AM SNACKS	Bananaque, Camoteque, Sago't Gulaman Juice
LUNCH	Rice, Sinigang sa Miso, Honey Garlic Chicken, Ginataang Kalabasa & Sitaw, Mango
PM SNACKS	Cheese Burger, French Fries, Pineapple Juice in Can
DINNER	Rice, Caldereta, Fish Fillet in Lemon Sauce, Caesar salad, Leche Flan
May 23, 2023	
BREAKFAST	Rice, Scrambled Egg, Daing na Bangus, Corned Beef Hash, Orange
AM SNACKS	Pancit Canton, Shanghai, Fresh Citrus Juice
LUNCH	Rice, Bulalo, Fried Tilapia, Ginataang Langka, Lansones
PM SNACKS	Ube Ensaymada, Mango Juice in Can
DINNER	Rice, Chicken Pastel, Squid & Shrimp w/ mixed vegetables, El Nido Soup, Fruit Salad
May 24, 2023	
BREAKFAST	Rice, Tuna Egg Omelette, Chicken Nuggets, Sautéed Kangkong, Apple
AM SNACKS	Pancit Palabok, Cassava Cake, Fresh Calamansi Juice
LUNCH	Rice, Sinigang na Hipon, Pork BBQ, Chopsuey with quail egg & shrimp, Watermelon
PM SNACKS	Lumpiang Togue, Orange Juice in Can
DINNER	Rice, Pork Sisig, Fried Calamari, Creamy Chicken Potato Soup, Brownies
May 25, 2023	
BREAKFAST	Rice, Poached Egg, Danggit with Vinegar, Salisbury Steak, Banana
AM SNACKS	Puto Cheese, Ube halaya, Pichi-pichi, Kutchinta, Buko Juice
LUNCH	Rice, Sinampalukang Manok, Pork Liempo, Gulay togue, Mango
PM SNACKS	Big Special Empanada, Four Season Juice in Can
DINNER	Rice, Pork Kare-kare, Creamy Baked Salmon, Kani Salad, Yema
May 26, 2023	
BREAKFAST	Rice, Fried Egg, Longganisa, Chicken Fillet Ala King, Lansones
AM SNACKS	Lumpiang Sariwa with Peanut sauce, Fresh Cucumber Lemon Juice
LUNCH	Rice, Batchoy, Savory Fried Chicken, Pakbet, Melon
PM SNACKS	Creamy Cinnamon Roll, Soda in Can
DINNER	Rice, Pork Humba, Rellenong Bangus, Cream of Mushroom Soup, Buko Pandan

*with free flowing coffee, tea & hot chocolate
And candies and nuts

Prepared by:

ANNA ROSE G. PANGILINAN
AA VI