



# MENU

**Title:** Training of Trainers on Livestock Farm Business School for Livestock Extension Workers:


Building Entrepreneurial Skills Towards Bigger Opportunities

**Date:** April 24-28, 2023

**Venue:** Pampanga Province

Breakfast	AM Snacks	Lunch	PM Snacks	Dinner
1. Fried Rice, Tocino, Hotdog, Pritong talong and pritong banana	Palabok with puto and orange juice	Tinolang manok, Pritong galunggong, Ginataang gulay, melon fruit, rice and nestea juice	Pancit canton with kalamay and buko juice	Adobong sitaw, rice, sinigang na hipon, pakwan fruit, bottled water, shanghai
2. Tinapa with kamatis na sawsawan, Sunny side up egg, Rice, and Fried Meat loaf, banana	Spaghetti with maja and coke in canned	Nilagang baboy, chopseuy, fried chicken, assorted fruits and juice, rice	Burger with fries and Pine apple juice	Sinigang na na manok, Ginataang tulingan, mixed vegetable and coffee jelly and rice
3. Longganisa, hotdog, rice, daing and pandesal	Assorted kalamay with buko juice	Menudo, Soup, pakbet, shanghai, rice and buko salad	Sotanghon with pandesal and juice in canned/ bottled	Adobong manok, soup, ginisang upo, fried calamari/calamares, assorted fruits, rice
4. Rice, corn beef, maling, toasted bread with butter, fried talong and assorted fruits	Bake macked and Coke in canned	Chicken cordon, Buttered shrimp, soup, bopis, nilagang Okra, talong with bagoong and assorted fruits, rice	Halo halo and any drinks	Pork sisig, munggo, fried galunggong, barbeque, assorted fruits and rice
5. Rice, bacon, scrambled egg, pancake and assorted fruits and fried tinapa	Lumpiang sariwa and orange juice in bottles	Tokwa't baboy, garlic chicken wings, kare-kare , soup, rice and assorted fruits	Macaroni salad with canned juice	Afritada, rice, soup, fried tilapia, miswa with patola and meatballs and assorted fruits

Prepared By:



**HAZEL A. LIMBO**

Administrative Aide VI