



## MENU

Title of Activity: **Refresher Training Course for Farmers Scientists of Castillejos, Zambales**

Date: **May 29-30, 2023**

Venue: **ATI RTC III, Dinalupihan, Bataan**

<b>DAY 1 (May 29, 2023)</b>	
<b>Breakfast</b>	Plain Rice, Fried Rice, Sunny side up egg, Sauteed Corned beef with dice potato, Tuyo, Seasonal Fruits
<b>AM Snacks</b>	Pancit palabok with puto, buko juice
<b>Lunch</b>	Plain Rice, Sinigang na baboy, Crispy fried chicken, Fried Fish, Leche Flan
<b>PM Snacks</b>	Ham and cheese sandwich, Iced Tea
<b>Dinner</b>	Rice, Beef Kare-Kare, Grilled Squid, Pinakbet, Pinya

<b>DAY 2 (May 30, 2023)</b>	
<b>Breakfast</b>	Plain Rice, Fried Rice, Boiled egg with tomato, Tocino, Hotdog, Seasonal Fruits
<b>AM Snacks</b>	Bilo-bilo with turon, orange juice
<b>Lunch</b>	Rice, Kalderetang Baboy, Fried Fish, Chopsuey, Apple, Juice, Salad
<b>PM Snacks</b>	Carbonara with Garlic Bread, Mango Juice
<b>Dinner</b>	Plain Rice, Beef with Broccoli, Fried Shanghai, Fish Fillet, Watermelon

**\*\*\*served with flowing coffee, hot choco, different selections of tea.**

Prepared by:

  
**APRIL ROSELYN R. EUGENIO**

Admin Support Staff III