

MENU

Day	Breakfast	AM Snack	Lunch	Pm Snack	Dinner
1	Plain rice, sweet longganisa, daing, fried saba, kamatis, banana	Aruzcaldo Tokwat baboy Juice	Plain rice, pork apritada, fried bangus, Ginataang kalabasa banana	Spaghetti with pork shanghai coke	Rice, Grilled bangus, porkchop, Ginisang ampalaya, Turon(dessert)
2	Rice, Fish Sarsiyado, boiled egg, banana	Ham and cheese sandwich softdrinks	Plain rice, Sisig (Puso ng Saging), Fried tilapia, Shanghai, Fruit salad	Pansit Malabon Juice	Rice, Higadilyo, Chopseuy, Fried Fish, Banana
3	Fried & Plain Rice, Fried egg Fried Bangus, kamatis, orange	Carbonara Pineapple Juice	Rice, Pakbet Fried fish Pork Steak Watermelon	Ensaymada, C2	Rice, Fried Chicken, Sinigang na bangus, Liempo, Fruit salad
4	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana	Spaghetti, softdrinks	Rice, Pork Barbeque, Sinigang na Hipon, Buko Pandan	Camote cue, iced tea	Rice, Adobo pusit, Vegetable guisado, litson kawali, banana
5	Rice, Dilis, Ham, tocino, kamatis, banana	Pansit, puto, softdrinks	Rice, Ginulay na mais, Fried Chicken, Fruit salad	Kakanin, Pineapple juice	Rice, Tinolang Manok, Chapseuy with Quail egg, watermelon

Prepared by:

ANGELICA BUENAVENTURA

ASS II