



**REFRESHER COURSE ON VALUE CHAIN APPROACH TO CON PRODUCTION AND MANAGEMENT  
APRIL 16-19, 2024**

<b>MENU</b>					
<b>DAYS</b>	<b>Breakfast</b>	<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b>	<b>Dinner</b>
1	Rice, Tocino, Egg, Dilis, Banana	Pansit Guisado, Puto, Cucumber Juice	Rice, Fried Boneless bangus, Tinolang manok, Fruit Salad	Pancit malabon, hot pandesal, Buko Juice	Rice, Sinigang na Baboy, Fried Chicken, Buttered Vegetables, Watermelon
2	Rice, Ham, Hotdog, Fried boneless bangus, kamatis	Rice, Ham, Hotdog, Fried boneless bangus, kamatis	Rice, Ham, Hotdog, Fried boneless bangus, kamatis	Rice, Ham, Hotdog, Fried boneless bangus, kamatis	Rice, Ham, Hotdog, Fried boneless bangus, kamatis
3	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana	Fried Rice, Longganisa, hard boiled egg, tuyo, Mushroom soup, banana
4	Hotdog Nilagang Egg Daing na Bangus Egg	Pansit Guisado w/ Puto Buko Juice	Rice Shanghai Menudo Chopsuey Fruit Salad	Spaghetti with Bread Calamansi Juice	Rice Chicken Curry Mix Vegetable Fried Fish Fillet Buko Pandan