



## Training on Processing of Coconut Products and By-Products 2

Casiguran, Aurora

July 22-26, 2024

### MENU

DATE	BREAKFAST	AM SNACKS	LUNCH	PM SANCKS	DINNER
Day 1: July 22	Rice Omellete Egg, Corned Beef, pako, Coffee/milo/tea	Palabok, Juice	Rice, Chicken Inasal, Stir fry vegetable, fruits/dessert, Pork Sinigang, canned juice/softdrinks	Tuna sandwich, soda/juice	Rice, Pork Sisig, Chopsuey, Fruits, Chicken adobo, Soda/Juice
Day 2 July 23	<i>Rice, Omellete Egg, Fried dilis, ensaladang talong, Coffee/milo/tea</i>	<i>Sotangoh, Puto, Juice</i>	<i>Rice, Fish fillet, pinakbet, Fish Sinigang, fruits/dessert, juice</i>	<i>Egg sandwich, soda/juice</i>	<i>Rice, Grilled Pork, Gising gising, Pork Nilaga, Fruits, Soda/Juice</i>
Day 3 July 24	<i>Rice, Sunny side egg, fried fish, various nilagang gulay, coffee/milo/tea</i>	<i>Pancit and lumpia, Canned Juice</i>	<i>Rice, Pork Afritada, Sauteed Kangkong with Tofu , chicken tinola, fruits/dessert, Juice/soda</i>	<i>Arroz caldo, canned Juice</i>	<i>Rice, Grilled fish, Sinampalukang manok,, Ginisang upo, Soda/Juice, Fruits</i>
Day 4 July 25	<i>Rice, Scrambled Egg, Longganisa, Coffee/milo/tea</i>	<i>Various Kakanin Canned Juice</i>	<i>Rice, Pork Chop, Bulanglang, Beef Nilaga, Fruits/dessert, Soda/Juice</i>	<i>Ginataang munggo, canned juice Juice</i>	<i>Rice, Chicken Afritada, chopsuey, fruits, Soda/Juice</i>
Day 5 July 26	<i>Rice, Boiled Egg, Daing na bangus Coffee/milo/tea</i>	<i>Baked Mac Canned Juice</i>	<i>Rice, Grilled Fish, Pinakbet, Seafood sinigang, leche flan, Soda/Juice</i>	<i>Pancit with Puto, Soda/Juice</i>	<i>Rice, Beef brocolli, chicken curry, fish sigang, fruits/dessert, soda/juice</i>