



Training on Coconut-Coffee Farming System 2

Bataan
April 23-26, 2024

MENU

April 23-25, 2024

April 23, 2024	
BREAKFAST	Rice, Beef Tapa, Fried Danggit with Vinegar Sauce, Sunny Side-up Egg, Mango Slice
AM SNACKS	Pancit Canton, Shanghai and Fresh Cucumber Lemon Juice
LUNCH	Rice, Sinigang na Hipon, Pork BBQ, Chopsuey with quail egg & shrimp, Watermelon
PM SNACKS	Lumpiang Togue 2 pcs with Vinegar and Mango Juice in Can
DINNER	Rice, Buttered Shrimp, Salted Egg Chicken Wings, Tinolang Tahong, Brownies
April 24, 2024	
BREAKFAST	Rice, Sweet & Sour Fish, Longganisa, Tuna Egg Omelette, Banana
AM SNACKS	Baked Mac & Cheese, Puto, Fresh Citrus Juice
LUNCH	Rice, Sinampalukang Manok, Pork Liempo, Gulay togue, Melon
PM SNACKS	Creamy cinnamon Roll and Orange Juice in Can
DINNER	Rice, Relleno Bangus, Chicken Fillet, Batchoy, Cookies
April 25, 2024	
BREAKFAST	Rice, Salisbury Steak, Fried Daing na Bangus, Scrambled Egg, Orange
AM SNACKS	Pancit Palabok, Cassava Cake, Fresh Buko Juice
LUNCH	Rice, Sinigang sa Miso, Chicken Inasal, Ginataang Laing, Banana
PM SNACKS	Big Special Empanada, Four Season Juice in Can
DINNER	Rice, Grilled Squid, Creamy Baked Vegetable, Bola-bola w/ Patola, Moist Crinkles

April 26, 2024

April 26, 2024	
BREAKFAST	Longganisa, hotdog, rice, daing and pandesal, assorted fruits
AM SNACKS	Hamburger with fries and Orange juice in can
LUNCH	Tinolang manok, Pritong galunggong, Ginataang gulay, melon fruit, rice and nestea juice
PM SNACKS	Big Special Empanada, Four Season Juice in Can
DINNER	Adobong sitaw, rice, sinigang na hipon, pakwan fruit, bottled water, shanghai

Prepared by:


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TSS II