



Republic of the Philippines
Department of Agriculture

AGRICULTURAL TRAINING INSTITUTE

Regional Training Center III

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Training of Trainers on Farm Business School (Batch 2)

Menu	
Day 1 (September 2, 2024)	
Breakfast	Plain Rice, Sunny Side-up or Scrambled Eggs, Tocino, Dried Fish, Tomatoes, Banana
AM Snack	Ham and Cheese Sandwich with Fresh Buko Juice
Lunch	Plain Rice, Pork Sisig, Chicken tinola, Shanghai, Dalandan Juice, Fresh Assorted Fruits
Pm Snack	Crispy Chicken Sandwich, Soda or Iced Tea
Dinner	Plain Rice, Pork Steak, Sweet and Sour Fish, Tortang talong, Fresh Assorted Fruits
Day 2 (September 3, 2024)	
Breakfast	Plain Rice, Scrambled Egg, Luncheon Meat, Fried Tinapa with Tomatoes, Chicken sotanghon soup, Fresh Apple
AM Snack	Carbonara with Garlic Bread and Lemon Iced Tea
Lunch	Plain Rice, Liempo, Fried Boneless Bangus, Pakbet, Crab and Corn Soup, Fresh Assorted Fruits
Pm Snack	Mango and Cream Cheese Turon, Fresh Buko Juice
Dinner	Plain Rice, Beef Sinigang, Chopsuey, Fish Fillet, and Fresh Assorted Fruits
Day 3 (September 4, 2024)	
Breakfast	Plain Rice, Scrambled Egg, Fried Galunggong, Salted Egg with Slice Tomatoes, Creamy Macaroni Soup, Fresh Apple
AM Snack	Baked Mac with Garlic Bread, Iced Tea
Lunch	Plain Rice, Chicken Pastel, Ginisang Ampalaya with Egg, Sinigang na Bangus, Fresh Assorted Fruits
Pm Snack	Special Empanada, Banana Que with Sago at Gulaman Juice
Dinner	Plain Rice, Beef Broccoli, Sarciadong Isda, Stir-Fried Cabbage, Crab and Corn Soup, Fresh Assorted Fruits
Day 4 (September 5, 2024)	
Breakfast	Plain Rice, Scrambled Egg, Pork Embutido, Tocino, Chicken Sotanghon Soup, Fried Banana
AM Snack	Maja Blanca and Puto Cheese, Fresh Buko juice
Lunch	Plain Rice, Lechon Paksiw, Chopseuy, Fish Fillet, Mushroom Soup, Fresh Assorted Fruits
Pm Snack	Filipino Coconut Macaroons, Buko Pie, Fresh Buko Juice
Dinner	Plain Rice, Pininyahang Manok, Mix Vegetable, Salted Egg Shrimp, Batchoy Soup, Fresh Assorted Fruits
Day 5 (September 6, 2024)	
Breakfast	Plain Rice, Beef Tapa, Sunny Side-up Egg, Chicken Sotanghon, Fresh Orange
AM Snack	Pancit Palabok, Yema Cake, Fresh Buko Juice

Lunch	Plain Rice, Pineapple Pork Ribs, Crispy Breaded Shrimp, Ginisang Togue At Tokwa, Batchoy Soup, Fresh Assorted Fruits
Pm Snack	Egg pie, Special Ensaymada, Soda or Juice
Dinner	Rice, Cordon Bleu, Fried Boneless Bangus, Ginisang Sayote, Mushroom Soup, Fresh Assorted Fruits
Day 6 (September 7, 2024)	
Breakfast	Plain Rice, Pork giniling, Longganisa, Tuna Egg Omelette, Fresh Apple
AM Snack	Ham and Cheese Sandwich, Fresh Melon Juice
Lunch	Rice, Pork Estofado, Sinigang sa Miso, Inihaw na Bangus with toyomansi, Fresh Assorted Fruits
Pm Snack	Buchi and Shanghai Lemon Iced Tea
Dinner	Rice, Pork Afritada, Fried Boneless Bangus, Pork Vegetable Stir Fry, Crab and Corn Soup, Fresh Assorted Fruits
Day 7 (September 8, 2024)	
Breakfast	Plain Rice, Skinless Longganisa, Corned Beef Omelet, Egg Drop Soup, Fresh Apple
AM Snack	Special Ensaymada, Ham And Cheese Bread Rolls, Sago at Gulaman Juice
Lunch	Plain Rice, Beef Mechado, Relyenong Bangus, Lumpiang Sariwa, Chicken Sotanghon Soup, Fresh Assorted Fruits
Pm Snack	Special Empanada, Maja Blanca, Pineapple Juice in Can
Dinner	Rice, Beef Salpicao, Fried Galunggong with Tomatoes, Sweet & Spicy Green Beans, Fresh Assorted Fruits
Day 8 (September 9, 2024)	
Breakfast	Plain Rice, Bologna, Chicken Nuggets, Sunny Side-up Egg, Creamy Macaroni Soup, Fried Banana
AM Snack	Cheese Puto, Kalamay Sa Latik, and Fresh Buko Pandan Juice
Lunch	Rice, Sweet and Sour Chicken, Fried Galunggong, Chopsuey with Quail Egg and shrimp, Batchoy Soup, Fresh Assorted Fruits
Pm Snack	Cassava Cake with Leche Puto, Iced Tea
Dinner	Rice, Beef Nilaga, Breaded Butterfly Shrimp, Lumpiang Shanghai with Vinegar, Fresh Assorted Fruits
Day 9 (September 10, 2024)	
Breakfast	Plain Rice, Tocino, Fried Danggit with Vinegar Sauce, Sunny Side-up Egg, Molo Soup, Fried Banana
AM Snack	Spaghetti, Cucumber Lemon Juice
Lunch	Plain Rice, Sinigang na Hipon, Pork BBQ, Chopsuey with Quail Egg & Shrimp, Fresh Assorted Fruits
Pm Snack	Ube Kalamay, Palitaw, Buko Pandan Juice
Dinner	Rice, Lechon Kawali, Adobong Pusit, Lumpiang Shanghai with Vinegar, Chicken Sotanghon Soup, Fresh Assorted Fruits
Day 10 (September 11, 2024)	
Breakfast	Plain Rice, Beef Tapa, Sunny Side-up Egg, Chicken Sotanghon, Fresh Orange
AM Snack	Pancit Palabok, Yema Cake, Fresh Buko Juice
Lunch	Plain Rice, Pineapple Pork Ribs, Crispy Breaded Shrimp, Ginisang Togue At Tokwa, Batchoy Soup, Fresh Assorted Fruits
Pm Snack	Egg pie, Special Ensaymada, Soda or Juice
Day 11 (September 12, 2024)	

Breakfast	Plain Rice, Tocino, Fried Danggit with Vinegar Sauce, Sunny Side-up Egg, Molo Soup, Fried Banana
AM Snack	Spaghetti, Cucumber Lemon Juice
Lunch	Plain Rice, Sinigang na Hipon, Pork BBQ, Chopsuey with Quail Egg & Shrimp, Fresh Assorted Fruits
Pm Snack	Ube Kalamay, Palitaw, Buko Pandan Juice
Dinner	Rice, Lechon Kawali, Adobong Pusit, Lumpiang Shanghai with Vinegar, Chicken Sotanghon Soup, Fresh Assorted Fruits
Dinner	Rice, Cordon Bleu, Fried Boneless Bangus, Ginisang Sayote, Mushroom Soup, Fresh Assorted Fruits

Prepared by:

JUSTINE M. ABACO
Administrative Support Staff II