



Republic of the Philippines
Department of Agriculture

AGRICULTURAL TRAINING INSTITUTE
Regional Training Center III

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Retooling on High Value Crops Development (HVCD) Program Monitoring and Reporting
(Specialized Course on Monitoring and Reporting)
Menu

Day 1 (April 22, 2024)

Breakfast	Fried / Plain Rice, Fried Tinapa, Salted Egg with Slice Tomatoes, Fruits
AM Snack	Spagetti or Carbonara with Toasted Bread and Cucumber Juice.
Lunch	Plain Rice, Fried Chicken, Chopseuy, Sweet and Sour Fish, Mushroom Soup, Fresh Fruits
Pm Snack	Chicken and mayo Sandwich, Juice in can
Dinner	Plain Rice, Chicken Inasal, Fried Fish Filletwith Mayo, Juice in can.

Day 2 (April 23, 2024)

Breakfast	Fried Rice, Scrambled Egg, Hotdog, Fried Tinapa with Tomatoes, Fruits
AM Snack	Spagetti or Carbonara with Toasted Bread and Cucumber Juice.
Lunch	Plain Rice, Chicken Pastel, Mixed Vegetables with Quail Eggs, Inihaw na Tilapia with sawsawan toyomansi, Fruits
Pm Snack	Ham and Cheese Sandwich with Soda or Juice in can
Dinner	Plain Rice, Pork Chop, Stir Fry Vegetables, Fruit Salad, Juice in can

Day 3 (March 24, 2023)

Breakfast	Fried Rice, Salted Egg with Slice Tomatoes, Longganisa, Cocktail Hotdog, Seasonal Fruits
AM Snack	Spaghetti , Potato Wedges, Soda or Juice
Lunch	Plain Rice, Pork Batchoy, Lumpiang Shanghai, Ampalaya con Carne, Coco Lychee Salad
Pm Snack	Lumpiang Sariwa (2 per pax), Soda or Juice in can
Dinner	Plain Rice, Pork BBQ, Mix Vegetable, Fried Fish Fillet, Fruits

Note: Served with flowing coffee, hot choco, different selections of tea, served with peanuts and candies on the side, meals must serve hot; drinks must serve cold, Buffet Style

*BREAKFAST (Unlimited Rice, 100 grams main course, 100 grams side dish, dessert, 1 bowl of soup)

*AM SNACK (200grams hot meal with drinks or 200 grams of dried meal e.g. sandwich, etc with drinks)

*LUNCH (Unlimited Rice, 150 grams main course-meat, 150 grams side dish-fish, 200 grams vegetables, 1 bowl of soup 50 grams dessert)

*PM SNACK (200grams hot meal with drinks/ 200 grams dried meal e.g. sandwich, etc with drinks)

*DINNER (Unlimited Rice, 150 grams main course-meat, 150 grams side dish-fish, 200 grams vegetables, 1 bowl of soup 50 grams dessert)

Prepared by:


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