



Preferred Menu for the conduct of Basic Training Course on Artificial Insemination and Pregnancy Diagnosis in Large Ruminants

DATE	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Day 0, September 14, 2024					Buffalo wings, Pakbet, Fried Fish, Steamed Rice, Fresh Banana
Day 1, September 15, 2024	Beef tapa, Daeng na bangus, Steamed vegetables with bagoong, Steamed Rice, Lacatan	Buko Pie/Cassava Cake, Fresh Calamansi Juice	Pork Higado, ampalaya guisado, fried fish, steamed rice, leche flan	Pancit bihon, Sinukmani, Fresh Buko juice	Chicken cordon bleu with cheese sauce, Pot roast beef, chopsuey, steamed rice, fruit salad
Day 2, September 16, 2024	Corned beef, Danggit, sunny side egg, Garlic Bread, Steamed Rice	Pancit Loglog, Picthi pitchi, Sago Gulaman	Beef kare-kare, inihaw na bangus, sinampalukang manok, Steamed rice, buko pandan salad, pomelo juice	Burger with tic and Cheese, Kamote fries, Orange juice	Chicken Puchero, Breaded porkchop, Crab and cornsoup, steamed rice, leche flan
Day 3, September 17, 2024	Chicken Hotdog, Danggit, Egg omelette, Steamed Rice, cucumber with vinegar	Banana cue/Kamote cue soft drinks	Pork with Mushroom, Fried Fish, Buttered Vegetable, Steamed Rice, Buko lychees Salad, fresh banana	Baked macaroni and Garlic bread, Iced tea	Bistek Tagalog, Mixed veggies, Buttered shrimp, steamed rice, Coffee jelly, Chocolate bar
Day 4, September 18, 2024	Tocino, Scrambled Egg, Dried fish, Steamed Rice, yema	Kakanin(Puto, kutsinta, pichi-pichi), Mango Juice in Canned	Chicken Afritada, Vegetable Salad, Sisig, Steamed Rice, fruits in season, Fresh calamansi juice	sopas with mamon, soft drinks	Relyenong bangus, Beef nilaga, lumpiang sariwa, gelatin

Note: Note: Serve in buffet style with unlimited drinking water and coffee & milo. Breakfast must be served with soup.

Prepared by:


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