



**Preferred Menu for Basic Training Course on Artificial Insemination and Pregnancy Diagnosis in Large Ruminants on September 2-14, 2024**

**MENU**

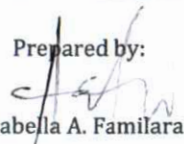
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Breakfast</b>	Rice Corned Beef w/ potatoes Buttered mixed veggies Scrambled egg Corn soup Sliced Apple	Rice Giniling na Baboy Ginisang ampalaya w/ egg Longganisa Egg soup	Rice Boneless Bangus Hotdog Vegetable Salad Molo Soup Mango	Fried rice Scrambled egg Pork Tocino Steamed Veggies Egg drop soup Banana	Rice Pritong Talong Chicken Fillet Salted egg with tomatoes Corn Soup Apple	Rice Ginisang Repolyo with Corned Beef Sunny Side Up Egg Longganisa Egg drop soup Mango	Rice Giniling na Baboy Ginisang ampalaya w/ egg Longganisa Egg soup Assorted fruits
<b>AM Snack</b>	Buko Pie Fresh Calamansi Juice	Ham and Egg Burger Iced tea	Ham sandwich w/ lettuce Fresh Melon Juice	Donut Coke	Ham and Cheese Empanada In can pineapple juice	Egg Pie Buko Juice	Pancit Bihon Buttered Bread Iced tea
<b>Lunch</b>	Rice Creamy Pork Steak Chopsuey Fried Tilapia Gelatin	Rice Fried Chicken Ginisang Kangkong w/ tofu Sweet and sour fish Mango Tapioca	Rice Beef Caldereta Lumpiang Gulay Sinigang na Isda Buko Salad	Rice Menudo Pritong Tilapia Pakbet Coffee Jelly	Rice Adobong Sitaw Fried Fish Munggo Mango	Rice Cordon Bleu Sinigang na Isda Fried Fish Sliced Pineapple	Rice Fried Chicken Ginisang Kangkong w/ tofu Sweet and sour fish Mango Tapioca
<b>PM Snack</b>	Ham and Egg Sandwich Bottled Orange Juice	Toasted Siopao In can pineapple juice	Bibingkang Kanin Iced Tea	Buko Pie Black Gulaman	Burger with tomatoes/ lettuce and cucumber Mango Juice	Puto Pao In can pineapple juice	Toasted Siopao In can pineapple juice
<b>Dinner</b>	Rice Sinigang na Isda Sarsiadong Isda Pakbet Mango	Rice Calamares Ginisang repolyo with oyster Chicken Afritada Chocolate Bar	Rice Ginisang Munggo Daing na Bangus Pork Barbeque Chocolate Bar	Rice Tinolang Manok Fried Pork Chop Ginisang Sayote Gelatin	Rice Kinamatisang Manok Sarsiadong Tilapia Ginisang Pechay Coffee Jelly	Rice Beef Steak Chopsuey Sinaing na isda Mango Tapioca	Rice Calamares Ginisang repolyo with oyster Pork Afritada Chocolate Bar

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<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
Rice Tortang Talong Boiled Egg Chicken Tocino Egg drop soup Apple	Rice Hotdog Vegetable Salad Footlong Dried Fish Mango	Rice Salted egg with tomato Embutido Luncheon Meat Cucumber w/ dressing	Fried rice Scrambled egg Pork Tocino Steamed Veggies Salted egg with tomatoes Banana	Rice Corned Beef w/ potatoes Buttered mixed veggies Scrambled egg Corn soup Sliced Apple	Rice Giniling na Baboy Ginisang ampalaya w/ egg Longganisa Egg soup	Rice Pritong Talong Chicken Fillet Vegetable salad Corn Soup Apple
Fresh Lumpia Coke	TSS I+I1:	Pizza Fresh Mango Juice	Puto Pao Buko Juice	Chicken Empanada Apple Juice	Pancit Bihon Buttered Bread Iced tea	Ham and Cheese Empanada In can pineapple juice
Rice Fish Fillet Adobong sitaw Chicken Afritada Fruit Salad	Rice Vegetable Kare-Kare Fried Tilapia Chicken Menudo Ice Cream	Rice Sweet and Sour Fish Pakbet Chicken Inasal Coffee Jelly	Rice Fried Chicken Ginisang Munggo Fried Tilapia Mango	Rice Creamy Pork Steak Chopsuey Fried Tilapia Gelatin	Rice Fried Chicken Ginisang Kangkong w/ tofu Sweet and sour fish Mango Tapioca	Rice Adobong Sitaw Fried Fish Munggo Mango
Pizza Fresh Melon Juice	Egg Pie Pineapple Juice	Donut Black Gulaman	Chicken Sandwich Coke	Egg Sandwich Cucumber Juice	Toasted Siopao In can pineapple juice	Turon Mango Juice
Rice Sinigang na Isda Lumpiang Gulay Chicken Inasal Yema	Rice Tinolang Manok Daing na Isda Ginisang Sayote Leche Flan	Rice Creamy chicken mushroom Adobong Pusit Lumpiang Gulay Gelatin	Rice Cordon Bleu Menudo Ginisang Pechay Fruit Salad	Rice Sinigang na Baboy Sarsiadong Isda Pakbet Mango	Rice Calamares Ginisang repolyo with oyster Pork Afritada Chocolate Bar	Rice Kinamatisang Manok Sarsiadong Tilapia Ginisang Pechay Coffee Jelly

Prepared by:

  
Arabella A. Familara

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