

29	pax	Lunch: Pork Sinigang (at least 200 grams per serving), Fried Tilapia (at least 100 grams per serving), Laing (at least 100 grams per serving) with Rice and Coffee Jelly (at least 50 grams per serving)		
29	pax	PM Snacks: Clubhouse sandwiches with ham with cheese (at least 3 layers of bread) with Iced tea		
29	pax	Dinner: Pork Chop (at least 200 grams) with more lean meat and less fat, Adobong Pusit (at least 100 grams), Laing (At least 100 grams) with Rice, Soup and Fresh Fruits (at least 50 grams per serving)		
		June 20, 2024 (Day 4)		
29	pax	Breakfast: Fried Rice, Scrambled Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Beef Tapa (at least 60 grams per serving), Tinapa (at least 60 grams per serving), Sliced of Papaya (at least 50 grams per serving)		
29	pax	AM Snacks: Baked Macaroni (at least 200 grams per serving), Garlic Bread (at least 50 grams per serving), with Softdinks		
29	pax	Lunch: Chicken Adobo (at least 200 grams per serving), Sinigang na Salmon (at least 100 grams per serving), Sipo Egg (at least 100 grams per serving) with Rice and Banana (at least 50 grams per serving)		
29	pax	PM Snacks: Ginataang Bilo Bilo with Langka (at least 200 grams per serving), Bananacue (at least 50 grams per serving) with Softdrinks		
29	pax	Dinner: Pork Menudo (at least 200 grams per serving) with more lean meat and less fat, Fried Tilapia (at least 100 grams per serving), Sprouted Lumpia (at least 100 grams), with Rice and Mango Tapioca (at least 50 grams per serving)		
		June 21, 2024 (Day 5)		
29	pax	Breakfast: Rice, Scambled Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Tuyo with Suka and Chili (at least 60 grams), Longganisa (at least 100 grams), Apple (at least 50 grams per serving)		
29	pax	AM Snacks: Sotanghon (at least 200 grams per serving), Puto Cheese (at least 50 grams per serving), with Softdinks		
29	pax	Lunch: Chicken Tinola (at least 200 grams per serving), Fried Boneless Bangus (at least 100 grams per serving), Ginataang Kalabasa (at least 100 grams per serving) with Rice and Buko Salad (at least 50 grams per serving)		
29	pax	PM Snacks: Miki Bihon (at least 200 grams per serving), Cheesecake (at least 50 grams per serving) with Iced Choco		
29	pax	Dinner: Pork Chop (at least 200 grams per serving) with more lean meat and less fat, Adobong Pusit (at least 100 grams), Laing (At least 100 grams) with Rice, Soup and Fresh Fruits (at least 50 grams per serving)		
		June 22, 2024 (Saturday)		
10	pax	Breakfast: Fried Rice, Scrambled Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Beef Tapa (at least 60 grams per serving), Tinapa (at least 60 grams per serving), Sliced of Papaya (at least 50 grams per serving)		
10	pax	AM Snacks: Cheesy Spaghetti (at least 200 grams per serving), Toasted Bread (at least 50 grams per serving), with Softdinks		
10	pax	Lunch: Chicken Adobo (at least 200 grams per serving) with more lean and less fat, Pinaputok na Tilapia (at least 100 grams per serving), Ginisang Munggo (at least 100 grams per serving) with Rice and Banana (at least 50 grams per serving)		
10	pax	PM Snacks: Pancit Palabok (at least 200 grams per serving), Bananacue (at least 50 grams per serving) with Softdrinks		
10	pax	Dinner: Pork Sisig (at least 200 grams per serving) with more lean meat and less fat, Buttered Shrimp (at least 100 grams), with Rice, Crab and Corn Soup and Sliced of Watermelon (at least 50 grams per serving)		
		June 23, 2024 (Sunday)		
10	pax	Breakfast: Rice, Sunny Side Up Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Dried Fish (at least 60 grams), Longganisa (at least 100 grams), Sliced of Papaya (at least 50 grams per serving)		
10	pax	AM Snacks: Sotanghon (at least 200 grams per serving), Puto Cheese (at least 50 grams per serving), with Softdinks		
10	pax	Lunch: Beef Stir Fry (at least 200 grams per serving) with more lean meat and less fat, Fish Escabeche (at least 100 grams per serving), Sipo Egg (at least 100 grams per serving) with Rice and Coffee Jelly (at least 50 grams per serving)		
10	pax	PM Snacks: Binutong (at least 200 grams per serving), Hot Choco		