

35	pax	Breakfast: Fried Rice, Scrambled Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Beef Tapa (atleast 60 grams per serving), Tinapa (at least 60 grams per serving), Sliced of Papaya (at least 50 grams per serving)		
35	pax	AM Snacks: Baked Macaroni (at least 200 grams per serving), Garlic Bread (at least 50 grams per serving), with Softdinks		
35	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 (atleast 50 grams per serving)		
35	pax	PM Snacks: Ginataang Bilo Bilo with Langka (at least 200 grams per serving), Bananacue (at least 50 grams per serving) with Softdrinks		
35	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 (atleast 100 grams), with Rice and Mango Tapioca (atleast 50 grams per serving)		
		June 21, 2024 (Day 5)		
35	pax	Breakfast: Rice, Scambled Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Tuyo with Suka and Chili (atleast 60 grams), Longganisa (at least 100 grams), Apple (at least 50 grams per serving)		
35	pax	AM Snacks: Sotanghon (at least 200 grams per serving), Puto Cheese (at least 50 grams per serving), with Softdinks		
35	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 (atleast 50 grams per serving)		
35	pax	PM Snacks: Miki Bihon (at least 200 grams per serving), Cheesecake (at least 50 grams per serving) with Iced Choco		
35	pax	Dinner: Pork Chop (at least 200 grams per serving) with more lean meat and less fat, Adobong Pusit (atleast 100 grams), Laing (Atleast 100 grams) with Rice, Soup and Fresh Fruits (atleast 50 grams per serving)		
		June 24, 2024 (Day 6)		
35	pax	Breakfast: Rice, Sunny Side Up Egg, Free Flowing Hot Beverages (Coffee or Hot Choco), Tinapa (atleast 60 grams), Chicken Tocino (at least 100 grams), Banana		
35	pax	AM Snacks: Pancit Bato (at least 200 grams per serving), Bananacue (at least 50 grams per serving), with Softdrinks		
35	pax	Lunch: Chicken Afritada (at least 200 grams), Daing na Bangus (at least 100 grams), Ginisang Monggo (at least 100 grams) with Rice, and Sliced of Pineapple (atleast 50 grams)		
35	pax	PM Snacks: Miki Bihon (at least 200 grams per serving), Hot Pandesal with cheese (at least 50 grams per serving), with Softdrinks		
35	pax	Dinner: Rice, Soup, Pork Barbeque with Atchara (at least 200 grams) with more lean meat and less fat, Sinigang na Bangus (at least 100 grams), Laing (at least 100 grams), Mango Tapioca		
		June 25, 2024 (Day 7)		
35	pax	Breakfast: Rice, Boiled Egg, Hotdog (at least 60 grams per serving), Corned Beef with Potato (at least 100 grams per serving) with Free Flowing Hot Beverages (Coffee or Hot Choco) and Banana		
35	pax	AM Snacks: Pancit Palabok (at least 200 grams per serving), Ensaymada (at least 50 grams per serving) with Bottled Water		
35	pax	Lunch: Beef Kare-Kare (at least 200 grams per serving), Tortang Dilis (at least 100 grams per serving), Ginitaang Sitaw at Kalabasa (at least 100 grams per serving), Rice and Fruit Salad		
35	pax	PM Snacks: Arroz Caldo with Egg (at least 3/4 full of medium-sized bowl), Puto Pao (at least 50 grams per serving) and Fresh Fruit Juice		
35	pax	Dinner: Chicken Barbeque (at least 200 grams per serving) with more lean meat and less fat, Sinigang na Salmon (at least 100 grams per serving), Laing (at least 100 grams per serving), with Rice and Buko Pandan		
		June 26, 2024 (Day 8)		
35	pax	Breakfast: Garlic Rice, Sunny Side Up Egg, Spanish Sardines (at least 100 grams per serving), Pork Tocino (at least 100 grams per serving) with Free Flowing Hot Beverages (Coffee or Hot Choco) and Sliced of Papaya		
35	pax	AM Snacks: Clubhouse sandwiches with ham with cheese (at least 3 layers of bread) with Iced tea		
35	pax	Lunch: Pininyahang Manok (at least 200 grams per serving) with more lean meat and less fat, Sweet and Sour Tilapia (at least 100 grams per serving), Lumpiang Toge (at least 100 grams per serving), Rice and Leche Flan		