

	Bfast	AM Snacks	Lunch	PM Snacks	Dinner
Day 1	1. Serving of Rice (200 grams or standard cup 1 cup) 2. boiled/ fried medium-sized egg; and 3. Serving of any of the following: Dried or Smoked Fish Longganisa Chicken/ Pork Tocino Hotdog Spanish sardines Beef Tapa	Banana Cake Fresh Fruit Juice	Bangus Sisig Binagoongan Pork Steam Fillet of Fish w/ onion & ginger Rice Mango Sago	Spaghetti Bolognese w/ Garlic Bread Coke/ Soft Drinks	Sinigang Soup Beef Afritada Pinakbet Rice Fresh Fruit Salad
Day 2		Palabok with Bread Coke/ Soft Drinks	Heart of Banana Omelette Sotanghon Soup Pork BBQ Tilapia w/ Squash in Coconut Milk Rice Fresh Fruit Salad	Moist Chocolate Cake fruit Juice	Miso Soup Fish and Vegetable Tempura Chicken Teriyaki w/ Beansprout Vegetable Ramen Rice Sago Pandan
Day 3		Chicken Mami w/ Puto Coke/ Soft Drinks	Chicken Macaroni Soup Binagoongan Pork Steam Fillet of Fish w/ onion & ginger Eggplant Omelette Rice Mango Sago	Apple Pie Fresh Fruit Juice	Tinola Soup Fried Fish (Tilapia) Chopsuey w/ Pork Rice Almond Gelatin