



SCHEDULE OF MEALS

Training Title : Seminar-Workshop on GAD Analysis Tools
Inclusive Dates : For finalization with the Subject Matter Expert

Training Title : Basic Forest River Search and Rescue Training
Inclusive Dates : For finalization with the Subject Matter Expert

Day 1.

AM Snacks

Chicken Sandwich
Pineapple Juice

Packed Lunch

Buttered Chicken
Pancit Guisado (no pork)
Beef Kulma
Steamed Plain Rice
Leche Flan
Bottled Softdrinks

PM Snacks

Cheese Burger
Iced Tea

Day 2.

AM Snacks

Fresh Lumpia
Orange Juice

Packed Lunch

Lemon Chicken
Sotanghon Guisado (no pork)
Beef Stew
Steamed Plain Rice
Fresh Fruits in Season
Bottled Softdrinks

PM Snacks

2 Chicken Empanada
Iced Tea

Day 3.

AM Snacks

Beef Spaghetti with Toasted Bread
Pineapple Juice

Packed Lunch

Honey Glazed Chicken
Mixed Veggies with Seafoods
Beef Teriyaki
Steamed Plain Rice
Mango Gelatin
Bottled Softdrinks

PM Snacks

Palabok with Toasted Bread
Bottled Softdrinks

Day 1.

AM Snacks

Chicken Sandwich
Pineapple Juice

Packed Lunch

Buttered Chicken
Pancit Guisado (no pork)
Beef Kulma
Steamed Plain Rice
Leche Flan
Bottled Softdrinks

PM Snacks

Cheese Burger
Iced Tea

Day 2.

AM Snacks

Fresh Lumpia
Orange Juice

Packed Lunch

Lemon Chicken
Sotanghon Guisado (no pork)
Beef Stew
Steamed Plain Rice
Fresh Fruits in Season
Bottled Softdrinks

PM Snacks

2 Chicken Empanada
Bottled Softdrinks

Day 3.

AM Snacks

Beef Spaghetti with Toasted Bread
Pineapple Juice

Packed Lunch

Honey Glazed Chicken
Mixed Veggies with Seafoods
Beef Teriyaki
Steamed Plain Rice
Mango Gelatin
Bottled Softdrinks

PM Snacks

Palabok with Toasted Bread
Bottled Softdrinks

Day 4.

AM Snacks

Tuna Sandwich
Orange Juice

Packed Lunch

Chicken Curry
Fish Fillet with Tartar Sauce
Bam-I (no pork)
Steamed Plain Rice
Fresh Fruits in Season
Bottled Softdrinks

PM Snacks

Buko Pie
Bottled Softdrinks

Day 5.

AM Snacks

Egg Pie
Iced Tea

Packed Lunch

Buttered Fried Chicken
Beef Caldereta
Sotanghon Guisado
Steamed Plain Rice
Leche Flan
Bottled Softdrinks

PM Snacks

2 pieces Beef Lumpia
Bottled Softdrinks


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