

2023 ULAF PRETEST 2
MAY 7-12, 2023
MENU

	May 7, 2023 17 pax	May 8, 2023 29 pax	May 9, 2023 29 pax	May 10, 2023 29 pax	May 11, 2023 29 pax	May 12, 2023 17 pax
AM SNACK		Bijon guisado Empanada Buko juice	Lomi with egg Ube bread Buko juice	Sotanghon guisado lbos Fresh Buko juice	Ham n cheese with bacon Pancake sandwich Iced lemon tea	Dumpling Soup Fried Chicken Pinaangat Plain Rice Leche Flan
LUNCH	Tinolang Manok Rellenong Bangus Gulay na laing Plain Rice	Cosido na Malasugi Chicken inasal Pinakbet Plain Rice	Misua soup with squidballs Beef with broccoli Fried bangus Plain Rice Brownies	Sinigang na hipon Fish steak Ginsang Taugi Plain Rice Buko salad	Sinigang na baboy Prito Tilapia Chopsuey Plain Rice Banana Lakatan	
PM SNACKS	Tuna sandwich Camote fries Pineapple juice in can	Clubhouse sandwich potato chips Mango Shake	Banana Fritters (Turon) Pancit guisado Mango juice	Sinapot and Camote Q Orange juice in can	Hotdog n cheese- footlong French fries Sago't Gulaman	

Served with free flowing coffee and purified drinking water all throughout the training.

Prepared by:


MARICOR M. PASIBE
TWG Member

Approved by:


CECIL G. BRONDIAL
TWG Head