

MENU FOR THE AGSTATS 3RD QTR. 2024 TRAININGS

	QFS 04 Sept2024 12 pax	CPS 12-Sep-24 17 pax	CLPS 18-Sep-24 5 pax	PCPS/RCSS Household 24-Sep-24 13 pax	BLPS 26-Sep-24 7 pax	RCSS Commercial 30-Sep-24 7 pax
AM SNACK	Lomi with egg 2pc Puto Mango juice in can	Palabok 2pc Puto Cucumber juice	Spaghetti Banana bread Iced lemon tea	Bijon Ibos Hot choco tablea	Pansit guisado Lumpia shanghai Fresh Buko juice	Baked macaroni Butter toast Pineapple juic ein can
LUNCH	Bulalo Soup Sweet n Sour Fish Broccoli with beef Plain Rice Watermelon	Dumpling Soup Kare-kare with gulay Fried chicken Plain Rice Ice Cream	Cran n Corn Soup Cordon Bleu Chop suey Plain Rice Buko Salad	Fish Sinigang Chicken Pork Adobo Gulay na Langka w/seafood Plain Rice Fresh Mango	Paksiw na Bangus Caldereta Mixed veggies Plain Rice Mango Graham Ref Cake	Cosido na Malasugi Gulay na Sitaw Menudo Plain Rice Leche Flan
PM SNACKS	Macaroni Salad Cotokies n choico chips Lemon Iced tee in bottle	Cheeseburger Potato fries Pineapple juice in can	Chicken sandwich French Fries Soda in can	Macaroni Salad Choco chips Mango juice in can	Tuna sandwich Camote fries Orange juice in can	Sotanghon Guisado Butter toast Soda (Coke zero)
AM SNACK	Spaghetti Banana bread Iced lemon tea	Lomi with egg Emong pandesal, 2pc Plain buko juice	Sotanghon Lumpia shanghai Orange juice in can	Lomi with egg Emong pandesal, 2pc Plain buko juice	Carbonara Butter toast bread For seasons juice in can	
LUNCH	Fish Cosido Cordon Bleu Chop suey Plain Rice Buko Salad	Sinigang na Baboy Grilled Tilapia Bicol Express with gulay Plain Rice Watermelon	Tinolang Manok Gulay na Santol Menudo Plain Rice Ponkan	Sinigang na Baboy Grilled Tilapia Bicol Express with gulay Plain Rice Watermelon	Sinigang na Baka Egado Gulay na Langka Plain Rice Leche Flan	
PM SNACKS	Chicken sandwich French Fries Soda in can	Cheesedog French fries C2 Apple	Ham n cheese sandwich Camote fries Pineapple juice in can	Sotanghon Cheesebread C2 Apple	Pizza,2 slices Mango juice in can	
AM SNACK	Dinuguan Puto	Lemon Iced tee in bottle				
LUNCH	Crab n Corn Soup Gulay na laing Humba Plain Rice Leche Flan					
PM SNACKS	Carbonarra Garlic toast bread Mango juice in can					

Prepared by:

Marijor M. Pasibe
MARIJOR M. PASIBE
 TWG/BAC Member

Approved by:

Cecil G. Brondial
CECIL G. BRONDIAL
 TWG BAC Head

NOTE: Served with free flowing coffee/creamer distilled drinking water.