

**FOOD, VENUE, AND ACCOMMODATION FOR GUESTS AND PARTICIPANTS**  
2017 ASPBI 2<sup>nd</sup> Level Training  
March 20-22, 2018  
**(PREFERRED VENUE – LEGAZPI CITY)**

## NEEDED AMENITIES

- Air-conditioned Conference Hall (for 20 pax)
- **Strong Wifi Connection**
- Sound System
- Rostrum & (2) Microphones
- LCD Projector
- Backdrop (6' x 11') and Welcome Streamer (4' x 6')
- Whiteboard & Whiteboard Marker
- Secured Parking Space
- Standby Generator Set

## ACCOMMODATION

**March 19, 2018** (check-in: 2:00 PM)

**Number of Participants: Seven (7)**

CO – 1      CN – 2  
CT - 2      MT – 2

### **ROOMS**

**(1) 1-Bed**  
**(3) 2-Bed**

**March 20, 2018** (check-in 7:00 AM)

**Additional Participants**

**Number of Participants will check-in: Four (4)**

CS – 2      SR - 2

### **ROOMS**

**(2) 2-Bed**

**March 20-21, 2018: Total Participants: Eleven (11)**

**Number of Participants: Eleven (11)**

CO – 1      CN – 2      CS – 2  
MT – 2      CT - 2      SR – 2

**March 22, 2018: Check-out 12:00 NN: Four (4)**

CS - 2	SR - 2
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**Remaining participants for March 22, 2018**

<b>Number of Participants: Eight (8)</b>	
CO - 1	CN - 2
MT - 2	CT - 2

**March 23, 2018: Check-out of all participants after breakfast:**

# FOOD & NUMBER OF PARTICIPANTS

*\*With Flowing Mineral/Distilled Water and Coffee*

## SERVING TIME:

Breakfast – 6:00-8:00 AM  
Lunch – 12:00 PM  
Dinner – 6:00-8:00 PM

PM Snacks – 3:00 PM  
AM Snacks – 10:00AM

### March 19 (Monday)

- 7 pax
- Dinner

### March 20 (Tuesday)

- 7 pax
- Breakfast
- 18 pax
- AM Snacks
  - Lunch
  - PM Snacks
- 11 pax
- Dinner

### March 21 (Wednesday)

- 11 pax
- Breakfast
- 18 pax
- AM Snacks
  - Lunch
  - PM Snacks
- 11 pax
- Dinner

### March 22 (Thursday)

- 11 pax
- Breakfast
- 18 pax
- AM Snacks
  - Lunch
  - PM Snacks
- 7 pax
- Dinner

### **March 23 (Friday)**

7 pax

- Breakfast

## MENU TO BE SERVED

### **March 19 (Monday)**

Dinner (8 pax)

- Misua soup with hipon
- Laing
- Buttered grilled fish w/ soy onion sauce
- Steamed rice
- Mango slice

### **March 20 (Tuesday)**

Breakfast (8 pax)

- ½ Boneless bangus, with atsara
- Sunny side-up
- Steamed rice
- Fresh fruits

AM Snacks (17 pax)

- Baked macaroni
- Pineapple juice (not powder) with kalamansi

Lunch (17 pax)

- Pinaksiw na pata
- Adobong manok
- Ensaladang pako
- Steamed rice
- Maja blanca

PM Snacks (17 pax)

- Palabok (w/kalamansi)
- Fresh buko juice

Dinner (8 pax)

- Mixed vegetables w/sliced fresh corn in a cob soup
- Grilled spareribs
- Ginataang kalabasa
- Steamed rice
- Sliced mangoes

**March 21 (Wednesday)**

Breakfast (12 pax)

- Hotdog with onion rings sarciado
- Sunny side-up
- Tinapa rice
- Papaya

AM Snacks (20 pax)

- Potato salad w/crackers
- Fresh buko juice

Lunch (20 pax)

- Tahong Soup
- Kare-kare with bagoong
- Pan fried tanguigue w/tomato salsa
- Steamed rice
- Panacotta

PM Snacks (20 pax)

- Sotanghon w/Toast Bread
- Coke/Sprite

Dinner (17 pax)

- Tinolang Manok w/ papaya
- Ensaladang mangga at itlog na maalat
- Fried Fish na pinusta
- Steamed rice
- Banana

**March 22 (Thursday)**

Breakfast (12 pax)

- Dried fish abo
- Scrambled egg
- Steamed rice
- Ponkan

AM Snack (17 pax)

- Cheese pimiento sandwich
- Pineapple juice in can

Lunch (17 pax)

- Wonton soup
- Fried fish na pinusta w/atsara
- Lengua estofado
- Steamed rice
- Banana

PM Snack (17 pax)

- Lasagna
- Mango smoothie

Dinner (12 pax)

- Halaan soup
- Gulay na santol/adobong kangkong
- Picadillong isda
- Steamed rice
- Fresh fruits

**March 23 (Friday)**

Breakfast (12 pax)

- Smoked fish with chopped tomatoes
- Omelette
- Garlic Rice
- Fresh fruits in season

Note: Flowing Water, Coffee/Tea for the entire duration of the training.

*\*Rice: No artificial flavouring/enhancer.*