

FOOD AND VENUE (2 SEPARATE CLASSROOMS)

FIES 2018 (Visit 1) 3rd Level Training

July 2 – 7, 2018

(PREFERRED VENUE – within the vicinity of the respective provinces)

NEEDED AMENITIES

- Air-conditioned Conference Hall (for 65 pax) (2 separate classrooms)
- Strong Wifi Connection
- Sound System
- Rostrum & (3) Microphones
- LCD Projector
- Backdrop and Welcome Streamer
- Whiteboard & Whiteboard Marker
- Secured Parking Space
- Standby Generator Set

FOOD & NUMBER OF PARTICIPANTS

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

SERVING TIME:

AM Snacks – 10:00 AM

PM Snacks – 3:00 PM

Lunch – 12:00 NN

July 2-7, 2018 - 65 pax (with 2 separate classrooms)

- AM Snacks
- Lunch
- PM Snacks

MENU TO BE SERVED

July 2, 2018 (65 pax)

AM Snack

- Tuna Sandwich
- Potato Fries
- Fresh Buko Juice

Lunch

- Clear Soup
- Pork Cordon Bleu
- Chicken Adobo
- Buttered Vegetables
- Fresh Fruit in season
- Steamed Rice

PM Snack

- Pancit Guisado
- Toasted Bread
- Fresh Buko Juice

July 3, 2018 (65 pax)

AM Snack

- Fresh Lumpia
- Fresh Buko Juice

Lunch

- Pork Sinigang
- Fried yellow fin
- Ginataang Kalabasa at Sitaw
- Steamed Rice
- Banana

PM Snack

- Toasted Siopao
- Mango Shake

July 4, 2018 (65 pax)

AM Snack

- Ham Sandwich
- Iced Tea

Lunch

- Hototay Soup
- Grilled Liempo
- Chopsuey Guisado
- Steamed Rice
- Creamy Fresh Fruit Salad

PM Snack

- Pancit Palabok
- Fit & Right

July 5, 2018 (65 pax)

AM Snack

- Puto (2pcs) and Dinuguan
- Fresh Buko Juice

Lunch

- Misua Soup
- Kinunot
- Un-un/paksiw na galunggong
- Fresh Fruits in season
- Steamed Rice

PM Snack

- Linubak
- Pineapple in Can (Del Monte)

July 6, 2018 (65 pax)

AM Snack

- Clubhouse Sandwich
- Pineapple Juice in can (Del Monte)

Lunch

- Cocido na Tangigue
- Lechon Kawali
- Bicol Express

- Ginataan na malunggay
- Steamed Rice
- Fresh Fruits in Season

PM Snack

- Special Buko Pie
- Fresh Melon Milk Shake

July 7, 2018 (65 pax)

AM Snack

- Bihon Guisado
- Garlic Bread
- Fresh Buko Juice

Lunch

- Misua soup
- Grilled Tuna
- Pork Steak
- Ensaladang Pako with Itlog na Maalat
- Steamed Rice
- Tapioco and Corn

PM Snack

- Pansit Canton
- Sapin-Sapin
- Pineapple juice (Del Monte) with Calamansi

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

**Rice: No artificial flavouring/enhancer.*