

2022 CAF 3LT Batch 2 Class 11-Libon
23-30 August 2023
MENU


	Aug 23, 2023 Day 1	Aug 24, 2023 Day 2	August 25, 2023 Day 3	August 26, 2023 Day 4	August 28, 2023 Day 5	August 29, 2023 Day 6	August 30, 2023 Day 7
AM SNACK	Ham n Bacon Cheese Pancake Sandwich	Carbonara Banana Cake	Lomi with egg Butter Toast Bread	Spaghetti Cheese brad	Palabok Ube bread	Chicken Mami Pandesal malunggay	Bijon guisado Banana cake
20 PAX LUNCH	Hot choco Dumpling soup Kare-Kare (Pork) with gulay	Cucumber juice Fish Cosido Fried Chicken Gulay na Ubod	Pineapple juice in can Misua soup with squidballs Pork Humba	Fresh Buko juice Tinolang Manok Fish steak Ginisang Taugi	Mango juice Sinigang na baboy Prito Tilapia Pinakbet	Iced Tea lemon bottled Crab n corn soup Menudo Gulay na natong	Four seasons' juice in can Plain Rice
20 PAX PM SNACKS	Plain Rice Ice Cream Cheeseburger Potato fries	Watermelon Egg Pie Four seasons' juice	Plain Rice Browntes Potato salad Cookies with choco chips	Plain Rice Browntes Tuna sandwich Chicharap	Plain Rice Leche flan Hotdog n cheese-footlong French freis	Ice Cream Pizza, big slice Soda in can	Plain Rice Mango Graham Ref Cake Macaroni salad Biscuit (sky flakes) Mango Shake

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

Prepared by:


MARIADOR M. PASIBE
 TWG Member

Approved by:


CECIL G. BRONDIAL
 TWG Head