

Integrated Processing of Maps 3rd Level Training
 10-16 August 2023 Embarcadero de Legazpi Philsys Registration Center
 Catering Services

	Day 1	Day 2	Day 3	Day 4	Day 5
AM Snack	Ham n Bacon Cheese Pancake Sandwich Hot Choco	Carbonara Banana Cake Cucumber Juice	Lomi with Egg Butter Toast Bread Pineapple Juice in can	Spaghetti Cheese Bread Fresh Buko Juice	Chicken Mami Pandesal Malunggay Iced Tea Lemon Tea
LUNCH	Dumpling Soup Kare-Kare (Pork) with Gulay Fried Bangus Plain Rice Ice Cream	Fish Cosido Fried Chicken Gulay na Ubod Plain Rice Watermelon	Misua Soup with Squidballs Pork Humba Chopsuey Plain Rice Brownies	Tinolang Manok Fish Steak Ginisang Taugi Plain Rice Buko Salad	Sinigang Na Baboy Prito Tilapia Pinakbet Plain Rice Leche Flan
PM Snack	Cheeseburger Potato Fries Pineapple Juice in Can	Egg Pie Four Season's Juice	Potato Salad Cookies with Choco Chips Iced Lemon Tea Bottled	Tuna Sandwich Chicharap Orange Juice in can	Hotdog n Cheese-Footlong Frenh Fries Sago't Gulaman

Served with free flowing coffee & creamer throughout the duration of training