

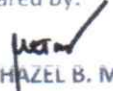
### Suggested Menu

#### 3rd Level Training for Updating of List of Agricultural Farm Operators and Inland Fishing Households and 2025 Listing of Marine Fish Landing Centers (ULAFO-LMFLC)

Date: 04 August 2025		Date: 05 August 2025	
<b>AM Snacks:</b>		<b>AM Snacks:</b>	
Sotanghon Guisado		Pancit Canton	
Lumpiang Shanghai		Garlic Bread	
Fresh Buko Juice		Mango Juice	
<b>LUNCH</b>		<b>LUNCH</b>	
Steamed Rice		Steamed Rice	
Crispy Garlic Bangus		Lumpia	
Pork Sinigang		Chicken Tinola	
Pakbet		Pinangat	
Ripe Mango		Coffee Jelly	
<b>PM Snacks</b>		<b>PM Snacks</b>	
Hamburger with Fries		Clubhouse	
Pineapple juice		Orange juice	
Date: 06 August 2025		Date: 07 August 2025	
<b>AM Snacks:</b>		<b>AM Snacks:</b>	
Pancit Palabok		Pancit Bihon	
Toasted Bread		Puto	
Ice Tea		Dalandan Juice	
<b>LUNCH</b>		<b>LUNCH</b>	
Steamed Rice		Steamed Rice	
Chicken Adobo		Fried Chicken	
Fried Fish		Fish Kusido	
Chopsuey		Ginisang Talong with Oyster Sauce	
Mango Tapioca		Banana	
<b>PM Snacks</b>		<b>PM Snacks</b>	
Baked mac with garlic bread		Macaroni salad with crackers	
Mango Juice		Iced Tea	
Date: 08 August 2025			
<b>AM Snacks:</b>			
Spaghetti			
Garlic Bread			
Apple Juice			
<b>LUNCH</b>			
Steamed Rice			
Pork Menudo			
Sinigang na Bangus			
Ginataang Kalabasa at sitaw			
Buko Salad			
<b>PM Snacks</b>			
Cassava Cake			
Ice Tea			

**NOTE: With Free flowing coffee and water**

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