Suggested Menu	
Agricultural Surveys for 3rd Quarter 2023	
Date: 31 July 2023 (9 pax)	**Date: 19 September 2023 (7 pax)**
AM Snacks:	**AM Snacks:**
Pancit Canton	Pancit Canton
Lumpiang Shanghai	Lumpiang Shanghai
Juice in Can	Coke in bottle
LUNCH	**LUNCH**
Steamed Rice	Steamed Rice
Pork Sinigang	Beefsteak
Fried Fish	Fish Kusido
Laing	Ginisang Talong with Oyster Sauce
Banana	Mango
PM Snacks	**PM Snacks**
Tuna Sandwich with Fries	Clubhouse Sandwich with Nachos
Canned Pineapple Juice	Juice in Bottle
Date: 22 August 2023 (6 pax)	**Date: 20 September 2023 (13 + 3 pax)**
AM Snacks:	**AM Snacks:**
Lugaw with Egg	Pancit Canton
Juice in Can	Lumpiang Shanghai
	Canned Pineapple Juice
LUNCH	**LUNCH**
Steamed Rice	Steamed Rice
Pork Sinigang	Fried Chicken
Crispy Garlilc Bangus	Ginisang Talong with Oyster Sauce
Pakbet	Nilagang Pata with Vegetables
Mixed Fruits	Coffee Jelly
PM Snacks	**PM Snacks**
Sotanghon Guisado	Hamburger with Fries
Tuna Sandwich	Canned Four Seasons
Canned Pineapple Juice	
Date: 31 August 2023 (9 pax)	**Date: 28 September 2023(13 pax)**
AM Snacks:	**AM Snacks:**
Palabok	Spaghetti
Garlic Bread	Egg Sandwich
C2 Juice	Juice in Can
LUNCH	**LUNCH**
Steamed Rice	Steamed Rice
Fish Kusido	Sinigang na Hipon
Beef Steak	Pork Menudo
Chopsuey	Pakbet
Banana	Mixed Fruits
PM Snacks	**PM Snacks**
Toasted Siopao	Clubhouse Sandwich with Nachos
Juice in Can	Juice in Can
Date: 8 September 2023 (8 pax)	**Date: 29 September 2023 (7 pax + 13 pax)**
AM Snacks:	**AM Snacks:**
Pancit Canton with Toasted Bread	Palabok
Juice in Can	Garlic Bread

LUNCH	C2 Juice
Steamed Rice	**LUNCH**
Sweet and Sour Fish	Steamed Rice
Grilled Liempo	Fish Kusido
Ensaladang Talong	Beef Steak
Ripe Mango	Chopsuey
PM Snacks	Banana
Sotanghon Guisado	**PM Snacks**
Tuna Sandwich	Toasted Siopao
Canned Pineapple Juice	Juice in Can

NOTE: **Free flowing water, coffee/Tea for the entire duration of the training*

Prepared By:

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