

**Suggested Menu**  
**Agricultural Surveys for 3rd Quarter 2023**


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

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

Prepared By:

Approved By:

  
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