

TRAINING WORKSHOP ON PUBLIC RELATIONS AND MEDIA PRODUCTION

PROPOSED MENU

**14-Dec-21**

Dinner	Rice, Fried Chicken, Vegetables, and Bottled Water
--------	--

**15-Dec-21**

Breakfast	Rice, Hotdog, Egg, Coffee/Tea, and Bottled Water
-----------	--

AM Snack	Ensamada and Juice
----------	--------------------

Lunch	Rice, Beef Steak, Vegetables, and Bottled Water
-------	---

PM Snack	Empanadas and Bottled Water
----------	-----------------------------

Dinner	Rice, Fried Porkchop, Pancit, and Bottled Water
--------	---

**16-Dec-21**

Breakfast	Rice, Fried Fish, Egg, Coffee/Tea, and Bottled Water
-----------	--

AM Snack	Cake slice and juice
----------	----------------------

Lunch	Rice, Chicken Curry, Vegetables, and Bottled Water
-------	--

PM Snack	Siopao and Bottled Water
----------	--------------------------

Dinner	Rice, Pork Nilaga with Vegetables and Bottled Water
--------	---

**17-Dec-21**

Breakfast	Rice, Tocino, Egg, Coffee/Tea, and Bottled Water
-----------	--

AM Snack	Burger and bottled juice
----------	--------------------------

Lunch	Rice, Chicken Cordon Bleu, Vegetables, and Bottled Water
-------	--

PM Snack	Suman Latik and bottled water
----------	-------------------------------

Dinner	Rice, Grilled Fish, Vegetables and Bottled Water
--------	--

**18-Dec-21**

Breakfast	Rice, Longganisa, Egg, Coffee/Tea, and Bottled Water
-----------	--