

Preferred Menu for Research Intensive Writing Writeshop Training on June 10-11, 2024

Day 1 (June 10, 2024)

AM Snacks

Chicken Sandwich
Kropek
Drinks

Lunch

Rice
Beef with Broccoli and Mushrooms
Pork Salpicao with Mashed Potatoes
Chicken Binakol
Pineapple Macaroni Salad
Crema de Fruta
Drinks

PM Snacks

Lomi
Pandesal
Drinks

Dinner

Rice
Chicken Inasal
Salted Egg with Crusted Fish Fillet with Honey Mustard Sauce
Cream of Mushroom with Soup
Fried Lumpia Shanghai
Mango Float
Drinks

Day 2 (June 11, 2024)

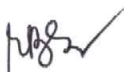
AM Snacks

Pancit Molo
Pandesal
Drinks

Lunch

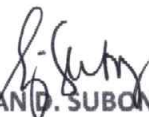
Rice
Lechon Kawali
Pinaputok na Boneless Bangus
Cream of Cauliflower
Green garden salad
Moist Chocolate Cake
Drinks

Prepared by:



ROFA B. ESPITON, Ph.D.
Head, Campus Research, Innovation and Extension

Noted:



ALMA JEAN D. SUBONG, Ph.D.
Director, Research, Innovation and Extension