



Republic of the Philippines  
**Department of Education**  
 REGION VIII – EASTERN VISAYAS

### PROPOSED MENU

<b>Title of Activity</b>	<b>Procurement of Meals for the Regional Convergence of Health and Nutrition Personnel</b>
<b>Date:</b>	<b>November 5-7, 2025</b>
<b>Venue:</b>	<b>TBA</b>

<b>Date</b>	<b>Breakfast</b>	<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b>	<b>Dinner</b>
<b>November 5, 2025</b>			Rice, Sinigang na Baboy, chicken inasal, kamote tops salad, leche flan, water	Tuna carbonara, Canned Juice	Rice, Beef kare-kare, tuna sinigang, laing, fresh fruits, water
<b>November 6, 2025</b>	Rice, Bread with cheese or peanut butter, scrambled egg, tuyo (dried fish) with tomatoes, banana, water	Carrot cake, canned juice	Rice, tinolang manok, lechon kawali, stir fry mixed vegetables, brownies, water	Mango sticky rice, canned juice	Rice, beef steak, garlic buttered shrimp, garden salad, egg drop soup, fresh fruits (pineapple, watermelon), water
<b>November 7, 2025</b>	Rice, bread with spread (cheese, liver spread, peanut butter), Scrambled egg, corned beef, watermelon, water	Chocolate cake, canned fruit juice	Rice, Sinigang na baboy, Chicken Inasal, Kamote Tops Salad, Leche Flan, Water		


**Note:**

- With free-flowing coffee, choco and milk.
- Some dishes are considered soup and meat.

**Prepared by:**

  
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**Noted by:**

  
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**Approved by:**

  
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