



**Advance TRAINING ON ARC GIS  
( AUGUST 6-10, 2018)**

**For trainer**

Aug 6	Breakfast	Lunch	Dinner
	Tunalog	Pochero	Tinolang isda
	Rice	Fried fish	Crab meat
	Coffee/milo	Fried chicken	Pork adobo
	fruit	Rice	Rice
		softdrinks	juice
Aug 7	Cornlog	Betsuelas	Chopsuey
	Rice	Fish fillet	Beef steak
	Coffee/milo	Vege mix	Bola2x
	fruit	Rice	Rice
		softdrinks	juice
Aug 8	Tapalog	laswa	Tinolang manok
	Rice	Buttered shrimps	Bihon guisado
	Coffee/milo	Tortang talong	Fried boneless bangus
	fruit	Rice	Rice
		softdrinks	juice
Aug 9	Tocilog	Grilled spare ribs	Sweet & sour fish
	Rice	Sinagang baboy	Chicken curry
	Coffee/milo	Letchon manok(paa)	Vege/ampalaya mix
	fruit	Rice	Rice
		softdrinks	juice
Aug 10	Fried bangus	Monggo soup	Menudo
	Boiled egg	mechado	Fried spare ribs
	Rice	Buttered chicken	Oyster soup
	Coffee/milo	Rice	Rice
	fruit	Softdrinks	Juice

**For Trainer & Participants:**

**Aug 6 SNACKS (A.M)**

Clubhouse sandwich  
bottled juice

**Aug 7 SNACKS (A.M)**

Special Torta  
bottled juice

**Aug 8 SNACKS (A.M)**

Pineapple-cheese sandwich  
Bottled juice

**Aug 9 SNACKS (A.M)**

CHEESE Burger  
Bottled Juice

**Aug 10 SNACKS (A.M.)**

PAN de siopao  
Bottled juice

**SNACKS (P.M)**

Spaghetti with toasted bread  
bottled juice

**SNACKS (P.M)**

2 kutsinta with cheese  
bottled juice

**SNACKS (P.M.)**

chicken Siopao  
bottled juice

**SNACKS (P.M)**

bihon guisado with bread  
bottled juice

**SNACKS (P.M.)**

wrapped empanada  
bottled juice

**NOTE: WITH FLOWING WATER**

  
**JONENA M. RAGANAS**  
Admin Asst II

Noted :

  
**MAGNOLIA B. ANTONIO**  
PO IV/OIC-CPDCO