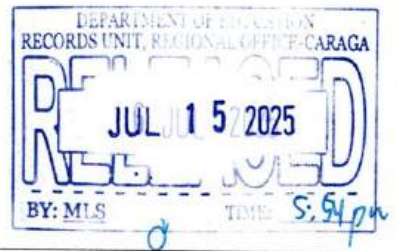




Republic of the Philippines
Department of Education
CARAGA REGION



BID BULLETIN NO. 12185324 -01
BIDS AND AWARDS COMMITTEE

To: : **ALL PROSPECTIVE BIDDERS**

Project Name : **Procurement of Meals and Snacks for the Conduct of Batch 5 Regional Training on Trainers Methodology Level 1 and Competency Assessors' for SHS-TVL, JHS-SPTVE and JHS-TLE Teachers**

Subject : **Amendment on the Technical Specifications**

Date : **July 15, 2025**

1. This Supplemental/Bid Bulletin is issued to modify and/or amend item/s in the Bidding documents of the project indicated above. This shall form an integral part of the Bidding Documents.
2. Relative to the abovementioned project, the attached revised menu and technical specifications shall be followed;
3. For information and guidance.


PEDRO TENEBRO ESCOBARTE JR.
Director III/Assistant Regional Director
BAC Chairperson

ASD/smb
07/15/25

Batch 05 Regional Training on Trainers Methodology Level 1 (TM) and Competency Assessors' for Senior High School Technical and Vocational Livelihood (SHS -TVL), Junior High School-Special Program for Technical-Vocational Education (JHS-SPTVE), and Junior High School-Technical and Livelihood Education (JHS-TLE)

Program Title:

Teachers

Group:

GROUP 1

Total Number of Pax: **60**

Phase 01:

August 18 - 27, 2025

Phase 2:

August 28 - Sept. 10 (Online Mode)

Phase 03:

Sept. 11 - 20, 2025

MENU FOR THE TM 1 TRAINING - PHASE 01

Day 0 - August 17	DAY 1 - August 18	DAY 2 - August 19	DAY 3 - August 20	DAY 4 - August 21	DAY 5 - August 22
DINNER	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
PORK STEAK	LUNCHEON MEAT	HARD BOILED EGG	BACON	FRIED FISH (BANGUS)	PAKSIW NA BANGUS
SOTANGHON SOUP	CORNERED BEEF	CHICKEN LONGGANIZA	SUNNY SIDE UP EGG	CHORIZO	FRIED TALONG
BEEF CAMPTO W/ MUSHROOM	RICE	RICE	RICE	RICE	RICE
RICE	WATERMELON	PINEAPPLE	LAKATAN	WATERMELON	LAKATAN
BANANA - LAKATAN	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
BLUE LEMONADE					
	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
	EGG SANDWICH	CASSAVA CAKE	MAMON	SIOPAO (CHICKEN BOLA- BOLA)	TUNA SANDWICH
	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	BEEF STEAK W/ BROCCOLI	FRIED CHICKEN (BREAST OR THIGHS)	BREADED FISH FILLET (TUNA)	TUNA CALDERETA	PORK SINIGANG
	CHICKEN SOTANGHON	PINAKBET	CHICKEN CURRY	MISWA AND BEEF BOLA BOLA	TUNA KINILAW
	FISH FILLET TUNA (SWEET & SOUR)	CORN SOUP	CHICKEN BIHON GISADO	GRILLED PORK	BREADED FISH TUNA FILLET
	RICE	RICE	RICE	RICE	RICE

FRESH WATERMELON JUICE	CUCUMBER-CALAMANSI JUICE	FRESH LEMON JUICE	FRESH WATERMELON JUICE	BOTTLED ORANGE JUICE
MANGO TAPIOCA	FRUIT SALAD	BUCO PANDAN	MACARONI SALAD	LECHE FLAN
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BANANA CAKE	ENSAYMADA	CLUB SANDWICH	MAMON	SPAGHETTI
BOTTLED LEMON JUICE	ORANGE JUICE 200 ML (TETRA PACK)	PINEAPPLE JUICE 200 ML (TETRA PACK)	RED TEA WITH LEMON	CUCUMBER-CALAMANSI JUICE
DINNER	DINNER	DINNER	DINNER	DINNER
PORK ADOBO	NILAGANG BAKA	BEEF MECHADO	TUNA TINOLA	PORK MENUDO
VEGETABLE FOUR SEASONS	FRIED TUNA	TUNA AFRITADA	PAKBET	LITSON MANOK
CHICKEN SOTANGHON SOUP	GUSO SALAD	CUCUMBER SALAD	GRILLED PORK	CORN AND MUSHROOM SOUP
RICE	RICE	RICE	RICE	RICE
FRESH CUCUMBER-LEMON JUICE	PINEAPPLE JUICE IN 200 ML TETRAPACK	FRESH WATERMELON JUICE	APPLE JUICE IN 200 ML TETRAPACK	FRESH CUCUMBER-LEMON JUICE
BANANA - LAKATAN	WATERMELON	PINEAPPLE	BANANA - LAKATAN	WATERMELON
DAY 6 - August 23	DAY 7 - August 24	DAY 8 - August 25	DAY 9 - August 26	DAY 10 - August 27
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SAUTEED GROUND BEEF WITH AMPALAYA	PORK EMBUTIDO	FRIED FISH (BANGUS)	HAM AND CHEESE OMELETTE	LUNCHEON MEAT
FRIED BANGUS	TORTANG TALONG	MEAT LOAF	PAKSIW NA BANGUS	DRIED FISH WITH CUCUMBER
RICE	RICE	RICE	RICE	RICE
BANANA - LAKATAN	PINEAPPLE	BANANA - LAKATAN	WATERMELON	BANANA-LAKATAN
COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
CHOCOLATE CAKE	CARROT CAKE	NATIVE KAKANIN (PALITAW,BIBINGKA)	EGG SANDWHICH	CASSAVA CAKE
ORANGE JUICE IN 200 ML TETRA PACK	FRESH CALAMANSI-CARROT JUICE	MANGO JUICE IN 200 ML TETRA PACK	CUCUMBER W/CALAMANSI JUICE	FRESH WATERMELON JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

BREADED PORK CHOP	GARLIC BUTTER SHRIMP	TUNA KINILAW	BEEF POCHERO	SEA FOOD CHOPSUEY
GINATAANG LANGKA	GROUND PORK MENUDO	PANDAN CHICKEN	FISH TUNA FILLET	GRILLED TUNA BELLY
CREAM MUSHROOM SOUP	CHICKEN SOTANGHON SOUP	FISH TUNA TINOLA	CHCKEN BAM-I	CHICKEN NUGGETS
RICE	RICE	RICE	RICE	RICE
BOTTLED ICED TEA 230 ML	ORANGE JUICE IN 200 ML TETRA PACK	BOTTLED ICED TEA 230 ML	PINE APPLE JUICE IN 200 ML TETRA PACK	WATERMELON JUICE
MANGO TAPIOCA	BUKO PANDAN	WATERMELON	LECHE FLAN	BANANA-LAKATAN
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BINIGNIT	BUCO PIE	TUNA SANDWHICH WITH CAMOTE FRIES	PUTO MAYA W/MANGO	CARROT CAKE
WATER	LEMON JUICE	LEMON GRASS JUICE	HOT CHOCO	PINE APPLE JUICE
DINNER	DINNER	DINNER	DINNER	
PORK CHOP	SINIGANG NA HIPON	NILAGANG BAKA	FISH TINOLA	
GRILLED TUNA	PINAKBIT	BREADED TUNA FILLET	CHICKEN CHOPSUEY	
BEEF BULALO	FRIED TUNA FISH	GUSO SALAD	GRILLED PORK	
RICE	RICE	RICE	RICE	
CUCUMBER - LEMON JUICE	RED TEA WITH LEMON	BOTTLED ICED TEA 230 ML	FRESH WATERMELON JUICE	
WATERMELON	BANANA - LAKATAN	WATERMELON	BANANA - LAKATAN	

MENU FOR THE TM 1 TRAINING - PHASE 03

Day 0 - Sept. 10	DAY 1 - Sept. 11	DAY 2 - Sept. 12	DAY 3 - Sept. 13	DAY 4 - Sept. 14	DAY 5 - Sept. 15
DINNER	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
PORK STEAK	LUNCHEON MEAT	HARD BOILED EGG	BACON	FRIED FISH (BANGUS)	PAKSIW NA BANGUS
SOTANGHON SOUP	DRIED FISH WITH CUCUMBER	CHICKEN LONGGANIZA	SUNNY SIDE UP EGG	MEAT LOAF	FRIED TALONG
BEEF CAMPTO W/ MUSHROOM	RICE	RICE	RICE	RICE	RICE
RICE	PINEAPPLE	WATERMELON	LAKATAN	WATERMELON	PINEAPPLE
BANANA - LAKATAN	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink

BLUE LEMONADE					
	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
	EGG SANDWICH	CASSAVA CAKE	MAMON	SIOPAO CHICKEN ASADO	TUNA SANDWICH
	BOTTLED ICED TEA 230 ML	PINEAPPLE JUICE IN 200 ML TETRA PACK	BOTTLED ICED TEA 230 ML	BOTTLED CALAMANSI JUICE	BOTTLED ICED TEA 230 ML
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	BEEF STEAK W/ BROCCOLI	FRIED CHICHEN (BREAST OR THIGHS)	SWEET AND SOUR BEEF BOLA BOLA	BEEF CALDERETA	PORK SINIGANG
	BEEF SOTANGHON SOUP	MIXED SEAFOODS	CHICKEN CURRY	MISWA AND BEEF BOLA BOLA	TUNA KINILAW
	FISH FILLET TUNA (SWEET & SOUR)	CORNERD SOUP	CHICKEN BIHON GISADO	FISH TUNA FILLET	BREADED FISH TUNA
	RICE	RICE	RICE	RICE	RICE
	FRESH WATERMELON JUICE	TANGLAD-LEMON JUICE	LEMON-CARROT JUICE	FRESH WATERMELON JUICE	FRESH CUCUMBER-LEMON JUICE
	MANGO TAPIOCA	FRUIT SALAD	BUCO PANDAN	MACARONI SALAD	MANGO FLOAT
	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
	BANANA CAKE	ENSAYMADA	CLUB SANDWICH	HAMBURGER	SPAGHETTI
	BOTTLED LEMON JUICE	MANGO JUICE IN 200 ML TETRA PACK	BOTTLED LEMONADE	RED TEA WITH LEMON	MANGO JUICE IN 200 ML TETRA PACK
	DINNER	DINNER	DINNER	DINNER	DINNER
	PORK ADOBO	NILAGANG BAKA	BEEF MECHADO	FISH TUNA TINOLA	GROUND PORK MENU DO
	VEGETABLES FOUR SEASON	FRIED TUNA FISH	FISH TUNA AFRITADA	PINAKBET	LITSON MANOK
	CHICKEN BUFFALO WINGS	GUSO SALAD	CUCUMBER SALAD	GRILLED PORK	FOUR SEASON SALAD
	RICE	RICE	RICE	RICE	RICE
	PINEAPPLE JUICE IN 200 ML TETRA PACK	RED TEA WITH LEMON	LEMON-CARROT JUICE	FRESH WATERMELON JUICE	CUCUMBER-LEMONADE JUICE
	WATERMELON	PINE APPLE	BANANA-LAKATAN	PINEAPPLE	WATERMELON
	DAY 6 - Sept. 16	DAY 7 - Sept. 17	DAY 8 - Sept. 18	DAY 9 - Sept. 19	DAY 10 - Sept. 20
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST

SAUTEED GROUND BEEF WITH AMPALAYA	EMBUTIDO	FRIED FISH (BANGUS)	HAM AND CHEESE OMELETTE	LUNCHEON MEAT
PRITONG ISDA -TUNA	DILIS	LUNCHEON MEAT	CHORIZO	DRIED FISH WITH CUCUMBER
RICE	RICE	RICE	RICE	RICE
PINE APPLE	BANANA LAKATAN	WATERMELON	BANANA-LAKATAN	WATERMELON JUICE
COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
CHOCOLATE CAKE	CARROT CAKE	NATIVE KAKANIN (PALITAW,BIBINGKA)	EGG SANDWHICH	CASSAVA CAKE
MANGO JUICE IN 200 ML TETRA PACK	CALAMANSI-CARROT JUICE	APPLE JUICE IN 200 ML TETRA PACK	CUCUMBER W/CALAMANSI JUICE	CALAMANSI- CARROT JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BREADED PORK CHOP	GARLIC BUTTER SHRIMP	FISH TUNA TINOLA	BEEF POCHERO	SEAFOOD CHOPSUEY
GINATAANG LANGKA	GROUND PORK MENUDO	PANDAN CHICKEN	FISH TUNA FILLET	GRILLED TUNA BELLY
CREAM MUSHROOM SOUP	CHICKEN SOUP	BEEF SOTANGHON SOUP	CHICKEN BAM-I	CHICKEN NUGGETS
RICE	RICE	RICE	RICE	RICE
BOTTLED ICED TEA 230 ML	FRESH PINE APPLE JUICE	BOTTLED ICED TEA 230 ML	FRESH WATERMELON JUICE	BOTTLED ICED TEA 230 ML
MAJA	MANGO TAPIOCA	LECHE FLAN	ASSORTED FRUITS	ASSORTED FRUITS
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BINIGNIT	BUCO PIE	TUNA SANDWHICH WITH CAMOTE FRIES	PUTO MAYA W/MANGO	CARROT CAKE
WATER	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	HOT CHOCO	LEMON GRASS JUICE
DINNER	DINNER	DINNER	DINNER	
PORK CHOP	SINIGANG NA HIPON	NILAGANG BAKA	FISH TUNA TINOLA	
GRILLED TUNA	PINAKBIT	FRIED TUNA FISH	CHOPSUEY	
PORK BULALO	FRIED TUNA FISH	GUSO SALAD	GRILLED PORK	
RICE	RICE	RICE	RICE	
BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	
PINEAPPLE	LAKATAN	WATERMELON	BANANA-LAKATAN	

NOTE :

1. Provision of unlimited coffee and chocolate energy drink
2. Provision of Hot/Cold Drinking water

Prepared by:



Elmer Augustus F. Conde, PhD
EP Specialist II
HRDD - NEAP Caraga

Batch 05 Regional Training on Trainers Methodology Level 1 (TM) and Competency Assessors' for Senior High

Program Title:

School Technical and Vocational Livelihood (SHS -TVL), Junior High School-Special Program for Technical-

Vocational Education (JHS-SPTVE), and Junior High School-Technical and Livelihood Education (JHS-TLE) Teachers

GROUP 2

Total Number of Pax: **60**

Group:

Phase 01:

August 29 - Sept 07, 2025

Phase 2:

Sept. 08 - 21 (Online Mode)

Phase 03:

Sept. 22 - Oct. 01, 2025

MENU FOR THE TM 1 TRAINING - PHASE 01

Day 0 - August 28	DAY 1 - August 29	DAY 2 - August 30	DAY 3 - August 31	DAY 4 - September 01	DAY 5 - September 02
DINNER	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
PORK STEAK	LUNCHEON MEAT	HARD BOILED EGG	BACON	FRIED FISH (BANGUS)	PAKSIW NA BANGUS
SOTANGHON SOUP	CORNEED BEEF	CHICKEN LONGGANIZA	SUNNY SIDE UP EGG	CHORIZO	FRIED TALONG
BEEF CAMPTO W/ MUSHROOM	RICE	RICE	RICE	RICE	RICE
RICE	WATERMELON	PINEAPPLE	LAKATAN	WATERMELON	LAKATAN
BANANA - LAKATAN	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
BLUE LEMONADE					
	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
	EGG SANDWICH	CASSAVA CAKE	MAMON	SIOPAO (CHICKEN BOLA- BOLA)	TUNA SANDWICH
	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	BEEF STEAK W/ BROCCOLI	FRIED CHICKEN (BREAST OR THIGHS)	BREADED FISH FILLET (TUNA)	TUNA CALDERETA	PORK SINIGANG
	CHICKEN SOTANGHON	PINAKBET	CHICKEN CURRY	MISWA AND BEEF BOLA BOLA	TUNA KINILAW
	FISH FILLET TUNA (SWEET & SOUR)	CORN SOUP	CHICKEN BIHON GISADO	GRILLED PORK	BREADED FISH TUNA FILLET
	RICE	RICE	RICE	RICE	RICE

FRESH WATERMELON JUICE	CUCUMBER-CALAMANSI JUICE	FRESH LEMON JUICE	FRESH WATERMELON JUICE	BOTTLED ORANGE JUICE
MANGO TAPIOCA	FRUIT SALAD	BUCO PANDAN	MACARONI SALAD	LECHE FLAN
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BANANA CAKE	ENSAYMADA	CLUB SANDWICH	MAMON	SPAGHETTI
BOTTLED LEMON JUICE	ORANGE JUICE 200 ML (TETRA PACK)	PINEAPPLE JUICE 200 ML (TETRA PACK)	RED TEA WITH LEMON	CUCUMBER-CALAMANSI JUICE
DINNER	DINNER	DINNER	DINNER	DINNER
PORK ADOBO	NILAGANG BAKA	BEEF MECHADO	TUNA TINOLA	PORK MENUDO
VEGETABLE FOUR SEASONS	FRIED TUNA	TUNA AFRITADA	PAKBET	LITSON MANOK
CHICKEN SOTANGHON SOUP	GUSO SALAD	CUCUMBER SALAD	GRILLED PORK	CORN AND MUSHROOM SOUP
RICE	RICE	RICE	RICE	RICE
FRESH CUCUMBER-LEMON JUICE	PINEAPPLE JUICE IN 200 ML TETRAPACK	FRESH WATERMELON JUICE	APPLE JUICE IN 200 ML TETRAPACK	FRESH CUCUMBER-LEMON JUICE
BANANA - LAKATAN	WATERMELON	PINEAPPLE	BANANA - LAKATAN	WATERMELON
DAY 6 - September 03	DAY 7 - September 04	DAY 8 - September 05	DAY 9 - September 06	DAY 10 - September 07
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SAUTEED GROUND BEEF WITH AMPALAYA	PORK EMBUTIDO	FRIED FISH (BANGUS)	HAM AND CHEESE OMELETTE	LUNCHEON MEAT
FRIED BANGUS	TORTANG TALONG	MEAT LOAF	PAKSIW NA BANGUS	DRIED FISH WITH CUCUMBER
RICE	RICE	RICE	RICE	RICE
BANANA - LAKATAN	PINEAPPLE	BANANA - LAKATAN	WATERMELON	BANANA-LAKATAN
COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
CHOCOLATE CAKE	CARROT CAKE	NATIVE KAKANIN (PALITAW,BIBINGKA)	EGG SANDWHICH	CASSAVA CAKE
ORANGE JUICE IN 200 ML TETRA PACK	FRESH CALAMANSI-CARROT JUICE	MANGO JUICE IN 200 ML TETRA PACK	CUCUMBER W/CALAMANSI JUICE	FRESH WATERMELON JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH

BREADED PORK CHOP	GARLIC BUTTER SHRIMP	TUNA KINILAW	BEEF POCHERO	SEA FOOD CHOPSUEY
GINATAANG LANGKA	GROUND PORK MENUDO	PANDAN CHICKEN	FISH TUNA FILLET	GRILLED TUNA BELLY
CREAM MUSHROOM SOUP	CHICKEN SOTANGHON SOUP	FISH TUNA TINOLA	CHCKEN BAM-I	CHICKEN NUGGETS
RICE	RICE	RICE	RICE	RICE
BOTTLED ICED TEA 230 ML	ORANGE JUICE IN 200 ML TETRA PACK	BOTTLED ICED TEA 230 ML	PINE APPLE JUICE IN 200 ML TETRA PACK	WATERMELON JUICE
MANGO TAPIOCA	BUKO PANDAN	WATERMELON	LECHE FLAN	BANANA-LAKATAN
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BINIGNIT	BUCO PIE	TUNA SANDWICH WITH CAMOTE FRIES	PUTO MAYA W/MANGO	CARROT CAKE
WATER	LEMON JUICE	LEMON GRASS JUICE	HOT CHOCO	PINE APPLE JUICE
DINNER	DINNER	DINNER	DINNER	
PORK CHOP	SINIGANG NA HIPON	NILAGANG BAKA	FISH TINOLA	
GRILLED TUNA	PINAKBIT	BREADED TUNA FILLET	CHICKEN CHOPSUEY	
BEEF BULALO	FRIED TUNA FISH	GUSO SALAD	GRILLED PORK	
RICE	RICE	RICE	RICE	
CUCUMBER - LEMON JUICE	RED TEA WITH LEMON	BOTTLED ICED TEA 230 ML	FRESH WATERMELON JUICE	
WATERMELON	BANANA - LAKATAN	WATERMELON	BANANA - LAKATAN	

MENU FOR THE TM 1 TRAINING - PHASE 03

Day 0 - Sept. 21	DAY 1 - Sept. 22	DAY 2 - Sept. 23	DAY 3 - Sept. 24	DAY 4 - Sept. 25	DAY 5 - Sept. 26
DINNER	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
PORK STEAK	LUNCHEON MEAT	HARD BOILED EGG	BACON	FRIED FISH (BANGUS)	PAKSIW NA BANGUS
SOTANGHON SOUP	DRIED FISH WITH CUCUMBER	CHICKEN LONGGANIZA	SUNNY SIDE UP EGG	MEAT LOAF	FRIED TALONG
BEEF CAMPTO W/ MUSHROOM	RICE	RICE	RICE	RICE	RICE
RICE	PINEAPPLE	WATERMELON	LAKATAN	WATERMELON	PINEAPPLE
BANANA - LAKATAN	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink

BLUE LEMONADE					
	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
	EGG SANDWICH	CASSAVA CAKE	MAMON	SIOPAO CHICKEN ASADO	TUNA SANDWICH
	BOTTLED ICED TEA 230 ML	PINEAPPLE JUICE IN 200 ML TETRA PACK	BOTTLED ICED TEA 230 ML	BOTTLED CALAMANSI JUICE	BOTTLED ICED TEA 230 ML
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	BEEF STEAK W/ BROCCOLI	FRIED CHICHEN (BREAST OR THIGHS)	SWEET AND SOUR BEEF BOLA BOLA	BEEF CALDERETA	PORK SINIGANG
	BEEF SOTANGHON SOUP	MIXED SEAFOODS	CHICKEN CURRY	MISWA AND BEEF BOLA BOLA	TUNA KINILAW
	FISH FILLET TUNA (SWEET & SOUR)	CORNERD SOUP	CHICKEN BIHON GISADO	FISH TUNA FILLET	BREADED FISH TUNA
	RICE	RICE	RICE	RICE	RICE
	FRESH WATERMELON JUICE	TANGLAD-LEMON JUICE	LEMON-CARROT JUICE	FRESH WATERMELON JUICE	FRESH CUCUMBER-LEMON JUICE
	MANGO TAPIOCA	FRUIT SALAD	BUCO PANDAN	MACARONI SALAD	MANGO FLOAT
	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
	BANANA CAKE	ENSAYMADA	CLUB SANDWICH	HAMBURGER	SPAGHETTI
	BOTTLED LEMON JUICE	MANGO JUICE IN 200 ML TETRA PACK	BOTTLED LEMONADE	RED TEA WITH LEMON	MANGO JUICE IN 200 ML TETRA PACK
	DINNER	DINNER	DINNER	DINNER	DINNER
	PORK ADOBO	NILAGANG BAKA	BEEF MECHADO	FISH TUNA TINOLA	GROUND PORK MENU DO
	VEGETABLES FOUR SEASON	FRIED TUNA FISH	FISH TUNA AFRITADA	PINAKBET	LITSON MANOK
	CHICKEN BUFFALO WINGS	GUSO SALAD	CUCUMBER SALAD	GRILLED PORK	FOUR SEASON SALAD
	RICE	RICE	RICE	RICE	RICE
	PINEAPPLE JUICE IN 200 ML TETRA PACK	RED TEA WITH LEMON	LEMON-CARROT JUICE	FRESH WATERMELON JUICE	CUCUMBER-LEMONADE JUICE
	WATERMELON	PINE APPLE	BANANA-LAKATAN	PINEAPPLE	WATERMELON
	DAY 6 - Sept. 27	DAY 7 - Sept. 28	DAY 8 - Sept. 29	DAY 9 - Sept. 30	DAY 10 - Oct. 01
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST

SAUTEED GROUND BEEF WITH AMPALAYA	EMBUTIDO	FRIED FISH (BANGUS)	HAM AND CHEESE OMELETTE	LUNCHEON MEAT
PRITONG ISDA -TUNA	DILIS	LUNCHEON MEAT	CHORIZO	DRIED FISH WITH CUCUMBER
RICE	RICE	RICE	RICE	RICE
PINE APPLE	BANANA LAKATAN	WATERMELON	BANANA-LAKATAN	WATERMELON JUICE
COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink	COFFEE/Choco Energy Drink
AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS	AM SNACKS
CHOCOLATE CAKE	CARROT CAKE	NATIVE KAKANIN (PALITAW,BIBINGKA)	EGG SANDWHICH	CASSAVA CAKE
MANGO JUICE IN 200 ML TETRA PACK	CALAMANSI-CARROT JUICE	APPLE JUICE IN 200 ML TETRA PACK	CUCUMBER W/CALAMANSI JUICE	CALAMANSI- CARROT JUICE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BREADED PORK CHOP	GARLIC BUTTER SHRIMP	FISH TUNA TINOLA	BEEF POCHERO	SEAFOOD CHOPSUEY
GINATAANG LANGKA	GROUND PORK MENUDO	PANDAN CHICKEN	FISH TUNA FILLET	GRILLED TUNA BELLY
CREAM MUSHROOM SOUP	CHICKEN SOUP	BEEF SOTANGHON SOUP	CHICKEN BAM-I	CHICKEN NUGGETS
RICE	RICE	RICE	RICE	RICE
BOTTLED ICED TEA 230 ML	FRESH PINE APPLE JUICE	BOTTLED ICED TEA 230 ML	FRESH WATERMELON JUICE	BOTTLED ICED TEA 230 ML
MAJA	MANGO TAPIOCA	LECHE FLAN	ASSORTED FRUITS	ASSORTED FRUITS
PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS	PM SNACKS
BINIGNIT	BUCO PIE	TUNA SANDWHICH WITH CAMOTE FRIES	PUTO MAYA W/MANGO	CARROT CAKE
WATER	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	HOT CHOCO	LEMON GRASS JUICE
DINNER	DINNER	DINNER	DINNER	
PORK CHOP	SINIGANG NA HIPON	NILAGANG BAKA	FISH TUNA TINOLA	
GRILLED TUNA	PINAKBIT	FRIED TUNA FISH	CHOPSUEY	
PORK BULALO	FRIED TUNA FISH	GUSO SALAD	GRILLED PORK	
RICE	RICE	RICE	RICE	
BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	BOTTLED ICED TEA 230 ML	
PINEAPPLE	LAKATAN	WATERMELON	BANANA-LAKATAN	

NOTE :

1. Provision of unlimited coffee and chocolate energy drink
2. Provision of Hot/Cold Drinking water

Prepared by:



Elmer Augustus F. Conde, PhD
EP Specialist II
HRDD - NEAP Caraga

Program Title:

Batch 05 Regional Training on Trainers Methodology Level 1 (TM) and Competency Assessors' for Senior High School Technical and Vocational Livelihood (SHS -TVL), Junior High School-Special Program for Technical-Vocational Education (JHS-SPTVE), and Junior High School-Technical and Livelihood Education (JHS-TLE) Teachers

Group:

GROUP 1

Total Number of Pax: **60**

Date:

October 13 - 16, 2025 (date may change, number of days and pax may vary for a total of 60 pax)

MENU FOR THE TM 1 TRAINING - ASSESSMENT PHASE

BREAKFAST	AM SNACKS	LUNCH	PM SNACKS	DINNER
LUNCHEON MEAT	EGG SANDWICH	BEEF STEAK W/ BROCCOLI	BANANA CAKE	PORK ADOBO
CORNER BEEF	BOTTLED ICED TEA 230 ML	CHICKEN SOTANGHON	MANGO/ ORANGE TETRA PACKED JUICE (200ML)	VEGETABLE FOUR SEASON
RICE		TUNA FISH FILLET (SWEET & SOUR)		BREADED FISH TUNA
APPLE		RICE		RICE
		LAKATAN BANANA		WATERMELON
COFFEE/Choco Energy Drink		BOTTLED WATER		BOTTLED WATER

Group:

GROUP 2

Total Number of Pax: **60**

Date:

October 20-23, 2025 (date may change, number of days and pax may vary for a total of 60 pax)

MENU FOR THE TM 1 TRAINING - ASSESSMENT PHASE

BREAKFAST	AM SNACKS	LUNCH	PM SNACKS	DINNER
LUNCHEON MEAT	EGG SANDWICH	BEEF STEAK W/ BROCCOLI	BANANA CAKE	PORK ADOBO
CORNER BEEF	BOTTLED ICED TEA 230 ML	CHICKEN SOTANGHON	MANGO/	VEGETABLE FOUR SEASON

RICE		TUNA FISH FILLET (SWEET & SOUR)	ORANGE TETRA PACKED JUICE (200ML)	BREADED FISH TUNA
		RICE		RICE
APPLE		LAKATAN BANANA		WATERMELON
COFFEE/Choco Energy Drink		BOTTLED WATER		BOTTLED WATER

Note:

1. Venue of the ASSESSMENT PHASE will be at TESDA Regional Training Center at Barangay Pigdaulan. Butuan City
2. Food will be packed in Bento box containers and be delivered thrice per day: Breakfast and AM Snacks, Lunch and PM Snacks, Dinner
3. Suppliers are encouraged to bring their own trash bags and buffet table/s.