

# **PHILIPPINE BIDDING DOCUMENTS**

(As Harmonized with Development Partners)

## **SUPPLY AND DELIVERY OF MEALS FOR THE VARIOUS ACTIVITIES OF CGHRMC AND ITS SUPPORT UNITS FOR THE SECOND TO FOURTH QUARTER OF FY 2023**

Government of the Republic of the Philippines

**Sixth Edition  
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# ***Glossary of Acronyms, Terms, and Abbreviations***

**ABC** – Approved Budget for the Contract.

**BAC** – Bids and Awards Committee.

**Bid** – A signed offer or proposal to undertake a contract submitted by a bidder in response to and in consonance with the requirements of the bidding documents. Also referred to as *Proposal* and *Tender*. (2016 revised IRR, Section 5[c])

**Bidder** – Refers to a contractor, manufacturer, supplier, distributor and/or consultant who submits a bid in response to the requirements of the Bidding Documents. (2016 revised IRR, Section 5[d])

**Bidding Documents** – The documents issued by the Procuring Entity as the bases for bids, furnishing all information necessary for a prospective bidder to prepare a bid for the Goods, Infrastructure Projects, and/or Consulting Services required by the Procuring Entity. (2016 revised IRR, Section 5[e])

**BIR** – Bureau of Internal Revenue.

**BSP** – Bangko Sentral ng Pilipinas.

**Consulting Services** – Refer to services for Infrastructure Projects and other types of projects or activities of the GOP requiring adequate external technical and professional expertise that are beyond the capability and/or capacity of the GOP to undertake such as, but not limited to: (i) advisory and review services; (ii) pre-investment or feasibility studies; (iii) design; (iv) construction supervision; (v) management and related services; and (vi) other technical services or special studies. (2016 revised IRR, Section 5[i])

**CDA** - Cooperative Development Authority.

**Contract** – Refers to the agreement entered into between the Procuring Entity and the Supplier or Manufacturer or Distributor or Service Provider for procurement of Goods and Services; Contractor for Procurement of Infrastructure Projects; or Consultant or Consulting Firm for Procurement of Consulting Services; as the case may be, as recorded in the Contract Form signed by the parties, including all attachments and appendices thereto and all documents incorporated by reference therein.

**CIF** – Cost Insurance and Freight.

**CIP** – Carriage and Insurance Paid.

**CPI** – Consumer Price Index.

**DDP** – Refers to the quoted price of the Goods, which means “delivered duty paid.”

**DTI** – Department of Trade and Industry.

**EXW** – Ex works.

**FCA** – “Free Carrier” shipping point.

**FOB** – “Free on Board” shipping point.

**Foreign-funded Procurement or Foreign-Assisted Project**– Refers to procurement whose funding source is from a foreign government, foreign or international financing institution as specified in the Treaty or International or Executive Agreement. (2016 revised IRR, Section 5[b]).

**Framework Agreement** – Refers to a written agreement between a procuring entity and a supplier or service provider that identifies the terms and conditions, under which specific purchases, otherwise known as “Call-Offs,” are made for the duration of the agreement. It is in the nature of an option contract between the procuring entity and the bidder(s) granting the procuring entity the option to either place an order for any of the goods or services identified in the Framework Agreement List or not buy at all, within a minimum period of one (1) year to a maximum period of three (3) years. (GPPB Resolution No. 27-2019)

**GFI** – Government Financial Institution.

**GOCC** – Government-owned and/or –controlled corporation.

**Goods** – Refer to all items, supplies, materials and general support services, except Consulting Services and Infrastructure Projects, which may be needed in the transaction of public businesses or in the pursuit of any government undertaking, project or activity, whether in the nature of equipment, furniture, stationery, materials for construction, or personal property of any kind, including non-personal or contractual services such as the repair and maintenance of equipment and furniture, as well as trucking, hauling, janitorial, security, and related or analogous services, as well as procurement of materials and supplies provided by the Procuring Entity for such services. The term “related” or “analogous services” shall include, but is not limited to, lease or purchase of office space, media advertisements, health maintenance services, and other services essential to the operation of the Procuring Entity. (2016 revised IRR, Section 5[r])

**GOP** – Government of the Philippines.

**GPPB** – Government Procurement Policy Board.

**INCOTERMS** – International Commercial Terms.

**Infrastructure Projects** – Include the construction, improvement, rehabilitation, demolition, repair, restoration or maintenance of roads and bridges, railways, airports, seaports, communication facilities, civil works components of information technology projects, irrigation, flood control and drainage, water supply, sanitation, sewerage and solid waste management systems, shore protection, energy/power and electrification facilities, national

buildings, school buildings, hospital buildings, and other related construction projects of the government. Also referred to as *civil works or works*. (2016 revised IRR, Section 5[u])

**LGUs** – Local Government Units.

**NFCC** – Net Financial Contracting Capacity.

**NGA** – National Government Agency.

**PhilGEPS** - Philippine Government Electronic Procurement System.

**Procurement Project** – refers to a specific or identified procurement covering goods, infrastructure project or consulting services. A Procurement Project shall be described, detailed, and scheduled in the Project Procurement Management Plan prepared by the agency which shall be consolidated in the procuring entity's Annual Procurement Plan. (GPPB Circular No. 06-2019 dated 17 July 2019)

**PSA** – Philippine Statistics Authority.

**SEC** – Securities and Exchange Commission.

**SLCC** – Single Largest Completed Contract.

**Supplier** – refers to a citizen, or any corporate body or commercial company duly organized and registered under the laws where it is established, habitually established in business and engaged in the manufacture or sale of the merchandise or performance of the general services covered by his bid. (Item 3.8 of GPPB Resolution No. 13-2019, dated 23 May 2019). Supplier as used in these Bidding Documents may likewise refer to a distributor, manufacturer, contractor, or consultant.

**UN** – United Nations.



REPUBLIC OF THE PHILIPPINES

**COAST GUARD HUMAN RESOURCE MANAGEMENT COMMAND**

56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City

## ***Section I. Invitation to Bid***

# INVITATION TO BID FOR THE SUPPLY AND DELIVERY OF MEALS FOR THE VARIOUS ACTIVITIES OF CGHRMC AND ITS SUPPORT UNITS FOR THE SECOND TO FOURTH QUARTER OF FY 2023

1. The Coast Guard Human Resource Management Command (CGHRMC) of the Philippine Coast Guard (PCG) through the General Appropriations Act for FY 2023 intends to apply the sum of ***Five Million Three Hundred Sixty-Two Thousand Seven Hundred Ninety Pesos (PhP 5,362,790.00)*** being the total ABC to payments under the contract for the **Supply and Delivery of Meals for the Various Activities of CGHRMC and Its Support Units for the Second to Fourth Quarter of FY 2023** with breakdown as follows:

| LOT NO. | DESCRIPTION  | ABC   |
|---------|--|---|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)  |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)              |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |

Bids received in excess of the ABC shall be automatically rejected at bid opening.

2. The Coast Guard Human Resource Management Command now invites bids for the above Procurement Project. Delivery of the Goods is required based on the delivery schedule provided under Section VI (Schedule of Requirements) of this Bidding Documents commencing from the date of receipt of the Notice to Proceed. Bidders should have completed, within five (5) years from the date of submission and receipt of bids, a contract similar to the Project. The description of an eligible bidder is contained in the Bidding Documents, particularly in Section II (Instructions to Bidders).
3. Bidding will be conducted through open competitive bidding procedures using a non-discretionary “*pass/fail*” criterion as specified in the 2016 revised Implementing Rules and Regulations (IRR) of Republic Act (RA) No. 9184.

Bidding is restricted to Filipino citizens/sole proprietorships, partnerships, or organizations with at least sixty percent (60%) interest or outstanding capital stock belonging to citizens of the Philippines, and to citizens or organizations of a country the laws or regulations of which grant similar rights or privileges to Filipino citizens, pursuant to RA No. 5183.

4. Prospective Bidders may obtain further information from the Coast Guard Human Resource Management Command (CGHRMC) and inspect the Bidding Documents at the address given below from Monday to Friday during office hours from **08:00 AM to 05:00 P.M.**, except non-working days (i.e., Saturday and Sunday), legal holiday, or special non-working holiday, or other nonworking days duly declared by the President, Governor, Mayor or other Government Official authorized to make such declaration.
5. A complete set of Bidding Documents may be acquired by interested Bidders on **27 February 2023 to 20 March 2023** from the given address and website(s) below and upon payment of the applicable fee for the Bidding Documents based on the total ABC to be bid, pursuant to the latest Guidelines issued by the GPPB, in accordance with the following schedule:

| ABC Range  | Amount of Bidding Documents Fee |
|--|---------------------------------|
| More than PhP500,000.00 up to PhP1,000,000.00    | PhP1,000.00                     |
| More than PhP1,000,000.00 up to PhP5,000,000.00  | PhP5,000.00                     |
| More than PhP5,000,000.00 up to PhP10,000,000.00 | PhP10,000.00                    |

6. The Procuring Entity shall allow the bidder to present its proof of payment for the fees *in person or through email*.
7. The ***Coast Guard Human Resource Management Command*** will hold a Pre-Bid Conference on **07 March 2023, 01:30 PM** at the Coast Guard Human Resource Management Command – Satellite Training Institute (CGHRMC-STI) Conference Room, 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City which shall be open to prospective bidders.
8. Bids must be duly received by the BAC Secretariat through manual submission at the office address indicated below on or before **20 March 2023, 01:30 PM**. Late bids shall not be accepted.
9. All Bids must be accompanied by a bid security in any of the acceptable forms and in the amount stated in **ITB** Clause 14.
10. Bid opening shall be on **20 March 2023, 01:30 PM** at **Coast Guard Human Resource Management Command – Satellite Training Institute (CGHRMC-STI) Conference Room, 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City**. Bids will be opened in the presence of the bidders' representatives who choose to attend the activity.



11. Bidders shall bear all costs associated with the preparation and submission of their bids, and the Coast Guard Human Resource Management Command will in no case, be responsible or liable for those costs, regardless of the conduct or outcome of the bidding process.

Bidders should note that the Coast Guard Human Resource Management Command will accept bids only from those that have paid the applicable fee for the Bidding Documents.

The Coast Guard Human Resource Management Command assumes no responsibility whatsoever to compensate or indemnify bidders for any expenses incurred in the preparation of their bids.

In accordance with Government Procurement Policy Board (GPPB) Circular 06-2005 - Tie-Breaking Method, the Bids and Awards Committee (BAC) shall use a non-discretionary and non-discriminatory measure based on sheer luck or chance, which is “DRAW LOTS,” in the event that two (2) or more bidders have been post-qualified and determined as the bidder having the Lowest Calculated Responsive Bid (LCRB) to determine the final bidder having the LCRB, based on the following procedures:

- a) In alphabetical order, the bidders shall pick one rolled paper.
  - b) The lucky bidder who would pick the paper with a “CONGRATULATIONS” remark shall be declared as the final bidder having the LCRB and recommended for award of the contract.
12. The CGHRMC reserves the right to reject any and all bids, declare a failure of bidding, or not award the contract at any time prior to contract award in accordance with Sections 35.6 and 41 of the 2016 revised IRR of RA No. 9184, without thereby incurring any liability to the affected bidder or bidders.
13. For further information, please refer to:

**CG ENS ALEUNA SIGRID D PALITA**

Head, CGHRMC BAC Secretariat

Coast Guard Human Resource Management Command

56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City

Contact Number: 0968-880-7210

Email Address: cghrmc.hr4@gmail.com

14. You may visit the following websites:

For downloading of Bidding Documents: [www.philgeps.gov.ph](http://www.philgeps.gov.ph) and [www.coastguard.gov.ph](http://www.coastguard.gov.ph)

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**CG CAPT ARBIE T CASPILLO**

BAC Chairperson

## ***Section II. Instructions to Bidders***

## 1. Scope of Bid

The Procuring Entity, Coast Guard Human Resource Management Command, wishes to receive Bids for the **Supply and Delivery of Meals for the Various Activities of CGHRMC and Its Support Units for the Second to Fourth Quarter of FY 2023** with identification number **IB No. 2023-001**

The Procurement Project (referred to herein as “Project”) is composed of five (5) lots briefly described below and the details of which are described in Section VII (Technical Specifications).

| LOT NO. | DESCRIPTION  | ABC   |
|---------|--|---|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)  |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)              |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |

## 2. Funding Information

- 2.1. The GOP through the source of funding as indicated below for General Appropriations Act for FY 2023 in the amount of ***Five Million Three Hundred Sixty-Two Thousand Seven Hundred Ninety Pesos (PhP 5,362,790.00)*** with breakdown as follows:

| LOT NO. | DESCRIPTION  | ABC  |
|---------|--|--|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00) |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)             |

|   |  |   |
|---|--|---|
| 3 | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023 | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |
| 4 | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023 | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |
| 5 | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023 | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |

2.2. The source of funding is the General Appropriations Act.

### **3. Bidding Requirements**

The Bidding for the Project shall be governed by all the provisions of RA No. 9184 and its 2016 revised IRR, including its Generic Procurement Manuals and associated policies, rules and regulations as the primary source thereof, while the herein clauses shall serve as the secondary source thereof.

Any amendments made to the IRR and other GPPB issuances shall be applicable only to the ongoing posting, advertisement, or **IB** by the BAC through the issuance of a supplemental or bid bulletin.

The Bidder, by the act of submitting its Bid, shall be deemed to have verified and accepted the general requirements of this Project, including other factors that may affect the cost, duration and execution or implementation of the contract, project, or work and examine all instructions, forms, terms, and project requirements in the Bidding Documents.

### **4. Corrupt, Fraudulent, Collusive, and Coercive Practices**

The Procuring Entity, as well as the Bidders and Suppliers, shall observe the highest standard of ethics during the procurement and execution of the contract. They or through an agent shall not engage in corrupt, fraudulent, collusive, coercive, and obstructive practices defined under Annex "I" of the 2016 revised IRR of RA No. 9184 or other integrity violations in competing for the Project.

### **5. Eligible Bidders**

- 5.1. Only Bids of Bidders found to be legally, technically, and financially capable will be evaluated.
- 5.2. Foreign ownership limited to those allowed under the rules may participate in this Project.
- 5.3. Pursuant to Section 23.4.1.3 of the 2016 revised IRR of RA No.9184, the Bidder shall have an SLCC that is at least one (1) contract similar to the

Project the value of which, adjusted to current prices using the PSA's CPI, must be at least equivalent to at least twenty-five percent (25%) of the ABC, with details as follows:

| LOT No. | DESCRIPTION  | ABC   |
|---------|--|---|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Five Hundred Twenty-Five Thousand Eight Hundred Twelve Pesos and 50/100 (PhP525,812.50) |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | Thirty-Three Thousand Three Hundred Fifty Pesos (PhP33,350.00)                          |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Six Hundred Eight Thousand One Hundred Twenty-Five Pesos (PhP608,125.00)                |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | One Hundred Seventeen Thousand Two Hundred Fifty Pesos (PhP117,250.00)                  |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Fifty-Six Thousand One Hundred Sixty Pesos (PhP56,160.00)                               |

5.4 The Bidders shall comply with the eligibility criteria under Section 23.4.1 of the 2016 IRR of RA No. 9184.

## 6. Origin of Goods

There is no restriction on the origin of goods other than those prohibited by a decision of the UN Security Council taken under Chapter VII of the Charter of the UN, subject to Domestic Preference requirements under **ITB** Clause 18.

## 7. Subcontracts

7.1. The Procuring Entity has prescribed that Subcontracting is not allowed.

## 8. Pre-Bid Conference

The Procuring Entity will hold a pre-bid conference for this Project on the specified date and time at its physical address at the Coast Guard Human Resource Management Command – Satellite Training Institute (CGHRMC-STI) Conference Room, 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City as indicated in paragraph 7 of the **IB**.

## 9. Clarification and Amendment of Bidding Documents

Prospective bidders may request for clarification on and/or interpretation of any part of the Bidding Documents. Such requests must be in writing and received by the

Procuring Entity, either at its given address or through electronic mail indicated in the **IB**, at least ten (10) calendar days before the deadline set for the submission and receipt of Bids.

## **10. Documents comprising the Bid: Eligibility and Technical Components**

- 10.1. The first envelope shall contain the eligibility and technical documents of the Bid as specified in **Section VIII (Checklist of Technical and Financial Documents)**.
- 10.2. The Bidder's SLCC as indicated in **ITB** Clause 5.3 should have been completed within five (5) years prior to the deadline for the submission and receipt of bids.
- 10.3. If the eligibility requirements or statements, the bids, and all other documents for submission to the BAC are in foreign language other than English, it must be accompanied by a translation in English, which shall be authenticated by the appropriate Philippine foreign service establishment, post, or the equivalent office having jurisdiction over the foreign bidder's affairs in the Philippines. Similar to the required authentication above, for Contracting Parties to the Apostille Convention, only the translated documents shall be authenticated through an apostille pursuant to GPPB Resolution No. 13-2019 dated 23 May 2019. The English translation shall govern, for purposes of interpretation of the bid.

## **11. Documents comprising the Bid: Financial Component**

- 11.1. The second bid envelope shall contain the financial documents for the Bid as specified in **Section VIII (Checklist of Technical and Financial Documents)**.
- 11.2. If the Bidder claims preference as a Domestic Bidder or Domestic Entity, a certification issued by DTI shall be provided by the Bidder in accordance with Section 43.1.3 of the 2016 revised IRR of RA No. 9184.
- 11.3. Any bid exceeding the ABC indicated in paragraph 1 of the **IB** shall not be accepted.
- 11.4. For Foreign-funded Procurement, a ceiling may be applied to bid prices provided the conditions are met under Section 31.2 of the 2016 revised IRR of RA No. 9184.

## **12. Bid Prices**

- 12.1. Prices indicated on the Price Schedule shall be entered separately in the following manner:
  - a. For Goods offered from within the Procuring Entity's country:

- i. The price of the Goods quoted EXW (ex-works, ex-factory, ex-warehouse, ex-showroom, or off-the-shelf, as applicable);
  - ii. The cost of all customs duties and sales and other taxes already paid or payable;
  - iii. The cost of transportation, insurance, and other costs incidental to delivery of the Goods to their final destination; and
  - iv. The price of other (incidental) services, if any, listed in e.
- b. For Goods offered from abroad:
  - i. Unless otherwise stated in the **BDS**, the price of the Goods shall be quoted delivered duty paid (DDP) with the place of destination in the Philippines as specified in the **BDS**. In quoting the price, the Bidder shall be free to use transportation through carriers registered in any eligible country. Similarly, the Bidder may obtain insurance services from any eligible source country.
  - ii. The price of other (incidental) services, if any, as listed in **Section VII (Technical Specifications)**.

### **13. Bid and Payment Currencies**

13.1. For Goods that the Bidder will supply from outside the Philippines, the bid prices may be quoted in the local currency or tradeable currency accepted by the BSP at the discretion of the Bidder. However, for purposes of bid evaluation, Bids denominated in foreign currencies, shall be converted to Philippine currency based on the exchange rate as published in the BSP reference rate bulletin on the day of the bid opening.

13.2. Payment of the contract price shall be made in Philippine Pesos.

### **14. Bid Security**

14.1. The Bidder shall submit a Bid Securing Declaration or any form of Bid Security in the amount indicated in the **BDS**, which shall be not less than the percentage of the ABC in accordance with the schedule in the **BDS**.

14.2. The Bid and bid security shall be valid for one hundred twenty (120) calendar days from the date of the Opening and Preliminary Examination of Bids. Any Bid not accompanied by an acceptable bid security shall be rejected by the Procuring Entity as non-responsive.

### **15. Sealing and Marking of Bids**

Each Bidder shall submit one (1) original and six (6) copies of the first and second components of its bid through their duly authorized representatives.

The Procuring Entity may request additional hard copies and/or electronic copies of the Bid. However, failure of the Bidders to comply with the said request shall not be a ground for disqualification.

If the Procuring Entity allows the submission of bids through online submission or any other electronic means, the Bidder shall submit an electronic copy of its Bid, which must be digitally signed. An electronic copy that cannot be opened or is corrupted shall be considered non-responsive and, thus, automatically disqualified.

## **16. Deadline for Submission of Bids**

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16.1. The Bidders shall submit on the specified date and time and either at its physical address or through online submission as indicated in paragraph 8 of the **IB**.

## **17. Opening and Preliminary Examination of Bids**

17.1. The BAC shall open the Bids in public at the time, on the date, and at the place specified in paragraph 10 of the **IB**. The Bidders' representatives who are present shall sign a register evidencing their attendance. In case videoconferencing, webcasting or other similar technologies will be used, attendance of participants shall likewise be recorded by the BAC Secretariat.

In case the Bids cannot be opened as scheduled due to justifiable reasons, the rescheduling requirements under Section 29 of the 2016 revised IRR of RA No. 9184 shall prevail.

17.2. The preliminary examination of bids shall be governed by Section 30 of the 2016 revised IRR of RA No. 9184.

## **18. Domestic Preference**

18.1. The Procuring Entity will grant a margin of preference for the purpose of comparison of Bids in accordance with Section 43.1.2 of the 2016 revised IRR of RA No. 9184.

## **19. Detailed Evaluation and Comparison of Bids**

19.1. The Procuring BAC shall immediately conduct a detailed evaluation of all Bids rated "*passed*," using non-discretionary pass/fail criteria. The BAC shall consider the conditions in the evaluation of Bids under Section 32.2 of the 2016 revised IRR of RA No. 9184.

19.2. If the Project allows partial bids, bidders may submit a proposal on any of the lots or items, and evaluation will be undertaken on a per lot or item basis, as the case maybe. In this case, the Bid Security as required by **ITB** Clause 15 shall be submitted for each lot or item separately.

19.3. The descriptions of the lots or items shall be indicated in **Section VII (Technical Specifications)**, although the ABCs of these lots or items are



indicated in the **BDS** for purposes of the NFCC computation pursuant to Section 23.4.2.6 of the 2016 revised IRR of RA No. 9184. The NFCC must be sufficient for the total of the ABCs for all the lots or items participated in by the prospective Bidder.

- 19.4. The Project shall be awarded by lot and shall have separate contracts for each lot.
- 19.5. Except for bidders submitting a committed Line of Credit from a Universal or Commercial Bank in lieu of its NFCC computation, all Bids must include the NFCC computation pursuant to Section 23.4.1.4 of the 2016 revised IRR of RA No. 9184, which must be sufficient for the total of the ABCs for all the lots or items participated in by the prospective Bidder. For bidders submitting the committed Line of Credit, it must be at least equal to ten percent (10%) of the ABCs for all the lots or items participated in by the prospective Bidder.

## **20. Post-Qualification**

- 20.1. Within a non-extendible period of five (5) calendar days from receipt by the Bidder of the notice from the BAC that it submitted the Lowest Calculated Bid, the Bidder shall submit its latest income and business tax returns filed and paid through the BIR Electronic Filing and Payment System (eFPS) and other appropriate licenses and permits required by law and stated in the **BDS**.

## **21. Signing of the Contract**

- 21.1. The documents required in Section 37.2 of the 2016 revised IRR of RA No. 9184 shall form part of the Contract. Additional Contract documents are indicated in the **BDS**.

## *Section III. Bid Data Sheet*

# Bid Data Sheet

| ITB Clause |  |   |   |   |
|------------|--|---|---|---|
| 5.3        | For this purpose, contracts similar to the Project shall be:<br><br>a. Any Supply and Delivery of Meals/Catering Services<br><br>b. Completed within the last five (5) years prior to the deadline for the submission and receipt of bids.   |   |   |   |
| 7.1        | No portion of the contract shall be sub-contracted.  |   |   |   |
| 12         | The price of the Goods shall be quoted DDP at the Headquarters Coast Guard Human Resource Management Command, 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City.   |   |   |   |
| 14.1       | The bid security shall be in the form of a Bid Securing Declaration, or any of the following forms and amounts:  |   |   |   |
|            | <table><tr><td>Lot No.</td><td>a) Cash, cashier's/ manager's check issued by a Universal or Commercial Bank;<br/><br/>b) Bank draft/ guarantee or irrevocable letter of credit issued by a Universal or Commercial Bank; Provided, however, that it shall be confirmed or authenticated by a Universal or Commercial Bank, if issued by a foreign bank<br/><br/>[at least Two Percent (2%) of the ABC]</td><td>c) Surety Bond, callable upon demand issued by a surety or insurance company duly certified by the Insurance Commission authorized to issue said security specific for the project<br/><br/>[at least Five Percent (5%) of the ABC]</td></tr></table> | Lot No.   | a) Cash, cashier's/ manager's check issued by a Universal or Commercial Bank;<br><br>b) Bank draft/ guarantee or irrevocable letter of credit issued by a Universal or Commercial Bank; Provided, however, that it shall be confirmed or authenticated by a Universal or Commercial Bank, if issued by a foreign bank<br><br>[at least Two Percent (2%) of the ABC] | c) Surety Bond, callable upon demand issued by a surety or insurance company duly certified by the Insurance Commission authorized to issue said security specific for the project<br><br>[at least Five Percent (5%) of the ABC] |
|            | Lot No.  | a) Cash, cashier's/ manager's check issued by a Universal or Commercial Bank;<br><br>b) Bank draft/ guarantee or irrevocable letter of credit issued by a Universal or Commercial Bank; Provided, however, that it shall be confirmed or authenticated by a Universal or Commercial Bank, if issued by a foreign bank<br><br>[at least Two Percent (2%) of the ABC] | c) Surety Bond, callable upon demand issued by a surety or insurance company duly certified by the Insurance Commission authorized to issue said security specific for the project<br><br>[at least Five Percent (5%) of the ABC]   |   |
|            | 1  | PhP 42,065.00   | PhP 105,162.50  |   |
|            | 2  | PhP 2,668.00  | PhP 6,670.00  |   |
|            | 3  | PhP 48,650.00   | PhP 121,625.00  |   |
|            | 4  | PhP 9,380.00  | PhP 23,450.00   |   |
| 5          | PhP 4,492.80   | PhP 11,232.00   |   |   |

| 19.3    | <p>Partial bids (bids per lot) are allowed. All Goods are grouped in lots listed below. Bidders shall have the option of submitting a proposal <b>on any or all lots</b> and evaluation and contract award will be undertaken on a per lot basis. Lots shall not be divided further into sub-lots for the purpose of bidding, evaluation, and contract award.</p> <p>In all cases, the NFCC computation, if applicable, must be sufficient for all the lots or contracts to be awarded to the Bidder.</p> <table><tr><th>LOT No.</th><th>DESCRIPTION</th><th>MINIMUM AMOUNT OF THE NFCC</th></tr><tr><td>1</td><td>Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023</td><td>Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)</td></tr><tr><td>2</td><td>Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023</td><td>One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)</td></tr><tr><td>3</td><td>Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023</td><td>Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00)</td></tr><tr><td>4</td><td>Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023</td><td>Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)</td></tr><tr><td>5</td><td>Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023</td><td>Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)</td></tr></table> | LOT No.   | DESCRIPTION | MINIMUM AMOUNT OF THE NFCC | 1 | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00) | 2 | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023 | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00) | 3 | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023 | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) | 4 | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023 | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00) | 5 | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023 | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00) |
|---------|--|---|-------------|----------------------------|---|--|--|---|---|--|---|--|---|---|--|--|---|--|--|
| LOT No. | DESCRIPTION  | MINIMUM AMOUNT OF THE NFCC  |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023   | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)  |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023  | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)              |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023   | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023   | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023   | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 20.2    | <p>No additional requirements.</p> <p>The bidder having the Lowest Calculated Bid (LCB) or Single Calculated Bid (SCB) shall submit within a non-extendible period of five (5) calendar days from the BAC Notice as the LCB/SCB, the latest income and business tax returns filed and paid through the BIR Electronic Filing and Payment System (eFPS);</p> <p>In accordance with Executive Order (E.O.) No. 398, Revenue Regulation (R.R.) No. 03-2005 and Revenue Memorandum Circular (RMC) 16 – 2005, the above-mentioned tax returns shall refer to the following:</p> <ol style="list-style-type: none"><li>1. Latest Income Tax Return (ITR) shall be the ITR for the preceding year, whether calendar or fiscal, and</li><li>2. Latest Business Tax Returns shall refer to the Value Added Tax (VAT) or Percentage Tax filed and paid covering the previous six (6) months before the date of Submission, Receipt, Opening &amp; Preliminary Examination of Bids.</li></ol>   |   |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |
| 21.2    | <p>The bidder having the Lowest/Single Calculated Responsive Bid shall submit a Certificate of No Pending Case within ten (10) calendar days from receipt of the Notice of Award (NOA).</p>  |   |             |                            |   |  |  |   |   |  |   |  |   |   |  |  |   |  |  |

## *Section IV. General Conditions of Contract*

## **1. Scope of Contract**

This Contract shall include all such items, although not specifically mentioned, that can be reasonably inferred as being required for its completion as if such items were expressly mentioned herein. All the provisions of RA No. 9184 and its 2016 revised IRR, including the Generic Procurement Manual, and associated issuances, constitute the primary source for the terms and conditions of the Contract, and thus, applicable in contract implementation. Herein clauses shall serve as the secondary source for the terms and conditions of the Contract.

This is without prejudice to Sections 74.1 and 74.2 of the 2016 revised IRR of RA No. 9184 allowing the GPPB to amend the IRR, which shall be applied to all procurement activities, the advertisement, posting, or invitation of which were issued after the effectivity of the said amendment.

Additional requirements for the completion of this Contract shall be provided in the **Special Conditions of Contract (SCC)**.

## **2. Advance Payment and Terms of Payment**

2.1. The Procuring Entity is allowed to determine the terms of payment on the partial or staggered delivery of the Goods procured, provided such partial payment shall correspond to the value of the goods delivered and accepted in accordance with prevailing accounting and auditing rules and regulations. The terms of payment are indicated in the **SCC**.

## **3. Performance Security**

Within ten (10) calendar days from receipt of the Notice of Award by the Bidder from the Procuring Entity but in no case later than prior to the signing of the Contract by both parties, the successful Bidder shall furnish the performance security in any of the forms prescribed in Section 39 of the 2016 revised IRR of RA No. 9184.

## **4. Inspection and Tests**

The Procuring Entity or its representative shall have the right to inspect and/or to test the Goods to confirm their conformity to the Project specifications at no extra cost to the Procuring Entity in accordance with the Generic Procurement Manual. In addition to tests in the **SCC, Section IV (Technical Specifications)** shall specify what inspections and/or tests the Procuring Entity requires, and where they are to be conducted. The Procuring Entity shall notify the Supplier in writing, in a timely manner, of the identity of any representatives retained for these purposes.

All reasonable facilities and assistance for the inspection and testing of Goods, including access to drawings and production data, shall be provided by the Supplier to the authorized inspectors at no charge to the Procuring Entity.

## **5. Warranty**

- 6.1. In order to assure that manufacturing defects shall be corrected by the Supplier, a warranty shall be required from the Supplier as provided under Section 62.1 of the 2016 revised IRR of RA No. 9184.
- 6.2. The Procuring Entity shall promptly notify the Supplier in writing of any claims arising under this warranty. Upon receipt of such notice, the Supplier shall replace the defective Goods without cost to the Procuring Entity, pursuant to the Generic Procurement Manual.

## **6. Liability of the Supplier**

The Supplier's liability under this Contract shall be as provided by the laws of the Republic of the Philippines.

If the Supplier is a joint venture, all partners to the joint venture shall be jointly and severally liable to the Procuring Entity.

## *Section V. Special Conditions of Contract*



## Special Conditions of Contract

| GCC<br>Clause |  |
|---------------|--|
| 1             | <p><b>Delivery and Documents –</b></p> <p>For purposes of the Contract, “EXW,” “FOB,” “FCA,” “CIF,” “CIP,” “DDP” and other trade terms used to describe the obligations of the parties shall have the meanings assigned to them by the current edition of INCOTERMS published by the International Chamber of Commerce, Paris. The Delivery terms of this Contract shall be as follows:</p> <p><i>For Goods supplied from abroad:</i></p> <p>The delivery terms applicable to the Contract are DDP delivered Coast Guard Human Resource Management Command (CGHRMC), 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City, Philippines. In accordance with INCOTERMS.”</p> <p><i>For Goods supplied from within the Philippines:</i> The delivery terms applicable to this Contract are delivered Coast Guard Human Resource Management Command (CGHRMC), 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City, Philippines. Risk and title will pass from the Supplier to the Procuring Entity upon receipt and final acceptance of the Goods at their final destination.”</p> <p>Delivery of the Goods shall be made by the Supplier in accordance with the terms specified in Section VI (Schedule of Requirements).</p> <p>For purposes of this Clause the Procuring Entity’s Representative at the Project Site are:</p> <p style="text-align: center;"><b>CG LTJG RIGELYN B MOJICA</b><br/> Officer-in-Charge, Logistics Branch<br/> Coast Guard Special Service Office (CGSSO)<br/> Muelle dela Industria Farola Compound, Binondo, Manila<br/> Email: ridgemojicapcg@gmail.com</p> <p style="text-align: center;">Contact Number: 0917-183-2112</p> <p style="text-align: center;"><b>CG ENS KURT DENZEL T ALINTON</b><br/> Deputy Chief of Human Resource Staff for Logistics, HR-4<br/> Coast Guard Human Resource Management Command (CGHRMC)<br/> 56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City<br/> Email: cghrmc.hr4@gmail.com<br/> Contact Number: 0968-882-5833</p> |

|  |   |
|--|---|
|  | <p><b>CG ENS JANFRED T JAVIER</b><br/> Officer-in-Charge, Logistics Branch<br/> Coast Guard Gender and Development (CGGAD)<br/> 56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City<br/> Email: cggad2022@gmail.com<br/> Contact Number: 0960-921-9605</p> <p><b>CG CPO Edmar A Bustamante</b><br/> Petty Officer in Charge, Logistics Branch<br/> PCG Pension and Gratuity Management Center (PCG-PGMC)<br/> Ground Floor Citadel Building, 637 Bonifacio Drive, Port Area, Manila<br/> Email: pcgpgmc@gmail.com<br/> Contact Number: 0917-636-4621</p> <p><b>Ms. Cherry M. Tavera</b><br/> Logistics Officer<br/> Non-Uniformed Personnel Affairs Office (NUPAO)<br/> 139 25<sup>th</sup> St., Fort Area, Manila<br/> Email: che_april06@yahoo.com<br/> Contact Number: 0956-473-7240</p>  |
|  | <p><b>Packaging –</b></p> <p>The Supplier shall provide such packaging of the Goods as is required to prevent their damage or deterioration during transit to their final destination, as indicated in this Contract. The packaging shall be sufficient to withstand, without limitation, rough handling during transit and exposure to extreme temperatures, salt and precipitation during transit, and open storage. Packaging case size and weights shall take into consideration, where appropriate, the remoteness of the Goods’ final destination and the absence of heavy handling facilities at all points in transit.</p> <p>The packaging, marking, and documentation within and outside the packages shall comply strictly with such special requirements as shall be expressly provided for in the Contract, including additional requirements, if any, specified below, and in any subsequent instructions ordered by the Procuring Entity.</p> <p>The outer packaging must be clearly marked on at least four (4) sides as follows:</p> <p>Name of the Procuring Entity<br/> Name of the Supplier<br/> Contract Description<br/> Final Destination<br/> Gross weight<br/> Any special lifting instructions<br/> Any special handling instructions<br/> Any relevant HAZCHEM classifications</p> |

|  |   |
|--|---|
|  | <p>A packaging list identifying the contents and quantities of the package is to be placed on an accessible point of the outer packaging if practical. If not practical the packaging list is to be placed inside the outer packaging but outside the secondary packaging.</p> <p><b>Transportation –</b></p> <p>Where the Supplier is required under Contract to deliver the Goods CIF, CIP, or DDP, transport of the Goods to the port of destination or such other named place of destination in the Philippines, as shall be specified in this Contract, shall be arranged and paid for by the Supplier, and the cost thereof shall be included in the Contract Price.</p> <p>Where the Supplier is required under this Contract to transport the Goods to a specified place of destination within the Philippines, defined as the Project Site, transport to such place of destination in the Philippines, including insurance and storage, as shall be specified in this Contract, shall be arranged by the Supplier, and related costs shall be included in the contract price.</p>  |
|  | <p>Where the Supplier is required under Contract to deliver the Goods CIF, CIP or DDP, Goods are to be transported on carriers of Philippine registry. In the event that no carrier of Philippine registry is available, Goods may be shipped by a carrier which is not of Philippine registry provided that the Supplier obtains and presents to the Procuring Entity certification to this effect from the nearest Philippine consulate to the port of dispatch. In the event that carriers of Philippine registry are available but their schedule delays the Supplier in its performance of this Contract the period from when the Goods were first ready for shipment and the actual date of shipment the period of delay will be considered force majeure.</p> <p>The Procuring Entity accepts no liability for the damage of Goods during transit other than those prescribed by INCOTERMS for DDP deliveries. In the case of Goods supplied from within the Philippines or supplied by domestic Suppliers risk and title will not be deemed to have passed to the Procuring Entity until their receipt and final acceptance at the final destination.</p> <p><b>Intellectual Property Rights –</b></p> <p>The Supplier shall indemnify the Procuring Entity against all third-party claims of infringement of patent, trademark, or industrial design rights arising from use of the Goods or any part thereof.</p> |

|     |   |
|-----|---|
| 2.2 | <p>The terms of payment shall be as follows:</p> <ul style="list-style-type: none"> <li>➤ No advance payment is allowed.</li> <li>➤ Partial Payment shall be made upon completion of fifty percent (50%) delivery of the items under the contract and upon submission of the invoices describing the goods delivered, subject to accounting and auditing rules and procedures.</li> <li>➤ Full payment shall be made upon completion of one hundred percent (100%) delivery of the items under the contract and upon submission of the invoices describing the goods delivered, subject to accounting and auditing rules and procedures.</li> </ul> |
| 4   | <p>The inspections and tests that will be conducted are follows:</p> <ul style="list-style-type: none"> <li>• The inspection and test shall be conducted during the actual day of delivery on the designated place of activity.</li> <li>• Only items in conformity with the required quantity and technical specifications shall be accepted.</li> </ul>   |



REPUBLIC OF THE PHILIPPINES

**COAST GUARD HUMAN RESOURCE MANAGEMENT COMMAND**

56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City

## ***Section VI. Schedule of Requirements***

The delivery schedule expressed as weeks/months stipulates hereafter a delivery date which is the date of delivery to the project site.

| Description                    | Quantity            | Total   | Delivered, Weeks/Months  |
|--------------------------------|---------------------|---------|--|
| <b>Lot 1</b>                   |                     |         |  |
| <b>CGHRMC Staff Conference</b> |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>   |
| Breakfast                      | 20 pax per delivery | 540 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for breakfast shall be served within 0630H – 0830H</li> </ul>  |
| <b>Command Conference</b>      |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>   |
| AM Snacks                      | 40 pax per delivery | 160 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Lunch                          | 40 pax per delivery | 160 pax |  |
| PM Snacks                      | 40 pax per delivery | 160 pax |  |
| <b>CGHRMC – STI Meetings</b>   |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the</li> </ul>  |

| Description                             | Quantity            | Total   | Delivered, Weeks/Months  |
|---|---------------------|---------|--|
| AM Snacks                               | 15 pax per delivery | 165 pax | <p>Notice to Proceed to December 2023</p> <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for AM Snacks shall be served within 0930H – 1030H</li> </ul>  |
| <b>PCG Officers Admission Board</b>     |                     |         |  |
| AM Snacks                               | 20 pax per delivery | 80 pax  | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Lunch                                   | 20 pax per delivery | 80 pax  |  |
| PM Snacks                               | 20 pax per delivery | 80 pax  |  |
| <b>PCG Non-Officers Admission Board</b> |                     |         |  |
| AM Snacks                               | 20 pax per delivery | 80 pax  | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>  |
| Lunch                                   | 20 pax per delivery | 80 pax  |  |

| Description  | Quantity            | Total  | Delivered, Weeks/Months  |
|--|---------------------|--------|--|
| PM Snacks  | 20 pax per delivery | 80 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>  |
| <b>PCG Lateral Entry Board</b>                     |                     |        |  |
| AM Snacks  | 20 pax per delivery | 80 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Lunch  | 20 pax per delivery | 80 pax |  |
| PM Snacks  | 20 pax per delivery | 80 pax |  |
| <b>PCG Re-CAD, Reentry and Reinstatement Board</b> |                     |        |  |
| AM Snacks  | 20 pax per delivery | 80 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>  |
| Lunch  | 20 pax per delivery | 80 pax |  |
|  |                     |        | <ul style="list-style-type: none"> <li>The meals shall be served</li> </ul>  |



| Description                     | Quantity            | Total   | Delivered, Weeks/Months  |
|---------------------------------|---------------------|---------|--|
| PM Snacks                       | 20 pax per delivery | 80 pax  | <p>based on the following schedule:</p> <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>  |
| <b>NOP PROMEX Board</b>         |                     |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>Course Monitors Training</b> |                     |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule:</li> </ul>  |
| AM Snacks                       | 20 pax per delivery | 100 pax |  |
| Lunch                           | 20 pax per delivery | 100 pax |  |
| PM Snacks                       | 20 pax per delivery | 100 pax |  |



| Description                             | Quantity            | Total  | Delivered, Weeks/Months  |
|---|---------------------|--------|--|
|   |                     |        | <ul style="list-style-type: none"> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>   |
| <b>Dashboard Development Workshop</b>   |                     |        | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul> |
| AM Snacks                               | 50 pax per delivery | 50 pax | <ul style="list-style-type: none"> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>  |
| Lunch                                   | 50 pax per delivery | 50 pax | <ul style="list-style-type: none"> <li>• The meals shall be served based on the following schedule:</li> </ul>   |
| PM Snacks                               | 50 pax per delivery | 50 pax | <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>                          |
| <b>HRMUs Evaluation System Workshop</b> |                     |        | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul> |
| AM Snacks                               | 30 pax per delivery | 30 pax | <ul style="list-style-type: none"> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>  |
| Lunch                                   | 30 pax per delivery | 30 pax | <ul style="list-style-type: none"> <li>• The meals shall be served based on the following schedule:</li> </ul>   |
| PM Snacks                               | 30 pax per delivery | 30 pax | <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul>   |

| Description  | Quantity            | Total   | Delivered, Weeks/Months   |
|--|---------------------|---------|---|
|  |                     |         | ➤ PM Snacks: Within 1430H – 1530H   |
| <b>Quarterly Project Assessment</b>  |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| AM Snacks  | 40 pax per delivery | 120 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Lunch  | 40 pax per delivery | 120 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| PM Snacks  | 40 pax per delivery | 120 pax |   |
| <b>Quarterly TWG on Research &amp; Curriculum Development and Assessment</b> |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| AM Snacks  | 20 pax per delivery | 120 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Lunch  | 20 pax per delivery | 120 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| PM Snacks  | 20 pax per delivery | 120 pax |   |

| Description  | Quantity            | Total  | Delivered, Weeks/Months   |
|--|---------------------|--------|---|
| <b>Gantt Chart Development Workshop</b>              |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| AM Snacks  | 30 pax per delivery | 60 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Lunch  | 30 pax per delivery | 60 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| PM Snacks  | 30 pax per delivery | 60 pax |   |
| <b>End Violence Against Women (End-VAW) Campaign</b> |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| AM Snacks  | 70 pax per delivery | 70 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Lunch  | 70 pax per delivery | 70 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| PM Snacks  | 70 pax per delivery | 70 pax |   |

| Description   | Quantity            | Total   | Delivered, Weeks/Months  |
|---|---------------------|---------|--|
| <b>R.A. 9184 and Its Revised IRR and PCFC Seminar</b> |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Breakfast   | 30 pax per delivery | 30 pax  |  |
| Lunch   | 30 pax per delivery | 30 pax  |  |
| PM Snacks   | 30 pax per delivery | 30 pax  |  |
| <b>PROMEX Workshop</b>                                |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Breakfast   | 50 pax per delivery | 150 pax |  |
| Lunch   | 50 pax per delivery | 150 pax |  |
| PM Snacks   | 50 pax per delivery | 150 pax |  |

| Description                           | Quantity            | Total   | Delivered, Weeks/Months  |
|---------------------------------------|---------------------|---------|--|
| <b>CGHRMC Anniversary</b>             |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| ❖ <b>Bloodletting Activity</b>        |                     |         |  |
| AM Snacks                             | 80 pax per delivery | 80 pax  |  |
| PM Snacks                             | 80 pax per delivery | 80 pax  |  |
| ❖ <b>Outreach Program</b>             |                     |         |  |
| AM Snacks                             | 80 pax per delivery | 80 pax  |  |
| Lunch                                 | 80 pax per delivery | 80 pax  |  |
| PM Snacks                             | 80 pax per delivery | 80 pax  |  |
| <b>CGHRMC Sportsfest</b>              |                     |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| ❖ <b>Opening and Closing Ceremony</b> |                     |         |  |
| Lunch                                 | 60 pax per delivery | 120 pax |  |
| ❖ <b>Sports Facilitators</b>          |                     |         |  |
| AM Snacks                             | 20 pax per delivery | 100 pax |  |
| Lunch                                 | 20 pax per delivery | 100 pax |  |
| PM Snacks                             | 20 pax per delivery | 100 pax |  |

| Description  | Quantity   | Total  | Delivered, Weeks/Months  |
|--|--|--|--|
| <b>CGHRMC Stress Management Program for Men and Women</b><br><br>Lunch<br><br>PM Snacks  | 180 pax per delivery<br><br>180 pax per delivery   | 180 pax<br><br>180 pax                               | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>  |
| <b>Human Resource Management Officers Basic Course (Class 03-2023)</b><br><br>❖ <b>Convening and Graduation Ceremony</b><br><br>Lunch<br><br>❖ <b>Instructors</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks | 60 pax per delivery<br><br>115 days per delivery<br><br>115 days per delivery<br><br>115 days per delivery | 120 pax<br><br>115 pax<br><br>115 pax<br><br>115 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |



| Description  | Quantity   | Total  | Delivered, Weeks/Months  |
|--|--|--|--|
| <b>Human Resource Management Officers Basic Course (Class 04-2023)</b><br><br><b>❖ Convening and Graduation Ceremony</b><br><br>Lunch<br><br><b>❖ Instructors</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks | <br><br><br><br><br><br><br><br><br><br>60 pax per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery | <br><br><br><br><br><br><br><br><br><br>120 pax<br><br><br><br><br><br><br><br><br><br>115 pax<br><br><br><br><br><br><br><br><br><br>115 pax<br><br><br><br><br><br><br><br><br><br>115 pax | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>Human Resource Management Non-Officers Basic Course</b><br><br><b>❖ Convening and Graduation Ceremony</b><br><br>Lunch<br><br><b>❖ Instructors</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks             | <br><br><br><br><br><br><br><br><br><br>60 pax per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery<br><br><br><br><br><br><br><br><br><br>115 days per delivery | <br><br><br><br><br><br><br><br><br><br>120 pax<br><br><br><br><br><br><br><br><br><br>115 pax<br><br><br><br><br><br><br><br><br><br>115 pax<br><br><br><br><br><br><br><br><br><br>115 pax | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |

| Description   | Quantity   | Total                                 | Delivered, Weeks/Months  |
|---|--|---------------------------------------|--|
| <b>Community Outreach Program</b><br><br>AM Snack   | 150 pax per delivery   | 150 pax                               | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for AM Snacks shall be served within 0930H – 1030H</li> </ul>  |
| <b>Rifle and Pistol Proficiency Training</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks | 100 pax per delivery<br><br>100 pax per delivery<br><br>100 pax per delivery | 300 pax<br><br>300 pax<br><br>300 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>Water Search and Rescue</b><br><br>AM Snacks<br><br>Lunch                                | 5 pax per delivery<br><br>5 pax per delivery                                 | 50 pax<br><br>50 pax                  | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served</li> </ul>   |

| Description   | Quantity  | Total                              | Delivered, Weeks/Months  |
|---|---|------------------------------------|--|
| PM Snacks   | 5 pax per delivery  | 50 pax                             | <p>based on the following schedule:</p> <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>  |
| <b>Computer Maintenance and Servicing Training</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks | 10 pax per delivery<br><br>10 pax per delivery<br><br>10 pax per delivery | 30 pax<br><br>30 pax<br><br>30 pax | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>Recruitment Activities</b><br><br>Breakfast<br><br>Lunch                                       | 24 pax per delivery<br><br>24 pax per delivery<br><br>24 pax per          | 240 pax<br><br>240 pax             | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within</li> </ul> </li> </ul>   |

| Description   | Quantity            | Total   | Delivered, Weeks/Months  |
|---|---------------------|---------|--|
| Dinner  | delivery            | 240 pax | 0630H – 830H<br>➤ Lunch: Within 1100H – 1300H<br>➤ Dinner: Within 1700H – 2000H  |
| <b>Lot 2</b>  |                     |         |  |
| <b>PCG-PGMC 2<sup>nd</sup> Quarter Meeting</b>                            |                     |         |  |
| AM Snacks   | 26 pax per delivery | 26 pax  | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>  |
| Lunch   | 26 pax per delivery | 26 pax  | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule:               <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul>   |
| <b>PCG-PGMC 2<sup>nd</sup> Quarter Troops Information &amp; Education</b> |                     |         |  |
| Lunch   | 28 pax per delivery | 28 pax  | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for lunch shall be served within 1100H – 1300H.</li> </ul> |

| Description   | Quantity            | Total  | Delivered, Weeks/Months   |
|---|---------------------|--------|---|
| <b>PCG-PGMC<br/>Commander's Time &amp;<br/>Dialogue</b>                               |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| AM Snacks   | 28 pax per delivery | 28 pax |   |
| Lunch   | 28 pax per delivery | 28 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| PM Snacks   | 28 pax per delivery | 28 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>PCG-PGMC 3<sup>rd</sup><br/>Quarter Meeting</b>                                    |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> </ul>   |
| AM Snacks   | 28 pax per delivery | 28 pax |   |
| Lunch   | 28 pax per delivery | 28 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
|   |                     |        | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul>  |
| <b>PCG-PGMC 3<sup>rd</sup><br/>Quarter Troops<br/>Information &amp;<br/>Education</b> |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to</li> </ul>  |

| Description                                    | Quantity            | Total  | Delivered, Weeks/Months   |
|--|---------------------|--------|---|
| Lunch  | 28 pax per delivery | 56 pax | December 2023.  |
| PM Snacks                                      | 28 pax per delivery | 56 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>   |
| <b>PCG-PGMC Anniversary</b>                    |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| AM Snacks                                      | 30 pax per delivery | 60 pax |   |
| Lunch  | 30 pax per delivery | 60 pax |   |
| PM Snacks                                      | 30 pax per delivery | 60 pax |   |
| <b>PCG-PGMC 4<sup>th</sup> Quarter Meeting</b> |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for</li> </ul>  |
| AM Snacks                                      | 29 pax per delivery | 29 pax |   |

| Description                                | Quantity             | Total    | Delivered, Weeks/Months   |
|--|----------------------|----------|---|
| Lunch                                      | 29 pax per delivery  | 29 pax   | <p>every activity.</p> <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul>   |
| <b>Lot 3</b>                               |                      |          |   |
| Quarterly PFT                              |                      |          |   |
| Breakfast                                  | 50 pax per delivery  | 2000 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for breakfast shall be served within 0630H – 0830H.</li> </ul> |
| PFT for Promotion, Re-Enlistment, Re-Entry |                      |          |   |
| Breakfast                                  | 100 pax per delivery | 1000 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for breakfast shall be served within 0630H – 0830H.</li> </ul> |

| Description                                  | Quantity             | Total   | Delivered, Weeks/Months   |
|--|----------------------|---------|---|
| <b>CPCG'S Testimonial (Golf)</b>             |                      |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>  |
| Breakfast                                    | 100 pax per delivery | 100 pax |   |
| Lunch  | 100 pax per delivery | 100 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Dinner                                       | 100 pax per delivery | 100 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ Dinner: Within 1700H – 2000H</li> </ul> </li> </ul>    |
| <b>CPCG'S Testimonial (Shoot Fest)</b>       |                      |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> </ul>   |
| AM Snacks                                    | 200 pax per delivery | 200 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Lunch  | 200 pax per delivery | 200 pax | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| PM Snacks                                    | 200 pax per delivery | 200 pax |   |
| <b>Invitational Practice and Tournaments</b> |                      |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the</li> </ul>   |



| Description                        | Quantity             | Total   | Delivered, Weeks/Months  |
|------------------------------------|----------------------|---------|--|
| Breakfast                          | 150 pax per delivery | 150 pax | <p>Notice to Proceed to December 2023</p> <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>   |
| Lunch                              | 150 pax per delivery | 150 pax |  |
| PM Snacks                          | 150 pax per delivery | 150 pax |  |
| <b>PCG Summer Sports Fest 2023</b> |                      |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Breakfast                          | 300 pax per delivery | 300 pax |  |
| Lunch                              | 300 pax per delivery | 300 pax |  |
| PM Snacks                          | 300 pax per delivery | 300 pax |  |
| <b>AFP-PNP-PCG Little Olympics</b> |                      |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> </ul>   |
| Breakfast                          | 300 pax per delivery | 300 pax |  |

| Description                 | Quantity                   | Total   | Delivered, Weeks/Months  |
|-----------------------------|----------------------------|---------|--|
| Lunch                       | 300 pax<br>per<br>delivery | 300 pax | <ul style="list-style-type: none"> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>   |
| PM Snacks                   | 300 pax<br>per<br>delivery | 300 pax |  |
| <b>AFP-PNP-PCG Olympics</b> |                            |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| Breakfast                   | 300 pax<br>per<br>delivery | 300 pax |  |
| Lunch                       | 300 pax<br>per<br>delivery | 300 pax |  |
| PM Snacks                   | 300 pax<br>per<br>delivery | 300 pax |  |
| <b>Commandant's Cup</b>     |                            |         | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> </ul>   |
| Breakfast                   | 300 pax<br>per<br>delivery | 300 pax |  |
| Lunch                       | 300 pax<br>per<br>delivery | 300 pax |  |

| Description   | Quantity   | Total  | Delivered, Weeks/Months   |
|---|--|--|---|
| PM Snacks   | 300 pax<br>per<br>delivery   | 300 pax  | <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ Breakfast: Within 0630H – 0830H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>   |
| <b>TI &amp; E</b><br><br>AM Snacks<br><br><br><br><br><br><br><br><br>Lunch                                   | 100 pax<br>per<br>delivery<br><br><br><br><br><br><br><br><br>100 pax<br>per<br>delivery | 400 pax<br><br><br><br><br><br><br><br><br>400 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul> |
| <b>Commander's Time</b><br><br><br><br><br><br><br><br><br>AM Snacks<br><br><br><br><br><br><br><br><br>Lunch | 100 pax<br>per<br>delivery<br><br><br><br><br><br><br><br><br>100 pax<br>per<br>delivery | 400 pax<br><br><br><br><br><br><br><br><br>400 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul> |

| Description  | Quantity  | Total                                 | Delivered, Weeks/Months   |
|--|---|---------------------------------------|---|
| <b>PCG Online Fitness Program</b><br><br>Breakfast                             | 65 pax per delivery   | 650 pax                               | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals for breakfast shall be served within 0630H – 0830H.</li> </ul>   |
| <b>Lot 4</b>   |   |                                       |   |
| <b>GST Training of Trainers</b><br><br>AM Snacks<br><br>Lunch<br><br>PM Snacks | 20 pax per delivery<br><br>20 pax per delivery<br><br>20 pax per delivery | 100 pax<br><br>100 pax<br><br>100 pax | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>PCG Gender Sensitivity Training</b><br><br>AM Snacks                        | 50 pax per delivery   | 50 pax                                | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior</li> </ul>  |

| Description                       | Quantity            | Total  | Delivered, Weeks/Months   |
|-----------------------------------|---------------------|--------|---|
| Lunch                             | 50 pax per delivery | 50 pax | <p>to the delivery date for every activity.</p> <ul style="list-style-type: none"> <li>The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul>   |
| PM Snacks                         | 50 pax per delivery | 50 pax |   |
| <b>CODI Meetings and Seminars</b> |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity. <ul style="list-style-type: none"> <li>➤ AM Snack: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| AM Snacks                         | 15 pax per delivery | 60 pax |   |
| Lunch                             | 15 pax per delivery | 60 pax |   |
| PM Snacks                         | 15 pax per delivery | 60 pax |   |
| <b>PCG Gender Analysis</b>        |                     |        | <ul style="list-style-type: none"> <li>The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023.</li> <li>The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>The meals shall be served based on the following schedule:</li> </ul>  |
| AM Snacks                         | 50 pax per delivery | 50 pax |   |
| Lunch                             | 50 pax per delivery | 50 pax |   |
| PM Snacks                         | 50 pax per          | 50 pax |   |

| Description                             | Quantity            | Total   | Delivered, Weeks/Months   |
|---|---------------------|---------|---|
|   | delivery            |         | <ul style="list-style-type: none"> <li>➤ AM Snack: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>  |
| <b>PCG Gender Mainstreaming Seminar</b> |                     |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snack: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| AM Snacks                               | 50 pax per delivery | 50 pax  |   |
| Lunch                                   | 50 pax per delivery | 50 pax  |   |
| PM Snacks                               | 50 pax per delivery | 50 pax  |   |
| <b>PCG GAD Planning and Budgeting</b>   |                     |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule:</li> </ul>   |
| AM Snacks                               | 50 pax per delivery | 100 pax |   |
| Lunch                                   | 50 pax per delivery | 100 pax |   |

| Description                             | Quantity             | Total   | Delivered, Weeks/Months  |
|---|----------------------|---------|--|
| PM Snacks                               | 50 pax per delivery  | 100 pax | <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>  |
| <b>DOTr GAD Maritime Sector Meeting</b> |                      |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| <b>18-Day Campaign to END-VAW</b>       |                      |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> </ul> </li> </ul>   |
| AM Snacks                               | 200 pax per delivery | 200 pax |  |
| Lunch                                   | 200 pax per delivery | 200 pax |  |
| PM Snacks                               | 200 pax per          | 200 pax |  |

| Description  | Quantity             | Total   | Delivered, Weeks/Months  |
|--|----------------------|---------|--|
|  | delivery             |         | <ul style="list-style-type: none"> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul>   |
| <b>Lot 5</b>   |                      |         |  |
| <b>Orientation and Re-Orientation of Non-Uniformed Personnel</b> |                      |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snacks: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> <li>➤ PM Snacks: Within 1430H – 1530H</li> </ul> </li> </ul> |
| AM Snacks  | 70 pax per delivery  | 70 pax  |  |
| Lunch  | 70 pax per delivery  | 70 pax  |  |
| PM Snacks  | 70 pax per delivery  | 70 pax  |  |
| <b>Civil Service Anniversary Opening Ceremony</b>                |                      |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity.</li> <li>• The meals shall be served based on the following schedule: <ul style="list-style-type: none"> <li>➤ AM Snack: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul>   |
| AM Snacks  | 214 pax per delivery | 214 pax |  |
| Lunch  | 214 pax per delivery | 214 pax |  |



| Description   | Quantity                   | Total   | Delivered, Weeks/Months  |
|---|----------------------------|---------|--|
| <b>Civil Service<br/>Anniversary Closing<br/>Ceremony</b> |                            |         | <ul style="list-style-type: none"> <li>• The terms and conditions of the contract shall be effective from receipt by the winning supplier of the Notice to Proceed to December 2023</li> <li>• The Supplier will be notified seven (7) days prior to the delivery date for every activity. <ul style="list-style-type: none"> <li>➤ AM Snack: Within 0930H – 1030H</li> <li>➤ Lunch: Within 1100H – 1300H</li> </ul> </li> </ul> |
| AM Snacks   | 214 pax<br>per<br>delivery | 214 pax |  |
| Lunch   | 214 pax<br>per<br>delivery | 214 pax |  |

Conforme:

\_\_\_\_\_  
[Signature of the Authorized Rep.]

\_\_\_\_\_  
[in the capacity of] (Please indicate position  
of Authorized Rep.)]

Duly authorized to sign Bid for and on behalf of

\_\_\_\_\_  
(Please indicate name of company)



REPUBLIC OF THE PHILIPPINES

**COAST GUARD HUMAN RESOURCE MANAGEMENT COMMAND**

56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City

## ***Section VII. Technical Specifications***

| Item | Specification | Statement of Compliance   |
|------|---------------|---|
|      |               | <p><i>[Bidders must state here either “Comply” or “Not Comply” against each of the individual parameters of each Specification stating the corresponding performance parameter of the equipment offered. Statements of “Comply” or “Not Comply” must be supported by evidence in a Bidders Bid and cross-referenced to that evidence. Evidence shall be in the form of manufacturer’s un-amended sales literature, unconditional statements of specification and compliance issued by the manufacturer, samples, independent test data etc., as appropriate. A statement that is not supported by evidence or is subsequently found to be contradicted by the evidence presented will render the Bid under evaluation liable for rejection. A statement either in the Bidder’s statement of compliance or the supporting evidence that is found to be false either during Bid evaluation, post-qualification or the execution of the Contract may be regarded as fraudulent and render the Bidder or supplier liable for prosecution subject to the applicable laws and issuances.]</i></p> |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <b>Lot 1</b>   |   |  |
| <b>CGHRMC Staff Conference</b><br><br>Quantity:<br>• 20 pax for Breakfast per Activity<br><br>No of Activity:<br>24 activities (1 day per activity for a total of 24 non-consecutive days) | <b>Breakfast (Packed Meals)</b><br><br>1.1 Choice of Viands ( <i>minimum of 200g per serving</i> ); paired with egg: sunny side-up/scrambled/salted egg <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> 1.2. At least one (1) full size measuring cup of steamed rice ( <i>at least 150g per serving</i> )<br><br>1.3. Beverages ( <i>minimum of 375ml per serving</i> ) <ul style="list-style-type: none"> <li>• Coffee</li> </ul> | <b>Statement of Compliance:</b><br><br><hr/>     |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul>   |  |
| <p><b>Command Conference</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 40 pax for AM Snacks per Activity</li> <li>• 40 pax for Lunch per Activity</li> <li>• 40 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Buffet – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Buffet</i>)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Butter Sauce</p> <ul style="list-style-type: none"> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> </ul> |  |



| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>CGHRMC – STI Meetings</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 15 pax for AM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>11 activities (1 day per activity for a total of 11 non-consecutive days)</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> </ul>  | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul>  |  |
| <p><b>PCG Officers Admission Board</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea,</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply”    |
|---|---|---|
|   | <ul style="list-style-type: none"> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>PCG Non-Officers Admission Board</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> </ul>  | <p><b>Statement of Compliance:</b></p> <p>_____</p> |



| PARTICULARS           | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-----------------------|--|--|
| non-consecutive days) | <ul style="list-style-type: none"> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i></p>  |  |
| <p><b>PCG Lateral Entry Board</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>20 pax for AM Snacks per Activity</li> <li>20 pax for Lunch per Activity</li> <li>20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>Spaghetti</li> <li>Carbonara</li> <li>Lasagna</li> <li>Baked Macaroni</li> <li>Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>Pancit Malabon</li> <li>Miki Bihon</li> <li>Canton</li> <li>Pancit Binondo</li> <li>Palabok</li> <li>Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>Shark’s Fin</li> <li>Dumplings</li> <li>Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>Puto Bumbong</li> <li>Puto’t Dinuguan</li> <li>Kutsinta with Caramel</li> <li>Pichi-Pichi</li> <li>Sapin-Sapin</li> <li>Palitaw</li> <li>Bibingka</li> <li>Maja-Blanca</li> <li>Biko</li> <li>Suman</li> <li>Cassava Cake</li> <li>Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>PCG Re-CAD, Reentry and Reinstatement Board</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> </ul>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply”    |
|---|---|---|
|   | <p>Malunggay</p> <ul style="list-style-type: none"> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>NOP PROMEX Board</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 25 pax for AM</li> </ul> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p>   | <p><b>Statement of Compliance:</b></p> <p>_____</p> |



| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
| <p>Snacks per Activity</p> <ul style="list-style-type: none"> <li>• 25 pax for Lunch per Activity</li> <li>• 25 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>  |  |
| <p><b>Course Monitors Training</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity (5-day activity for a total of 5 consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple,</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply”    |
|--|---|---|
|  | <ul style="list-style-type: none"> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>Basic Complete Staff Work Training</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 30 pax for AM Snacks per Activity</li> <li>• 30 pax for Lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> </ul>  | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |



| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | 2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i>   |  |
| <p><b>Project Monitoring Dashboard</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 30 pax for AM Snacks per Activity</li> <li>• 30 pax for Lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>Dashboard Development Workshop</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> </ul>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <b>HRMUs Evaluation System Workshop</b><br><br>Quantity:<br>• 30 pax for AM | <b>AM/PM Snacks</b> ( <i>Packed Meals – minimum of 200g per serving</i> )<br><br>1.1 Choice of Pasta<br>• Spaghetti  | <b>Statement of Compliance:</b><br><br>_____     |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
| <p>Snacks per Activity</p> <ul style="list-style-type: none"> <li>• 30 pax for lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 day activity</p> | <ul style="list-style-type: none"> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum</i></p> |  |



| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <p><i>of 375ml per serving)</i></p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie;<br/><i>(at least 100g per serving)</i></p>   |  |
| <p><b>Quarterly Project Assessment</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 40 pax for AM Snacks per Activity</li> <li>• 40 pax for Lunch per Activity</li> <li>• 40 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>3 activities (1 day per activity for a total of 3 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply”    |
|--|--|---|
|  | <p>Labong/Puso ng Saging</p> <ul style="list-style-type: none"> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>Quarterly TWG on Research &amp; Curriculum Development and Assessment</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> </ul>   | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| 3 activities (2 days per activity with 3 non-consecutive activities) | <ul style="list-style-type: none"> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable <i>(at least 100g per</i></p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>serving)</i></p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | 2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i>  |  |
| <p><b>Gantt Chart Development Workshop</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 30 pax for AM Snacks per Activity</li> <li>• 30 pax for Lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> <i>(Packed Meals – minimum of 200g per serving)</i></p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> </ul> |  |



| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>               |  |
| <p><b>End Violence Against Women (End-VAW) Campaign</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 70 pax for AM Snacks per Activity</li> <li>• 70 pax for Lunch per Activity</li> <li>• 70 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>Soda</li> <li>Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>Sparkling Water</li> <li>Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>Roast Beef with Mushroom Gravy</li> <li>Mongolian Beef</li> <li>Beef Morcon</li> <li>Beef Stew</li> <li>Beef Lengua</li> <li>Beef Pares</li> <li>Beef Salpicao</li> <li>Kare-Kare</li> <li>Beef Broccoli</li> <li>Korean Beef</li> <li>Beef Nilaga</li> <li>Beef Bulalo</li> <li>Beef Mechado</li> <li>Beef Stroganoff</li> <li>Beef Tapa</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply”    |
|---|--|---|
|   | <ul style="list-style-type: none"> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>R.A. 9184 and Its Revised IRR and PCFC Seminar</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 30 pax for Breakfast per Activity</li> </ul> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> </ul>   | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <ul style="list-style-type: none"> <li>• 30 pax for Lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <ul style="list-style-type: none"> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply”    |
|--|--|---|
|  | <ul style="list-style-type: none"> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |   |
| <p><b>PROMEX Workshop</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for Breakfast per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:</p> <p>1 activity for 3</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul>  | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS      | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|------------------|---|--|
| consecutive days | <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Malunggay</p> <ul style="list-style-type: none"> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>CGHRMC Anniversary</b></p> <p>➤ <b>Bloodletting Activity</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 80 pax for AM Snacks per Activity</li> <li>• 80 pax for Lunch per Activity</li> <li>• 80 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> </ul>  | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <p>➤ <b>Outreach Program</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 80 pax for AM Snacks per Activity</li> <li>• 80 pax for Lunch per Activity</li> <li>• 80 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <ul style="list-style-type: none"> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie;</p> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <i>(at least 100g per serving)</i>  |  |
| <p><b>CGHRMC Sportsfest</b></p> <p>➤ <b>Opening and Closing Ceremony</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 60 pax for Lunch per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> <p>➤ <b>Sports Facilitators</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> <li>• 20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>5 activities (1 day per activity for a total of 5 consecutive days)</p> | <p><b>AM/PM Snacks</b> <i>(Packed Meals – minimum of 200g per serving)</i></p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>CGHRMC Stress Management Program for Men and Women</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 180 pax for Lunch per Activity</li> <li>• 180 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> </ul>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable <i>(at least 100g per</i></p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>serving)</i></p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i></p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <p><b>Human Resource Management Officers Basic Course (Class 03-2023)</b></p> <p>➤ <b>Convening and Graduation Ceremony</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 60 pax for Lunch per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> <p>➤ <b>Instructors</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 115 pax for AM Snacks per Activity</li> <li>• 115 pax for Lunch per Activity</li> <li>• 115 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>115 activities (1 day per activity for a total of 115 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply”    |
|---|--|---|
|   | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>   |   |
| <p><b>Human Resource Management Officers Basic Course (Class 04-2023)</b></p> <p>➤ <b>Convening and Graduation Ceremony</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 60 pax for Lunch per Activity</li> </ul> <p>No. of Activity:</p> <p>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> <p>➤ <b>Instructors</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 115 pax for AM Snacks per Activity</li> <li>• 115 pax for Lunch per Activity</li> <li>• 115 pax for PM Snacks per Activity</li> </ul> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> </ul> | <p><b>Statement of Compliance:</b></p> <p>_____</p> |



| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <p>No. of Activity:<br/>115 activities (1 day per activity for a total of 115 non-consecutive days)</p> | <ul style="list-style-type: none"> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum</i></p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>of 375ml per serving)</i></p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>Human Resource Management Non-Officers Basic Course</b></p> <p>➤ <b>Convening and Graduation Ceremony</b></p> <p>Quantity:</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <ul style="list-style-type: none"> <li>• 60 pax for Lunch per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> <p>➤ <b>Instructors</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 115 pax for AM Snacks per Activity</li> <li>• 115 pax for Lunch per Activity</li> <li>• 115 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>115 activities (1 day per activity for a total of 115 non-consecutive days)</p> | <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>Tuna)</p> <ul style="list-style-type: none"> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (at least 100g per serving)</p>  |  |
| <p><b>Community Outreach Program</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 150 pax for AM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <p><b>Rifle and Pistol Proficiency Training</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 100 pax for AM Snacks per Activity</li> <li>• 100 pax for Lunch per Activity</li> <li>• 100 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>3 activities (1 day per activity for a total of 3 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply”    |
|--|--|---|
|  | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>   |   |
| <p><b>Water Search and Rescue</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 5 pax for AM Snacks per Activity</li> <li>• 5 pax for Lunch per Activity</li> <li>• 5 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (5 days per activity for a total of 2 non-consecutive activities)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> </ul> | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum</i></p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>of 375ml per serving)</i></p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>Computer Maintenance and Servicing Training</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 10 pax for AM Snacks per Activity</li> <li>• 10 pax for Lunch per Activity</li> <li>• 10 pax for PM</li> </ul> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
| <p>Snacks per Activity</p> <p>No. of Activity:<br/>1 activity for 3 consecutive days</p> | <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea,</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <p>Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i></p>  |  |
| <p><b>Recruitment Activities</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 24 pax for Breakfast per Activity</li> <li>• 24 pax for Lunch per Activity</li> <li>• 24 pax for Dinner per Activity</li> </ul> <p>No. of Activity:<br/>10 activities (1 day per activity for a total of 10 non-consecutive days)</p> | <p><b>Breakfast</b> (<i>Packed Meals</i>)</p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch/Dinner</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbecue</li> <li>• Patatim</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Tofu</p> <ul style="list-style-type: none"> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> |  |



| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>  |  |
| <b>Lot 2</b>  |   |  |
| <p><b>PCG-PGMC 2<sup>nd</sup> Quarter Meeting</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 26 pax for AM Snacks per Activity</li> <li>• 26 pax for Lunch Per Activity</li> </ul> <p>No of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <p><b>PCG-PGMC 2<sup>nd</sup> Quarter Troops Information &amp; Education</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 28 pax for Lunch per Activity</li> </ul> <p>No. of Activity<br/>1 activity for 1 day</p> | <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> </ul> | <p><i>Statement of Compliance:</i></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>PCG-PGMC<br/>Commander’s Time &amp;<br/>Dialogue</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 28 pax for AM Snacks per Activity</li> <li>• 28 pax for Lunch per Activity</li> <li>• 28 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p>   | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
| <p><b>PCG-PGMC 3<sup>rd</sup> Quarter Meeting</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 28 pax for AM Snacks per Activity</li> <li>• 28 pax for Lunch per activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>   |  |
| <p><b>PCG-PGMC 3<sup>rd</sup> Quarter Troops Information &amp; Education</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 28 pax for Lunch per Activity</li> <li>• 28 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> | <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of</i></p> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>200g per serving)</i></p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel,</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply”    |
|---|---|---|
|   | <p>etc.)</p> <ul style="list-style-type: none"> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |   |
| <p><b>PCG-PGMC Anniversary</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 30 pax for AM Snacks per Activity</li> <li>• 30 pax for Lunch per Activity</li> <li>• 30 pax for PM Snacks per Activity</li> </ul> | <p><b>AM/PM Snacks</b> (<i>Buffet – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul>   | <p><b>Statement of Compliance:</b></p> <p>_____</p> |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
| <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 consecutive days)</p> | <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Buffet</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbecue</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea,</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <p>Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i></p>   |  |
| <p><b>PCG-PGMC 4<sup>th</sup> Quarter Meeting</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 20 pax for AM Snacks per Activity</li> <li>• 20 pax for Lunch per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> </ul> | <p><b>Statement of Compliance:</b></p> <hr/>     |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>Butter Sauce</p> <ul style="list-style-type: none"> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <b>Lot 3</b>  |  |  |
| <p style="text-align: center;"><b>Quarterly PFT</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for Breakfast per Activity</li> </ul> <p>No of Activity:<br/>40 activities (1 day per activity for a total of 40 non-consecutive days)</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> </ul>   |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul>   |  |
| <p><b>PFT for Promotion Re-Enlistment, Re-Entry</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 100 pax for Breakfast per Activity</li> </ul> <p>No. of Activity</p> <p>10 activities (1 day per activity for a total of 10 non-consecutive days)</p>                  | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> |  |
| <p><b>CPCG’S Testimonial (Golf)</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 100 pax for Breakfast per Activity</li> <li>• 100 pax for Lunch per Activity</li> <li>• 100 pax for Dinner per Activity</li> </ul> <p>No. of Activity:</p> <p>1 activity for 1 day</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p>  |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch/Dinner</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <p><b>CPCG’S Testimonial (Shoot Fest)</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 200 pax for AM Snacks per Activity</li> <li>• 200 pax for Lunch per activity</li> <li>• 200 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>   |  |
| <p><b>Invitational Practice and Tournaments</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 150 pax for Breakfast per Activity</li> <li>• 150 pax for Lunch per Activity</li> <li>• 150 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul>   |  |
| <p><b>PCG Summer Sports Fest 2023</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 300 pax for Breakfast per Activity</li> <li>• 300 pax for Lunch per Activity</li> <li>• 300 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch (<i>Packed Meals</i>)</b></p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> </ul> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul>  |  |
| <p><b>AFP-PNP-PCG Little Olympics</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 300 pax for Breakfast per Activity</li> <li>• 300 pax for Lunch per Activity</li> <li>• 300 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>Breakfast (<i>Packed Meals</i>)</b></p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch (<i>Packed Meals</i>)</b></p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>Soda</li> <li>Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>Sparkling Water</li> <li>Distilled/Alkaline Water</li> </ul>  |  |
| <p><b>AFP-PNP-PCG Olympics</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>300 pax for Breakfast per Activity</li> <li>300 pax for Lunch per Activity</li> <li>300 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>Breakfast</b> (<i>Packed Meals</i>)</p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>Corned Beef</li> <li>Beef/Chicken Hotdog</li> <li>Beef Tapa</li> <li>Smoked Fish</li> <li>Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>Coffee</li> <li>Hot Choco</li> <li>Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | 1.8 Bottled/Canned Beverages ( <i>minimum of 375ml per serving</i> ) <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul>   |  |
| <b>Commandant’s Cup</b><br><br>Quantity:<br><ul style="list-style-type: none"> <li>• 300 pax for Breakfast per Activity</li> <li>• 300 pax for Lunch per Activity</li> <li>• 300 pax for PM Snacks per Activity</li> </ul> No. of Activity:<br>1 activity for 1 day | <b>Breakfast (<i>Packed Meals</i>)</b><br><br>1.1 Choice of Viands ( <i>minimum of 200g per serving</i> ); paired with egg: sunny side-up/scrambled/salted egg <ul style="list-style-type: none"> <li>• Corned Beef</li> <li>• Beef/Chicken Hotdog</li> <li>• Beef Tapa</li> <li>• Smoked Fish</li> <li>• Beef/Chicken Tocino</li> </ul> 1.2. At least one (1) full size measuring cup of steamed rice ( <i>at least 150g per serving</i> )<br><br>1.3. Beverages ( <i>minimum of 375ml per serving</i> ) <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Hot Choco</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Distilled/Alkaline Water</li> </ul> <b>Lunch (<i>Packed Meals</i>)</b><br><br>2.1 Viands <ol style="list-style-type: none"> <li>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</li> <li>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per</li> </ol> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per</i></p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><i>serving)</i></p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> <p><b>PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <ul style="list-style-type: none"> <li>Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>Sparkling Water</li> <li>Distilled/Alkaline Water</li> </ul>  |  |
| <p><b>TI &amp; E</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>100 pax for AM Snacks per Activity</li> <li>100 pax for Lunch per Activity</li> </ul> <p>No. of Activity:</p> <p>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>Spaghetti</li> <li>Carbonara</li> <li>Lasagna</li> <li>Baked Macaroni</li> <li>Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>Pancit Malabon</li> <li>Miki Bihon</li> <li>Canton</li> <li>Pancit Binondo</li> <li>Palabok</li> <li>Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>Shark’s Fin</li> <li>Dumplings</li> <li>Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>Puto Bumbong</li> <li>Puto’t Dinuguan</li> <li>Kutsinta with Caramel</li> <li>Pichi-Pichi</li> <li>Sapin-Sapin</li> <li>Palitaw</li> <li>Bibingka</li> <li>Maja-Blanca</li> <li>Biko</li> <li>Suman</li> <li>Cassava Cake</li> <li>Nilupak</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <p>Shrimp</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>Commander’s Time</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 100 pax for AM Snacks per Activity</li> <li>• 100 pax for lunch per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> </ul>   |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |



| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
| <p><b>PCG Online Fitness Program</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>65 pax for Breakfast per Activity</li> </ul> <p>No. of Activity:<br/>10 activities (1 day per activity for a total of 10 non-consecutive days)</p>  | <p><b>Breakfast</b> (<i>Packed Meals</i>)</p> <p>1.1 Choice of Viands (<i>minimum of 200g per serving</i>); paired with egg: sunny side-up/scrambled/salted egg</p> <ul style="list-style-type: none"> <li>Corned Beef</li> <li>Beef/Chicken Hotdog</li> <li>Beef Tapa</li> <li>Smoked Fish</li> <li>Beef/Chicken Tocino</li> </ul> <p>1.2. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>1.3. Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>Coffee</li> <li>Hot Choco</li> <li>Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>Distilled/Alkaline Water</li> </ul> |  |
| <b>Lot 4</b>   |  |  |
| <p><b>GST Training of Trainers</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>20 pax for AM Snacks per Activity</li> <li>20 pax for Lunch per Activity</li> <li>20 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity<br/>5 activities (1 day per activity for a total of 5 consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>Spaghetti</li> <li>Carbonara</li> <li>Lasagna</li> <li>Baked Macaroni</li> <li>Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>Pancit Malabon</li> <li>Miki Bihon</li> <li>Canton</li> <li>Pancit Binondo</li> <li>Palabok</li> <li>Sotanghon</li> </ul>   |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <p><b>PCG Gender Sensitivity Training</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>  |  |
| <p><b>CODI Meetings Seminars</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 15 pax for AM Snacks per Activity</li> <li>• 15 pax for Lunch per Activity</li> <li>• 15 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>4 activities (1 day per activity for a total of 4 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> </ul> |  |



| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>PCG Gender Analysis</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul>   |  |

| PARTICULARS                                      | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
| <p>No. of Activity:<br/>1 activity for 1 day</p> | <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea,</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <p>Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</p> <ul style="list-style-type: none"> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; <i>(at least 100g per serving)</i></p>  |  |
| <p><b>PCG Gender Mainstreaming Seminar</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> <i>(Packed Meals – minimum of 200g per serving)</i></p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> </ul> |  |

| PARTICULARS  | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <p><b>PCG GAD Planning and Budgeting</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for Lunch per Activity</li> <li>• 50 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:</p> <p>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p>   |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
| <p><b>DOTr GAD Maritime Sector Meeting</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 25 pax for AM Snacks per Activity</li> <li>• 25 pax for Lunch per Activity</li> <li>• 25 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>2 activities (1 day per activity for a total of 2 non-consecutive days)</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS   | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|---|---|--|
|   | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>  |  |
| <p><b>18-Day Campaign to END-VAW</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 200 pax for AM Snacks per Activity</li> <li>• 200 pax for Lunch per Activity</li> <li>• 200 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> |  |



| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
| <b>Lot 5</b>  |  |  |
| <p><b>Orientation and Re-Orientation Non-Uniformed Personnel</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 70 pax for AM Snacks per Activity</li> <li>• 70 pax for Lunch per Activity</li> <li>• 70 pax for PM Snacks per Activity</li> </ul> <p>No. of Activity<br/>1 activity for 1 day</p> | <p><b>AM/PM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <ul style="list-style-type: none"> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p>     |  |
| <p><b>Civil Service Anniversary Opening Ceremony</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 214 pax for AM Snacks per Activity</li> <li>• 214 pax for Lunch per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks (Packed Meals – minimum of 200g per serving)</b></p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> </ul> |  |

| PARTICULARS | DESCRIPTION  | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Relyenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |

| PARTICULARS  | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|--|--|--|
| <p align="center"><b>Civil Service<br/>Anniversary Closing<br/>Ceremony</b></p> <p>Quantity:</p> <ul style="list-style-type: none"> <li>• 50 pax for AM Snacks per Activity</li> <li>• 50 pax for lunch per Activity</li> </ul> <p>No. of Activity:<br/>1 activity for 1 day</p> | <p><b>AM Snacks</b> (<i>Packed Meals – minimum of 200g per serving</i>)</p> <p>1.1 Choice of Pasta</p> <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Carbonara</li> <li>• Lasagna</li> <li>• Baked Macaroni</li> <li>• Baked Ziti</li> </ul> <p>1.2 Choice of Pancit</p> <ul style="list-style-type: none"> <li>• Pancit Malabon</li> <li>• Miki Bihon</li> <li>• Canton</li> <li>• Pancit Binondo</li> <li>• Palabok</li> <li>• Sotanghon</li> </ul> <p>1.3 Choice of Dimsums</p> <ul style="list-style-type: none"> <li>• Siomai (Chicken, Beef, Tuna or Japanese)</li> <li>• Shark’s Fin</li> <li>• Dumplings</li> <li>• Siopao (Chicken or Beef)</li> </ul> <p>1.4 Choice of Kakanin</p> <ul style="list-style-type: none"> <li>• Puto Bumbong</li> <li>• Puto’t Dinuguan</li> <li>• Kutsinta with Caramel</li> <li>• Pichi-Pichi</li> <li>• Sapin-Sapin</li> <li>• Palitaw</li> <li>• Bibingka</li> <li>• Maja-Blanca</li> <li>• Biko</li> <li>• Suman</li> <li>• Cassava Cake</li> <li>• Nilupak</li> </ul> <p>1.5 Choice of Pastries</p> <ul style="list-style-type: none"> <li>• Buko Pie</li> <li>• Egg Pie</li> <li>• Banana Pie</li> <li>• Carrot Cake</li> <li>• Donuts</li> </ul> |  |



| PARTICULARS | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|-------------|--|--|
|             | <ul style="list-style-type: none"> <li>• Cakes (Chocolate, Ube, Caramel, etc.)</li> <li>• Ensaymada</li> <li>• Mamon</li> <li>• Chicken/Beef Burger</li> <li>• Cookies</li> <li>• Pizza</li> <li>• Empanada</li> </ul> <p>1.6 Choice of Wraps</p> <ul style="list-style-type: none"> <li>• Shawarma (Chicken, Beef or Tuna)</li> <li>• Burrito</li> <li>• Spring Roll</li> <li>• Fresh Lumpia</li> <li>• Tacos</li> </ul> <p>1.7 Choice of Sandwiches</p> <ul style="list-style-type: none"> <li>• Clubhouse</li> <li>• Tuna, Chicken, Bacon, Cheese Sandwich</li> <li>• Roastbeef Sandwich</li> <li>• Bacon, Lettuce, Tomato Sandwich</li> <li>• Steak and Cheese</li> <li>• Grilled Cheese Sandwich</li> </ul> <p>1.8 Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p><b>Lunch</b> (<i>Packed Meals</i>)</p> <p>2.1 Viands</p> <p>a. Pork Eaters - 1 viand of pork or beef meat and 1 viand of fish, chicken, or other seafood (at least 100g per serving)</p> <p>b. Non-Pork Eaters - 1 viand of</p> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <p>chicken or beef and 1 viand of fish or other seafood (at least 100g per serving)</p> <p>c. Choice of Viands:</p> <p>i. Beef</p> <ul style="list-style-type: none"> <li>• Roast Beef with Mushroom Gravy</li> <li>• Mongolian Beef</li> <li>• Beef Morcon</li> <li>• Beef Stew</li> <li>• Beef Lengua</li> <li>• Beef Pares</li> <li>• Beef Salpicao</li> <li>• Kare-Kare</li> <li>• Beef Broccoli</li> <li>• Korean Beef</li> <li>• Beef Nilaga</li> <li>• Beef Bulalo</li> <li>• Beef Mechado</li> <li>• Beef Stroganoff</li> <li>• Beef Tapa</li> <li>• Callos</li> <li>• Beef Steak</li> <li>• Beef Caldereta</li> </ul> <p>ii. Pork</p> <ul style="list-style-type: none"> <li>• Fried Liempo w/ Toasted Garlic</li> <li>• Pork Asado</li> <li>• Pork Nilaga</li> <li>• Sweet and Sour Pork</li> <li>• Rellenong Itlog</li> <li>• Pork Sinigang</li> <li>• Pork Lengua</li> <li>• Lechon Kawali</li> <li>• Pork Pochero</li> <li>• Pork Steak</li> <li>• Pork Chop</li> <li>• Sisig</li> <li>• Pork Mechado</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate<br>either: “Comply”<br>or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Lomo Steak w/ White Sauce</li> <li>• Pork Barbeque</li> <li>• Patatim</li> <li>• Pork Humba</li> <li>• Inihaw na Liempo</li> <li>• Lechon Belly</li> <li>• Menudo</li> <li>• Baby Back Ribs</li> <li>• Pork Fillet</li> </ul> <p>iii. Chicken</p> <ul style="list-style-type: none"> <li>• Chicken Paste w/ Quail egg</li> <li>• Orange Chicken</li> <li>• Roasted Chicken</li> <li>• Chicken in Honey Butter Sauce</li> <li>• Chicken Steak</li> <li>• Chicken Lollipop</li> <li>• Chicken Adobo sa Gata</li> <li>• Chicken Inasal</li> <li>• Fried Chicken</li> <li>• Chicken Afritada</li> <li>• Chicken Teriyaki</li> <li>• Tori Kowayaki</li> <li>• Chicken Fillet</li> <li>• Hawaiian Chicken</li> <li>• Buttered Chicken</li> <li>• Buffalo Wings</li> <li>• Chicken Curry</li> <li>• Chicken Ala king</li> <li>• Gordon Bleu</li> </ul> <p>iv. Seafoods</p> <ul style="list-style-type: none"> <li>• Sweet and Sour Fish Fillet</li> <li>• Grilled Blue Marlin in Lemon Butter Sauce</li> <li>• Buttered Crab w/ Bell Pepper</li> <li>• Tempura</li> <li>• Creamy Shrimp Broccoli</li> <li>• Swahe</li> <li>• Boneless Adobong Igat</li> </ul> |  |

| PARTICULARS | DESCRIPTION   | Please indicate either: “Comply” or “Not Comply” |
|-------------|---|--|
|             | <ul style="list-style-type: none"> <li>• Sinigang na Belly</li> <li>• Chili Garlic Shrimp</li> <li>• Asparagus w/ Mushroom and Tofu</li> <li>• Relyenong Bangus</li> <li>• Tortang Alimasag</li> <li>• Relyenong Pusit</li> <li>• Sinigang na Ulo (Pink Salmon)</li> <li>• Gambas</li> <li>• Fish Fillet w/ Tartar Sauce</li> <li>• Inihaw na Bangus</li> </ul> <p>2.2. Vegetable (<i>at least 100g per serving</i>)</p> <ul style="list-style-type: none"> <li>• Chopsuey</li> <li>• Laing</li> <li>• Adobong Sitaw/Talong</li> <li>• Pinakbet</li> <li>• Lo Han Chai</li> <li>• Monggo Guisado with Dilis and Malunggay</li> <li>• Mungbean Sprout</li> <li>• Gising-gising</li> <li>• Ensaladang Talong</li> <li>• Ginataang Langka/Kamansi</li> <li>• Coleslaw</li> <li>• Atsara</li> <li>• Kimchi</li> <li>• Ginataang Kalabasa/Papaya/ Labong/Puso ng Saging</li> <li>• Lumpiang Sariwa</li> <li>• Fern Salad</li> <li>• Kani Salad</li> <li>• Vegetable Salad</li> <li>• Agar-agar</li> <li>• Ginisang Upo/Ampalaya with Shrimp</li> <li>• Steamed Broccoli/ Cauliflower</li> <li>• Sipo Egg</li> <li>• Ceasar Salad</li> <li>• Steamed Bokchoy</li> </ul> |  |

| PARTICULARS   | DESCRIPTION  | Please indicate either: “Comply” or “Not Comply” |
|---|--|--|
|   | <p>2.3. At least one (1) full size measuring cup of steamed rice (<i>at least 150g per serving</i>)</p> <p>2.4. Bottled/Canned Beverages (<i>minimum of 375ml per serving</i>)</p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Juice (Four Seasons, Pineapple, Orange, Mango, Iced tea, Cucumber Lemonade, Red Iced Tea, Gulaman, Buko Lychee)</li> <li>• Sparkling Water</li> <li>• Distilled/Alkaline Water</li> </ul> <p>2.5. At least one (1) dessert: fruits, cakes, pastry, chocolates, cookies, gelatin, pie; (<i>at least 100g per serving</i>)</p> |  |
| <b>OTHER REQUIREMENTS</b>   |  | Please indicate either: “Comply” or “Not Comply” |
| <b>General Terms and Conditions</b>   |  |  |
| <p>1. The budget for the packed meals and/or catering services shall not exceed the following amounts:</p> <p>a) Breakfast: Two Hundred Pesos (PhP200.00);</p> <p>b) AM/PM Snacks (Packed Meals): One Hundred Fifty Pesos (PhP150.00);</p> <p>c) AM/PM Snacks (Catering Services): Two Hundred Pesos (PhP200.00);</p> <p>d) Lunch/Dinner (Packed Meals): Four Hundred Pesos (PhP400.00);</p> <p>e) Lunch/Dinner (Catering Services): Four Hundred Pesos (PhP400.00)</p> |  |  |
| <p>2. The winning Supplier or Service Provider must obtain from the responsible government agency a Sanitary Permit and submit the same to CGHRMC during post-qualification.</p>  |  |  |
| <p>3. The winning Supplier or Service Provider shall submit to the end-user the menu five (5) days prior to the scheduled supply and delivery of packed meals and/or provision for the required catering services for checking and approval.</p>  |  |  |

|     |   |  |
|-----|---|--|
| 4.  | Usage of hairnet and gloves by kitchen personnel must be observed at all times (gloves for dry/raw food must not be used to serve wet/cooked food).   |  |
| 5.  | If food will be cooked in a different location, the winning supplier or Service Provider must transport food at least thirty (30) minutes before the service within a tightly covered or sealed container to maintain it's the good quality of the food and avoid spoilage.   |  |
| 6.  | Avoid the use of single-use plastic. All food packs shall be packed in an eco-friendly material (preferably in paper packaging).  |  |
| 7.  | All packed meals shall include eco-friendly table napkins, complete with eco-friendly cutlery (spoon and fork). On the other hand, for catering services, the necessary table napkins and all the necessary cutlery (spoon and fork), plates, glasses, and/or saucers shall be provided.  |  |
| 8.  | The winning Supplier or Service Provider will be notified seven (7) days prior to the scheduled date of activity with respect to the venue of activity/engagement.  |  |
| 9.  | <p>The terms of payment shall be as follows:</p> <ul style="list-style-type: none"> <li>• No advance payment is allowed.</li> <li>• Partial payment shall be made upon completion of fifty percent (50%) of delivery of items under the contract and upon submission of the invoices describing the goods delivered, subject to accounting and auditing rules and procedures.</li> <li>• Full payment shall be made upon completion of one hundred percent (100%) of delivery of items under the contract and upon submission of the invoices describing the goods delivered, subject to accounting and auditing rules and procedures.</li> </ul> <p>The winning Supplier or Service Provider shall send its billing to the Coast Guard Human Resource Management Command, 56 ML Quezon Street., Purok 1, New Lower Bicutan, Taguig City together with all the necessary documentary evidence duly filled up and signed by the authorized PCG officers and personnel who received the food packs and/or provision of catering services as basis of payment.</p> |  |
| 10. | The winning supplier shall prepare food selection being offered during the Post-Qualification for the conformity of the technical specifications.   |  |

| <b>Menu</b>   |  |
|---|--|
| 1. The menu should consist of varied selections of vegetables, fruits, pork, beef, chicken, fish, and seafood. Vegetables should always be available.   |  |
| 2. The total food packs should comprise of one-half food packs for pork eaters and one-half food packs for non-pork eaters.   |  |
| 3. As for Catering Services, total menu shall cater all attendees including pork and non-pork eaters.   |  |
| 4. The menu should include viands using different methods of cooking (grilled, steamed, fried).   |  |
| 5. Food served must not appear too oily or soaked in its own fat.   |  |
| 6. Hot food should be served hot; cold food should be served cold.  |  |
| 7. The winning Supplier or Service Provider shall agree to prepare the healthy meals according to the approved budget for the Personnel.  |  |
| 8. The winning Supplier or Service Provider should be able to serve easy to prepare food and snacks.  |  |
| 9. Dessert should vary like fresh fruits, salad (fruit, buko, buko pandan) and sweets (e.g., ube jam, leche flan, macaroons).   |  |
| 10. Morning and afternoon snacks should NOT be the same. The menu for the lunch and dinner shall likewise NOT be the same.  |  |
| 11. Color combination and food presentation in the food packs must be observed.   |  |
| 12. Texture and consistency of the food delivered should be observed accordingly.   |  |
| 13. Two (2) or more foods with strong flavors should be avoided in the same meal strong flavors should be avoided in the same meal.   |  |
| 14. Salty food choices should not be present in the same meal schedule.   |  |
| 15. Portion control in serving viands must be observed and standardized.  |  |
| 16. Fat portions in meat should be trimmed.   |  |
| 17. Processed and/or canned foods should be limited to not more than two (2) times a week.  |  |
| 18. The winning Supplier or Service Provider shall have interest and commitment to provide healthy meals. Healthy meal is defined as a Healthy Diet which is complete with all the essential nutrients needed to perform daily activities and is balanced in terms of carbohydrates, proteins, vitamins and |  |

|   |  |
|---|--|
| mineral distribution. Healthy meals help support the goal of gradually changing to a healthy diet and healthy lifestyle.  |  |
| 19. The winning Supplier or Service Provider shall also prevent meals cooked that are easily spoiled.   |  |
| <b>Additional Requirements</b>  |  |
| 1. The winning Supplier or Service provider must strictly comply with the latest and existing health and safety protocols and guidelines issued by the Department of Health (DOH) and the Inter-Agency Task Force (IATF) as provided for a current situation (e.g COVID 19 pandemic – social or physical distancing, wearing of face mask, face shield, and/or frequent hand washing). To the extent possible all personnel who shall be responsible for the cooking and/or preparation of meals, distributions of food packs and handling of the catering services shall be at least vaccinated or have submitted a negative result coming from an antigen test or RT-PCR test three (3) days prior to the activity. |  |

\_\_\_\_\_  
*[Signature of the Authorized Rep.]*

\_\_\_\_\_  
*[in the capacity of] (Please indicate position of Authorized Rep.)]*

Duly authorized to sign Bid for and on behalf of  
 \_\_\_\_\_  
*(Please indicate name of company)*





REPUBLIC OF THE PHILIPPINES

COAST GUARD HUMAN RESOURCE MANAGEMENT COMMAND

56 ML Quezon Street, Purok 1, New Lower Bicutan, Taguig City

## ***Section VIII. Checklist of Technical and Financial Documents***

## Checklist of Technical and Financial Documents

Each Bidder shall submit one (1) original and six (6) copies of the first and second components of its bid through their duly authorized representatives.

Each bidder shall submit **separate bids for each lot items**.

All envelopes shall:

- a. contain the name of the contract to be bid in **capital letters**;
- b. bear the name and address of the Bidder in capital letters;
- c. be addressed to the BAC with the following details:

**BIDS AND AWARDS COMMITTEE (BAC)  
PHILIPPINE COAST GUARD – COAST GUARD HUMAN RESOURCE  
MANAGEMENT COMMAND**

- d. bear the specific identification of this bidding process; **and**
- e. bear a warning “**DO NOT OPEN BEFORE...**” the date and time for the opening of bids.

### I. TECHNICAL COMPONENT ENVELOPE

#### *Class “A” Documents*

##### Legal Documents

- ☐ Valid and updated Philippine Government Electronic Procurement System (PhilGEPS) Platinum Certificate of Registration and Membership in accordance with Section 8.5.2 of the 2016 Revised IRR of RA 9184, if registered under the Platinum category; Provided that all of the eligibility documents submitted to PhilGEPS are maintained and updated;

**OR**

In case any of the eligibility documents submitted to PhilGEPS is not updated, combination of a PhilGEPS Certificate of Registration and Platinum Membership, with any of the valid/updated Class “A” Eligibility Documents shall be submitted:

1. Securities and Exchange Commission (SEC) Registration Certificate for corporations, partnerships and/or joint ventures, Department of Trade and Industry (DTI) Registration Certificate for sole proprietorship, or Cooperative Development Authority (CDA) Registration Certificate for cooperatives; **AND**
2. Valid Mayor’s or Business Permit issued by the city or municipality where the principal place of business of the prospective bidder is located, or the equivalent document for Exclusive Economic Zones or Areas.

In cases of recently expired Mayor's/Business Permits, it shall be accepted together with the official receipt as proof that the bidder has applied for the renewal within the period prescribed by the concerned local government unit, provided that the renewed permit shall be submitted as a post-qualification requirement in accordance with Section 34.2 of the 2016 Revised IRR of R.A. 9184; **AND**

3. Valid Tax Clearance Certificate per Executive Order (E.O.) No. 398, series of 2005, as finally reviewed and approved by the Bureau of Internal Revenue (BIR); **AND**
4. Latest Audited Financial Statements (AFS), stamped "received" by the BIR or its duly accredited and authorized institutions, for the preceding calendar year. In case the AFS for the preceding calendar year is not yet available, said AFS should not be earlier than two (2) years from the deadline for the Submission and Receipt of Bids.

**OR**

In lieu of the PhilGEPS Platinum Certificate of Registration and Platinum Membership, bidders shall submit all of the proceeding valid and/or updated Class "A" Eligibility Documents; provided that the bidder having the LCB/SCB submit/s a valid and updated PhilGEPS Platinum Certificate of Registration and Membership within five (5) calendar days from receipt of the BAC notice of the LCB/SCB during the post-qualification process;

1. SEC Registration Certificate for corporations, partnerships and/or joint ventures, DTI Registration Certificate for sole proprietorship, or CDA Registration Certificate for cooperatives;
2. Valid Mayor's or Business Permit issued by the city or municipality where the principal place of business of the prospective bidder is located, or the equivalent document for Exclusive Economic Zones or Areas.

In cases of recently expired Mayor's/Business Permits, it shall be accepted together with the official receipt as proof that the bidder has applied for the renewal within the period prescribed by the concerned local government unit, provided that the renewed permit shall be submitted as a post-qualification requirement in accordance with Section 34.2 of the 2016 Revised IRR of R.A. 9184;

3. Valid Tax Clearance Certificate per Executive Order (E.O.) No. 398, series of 2005, as finally reviewed and approved by the Bureau of Internal Revenue (BIR); **AND**
4. Latest AFS stamped "received" by the BIR or its duly accredited and authorized institutions, for the preceding calendar year. In case the AFS for the preceding calendar year is not yet available, said AFS should not be earlier than two (2) years from the deadline for the Submission and Receipt of Bids.

Technical Documents

- ☐ (f) Statement of the prospective bidder of all its ongoing government and private contracts, including contracts awarded but not yet started, if any, whether similar or not similar in nature and complexity to the contract to be bid.

The Statement of all On-going and Completed Government and Private Contracts shall indicate for each contract, the following:

- name of the contract;
- date of the contract;
- Contract period;
- owner's name and address;
- kinds of goods;
- amount of contract and value of outstanding contracts;
- date of delivery (please state estimated date of delivery)

- ☐ (g) Statement of the bidder's Single Largest Completed Contract (SLCC) similar to the contract to be bid, completed within the last five (5) years prior to the deadline for the Submission and Receipt of Bids equivalent to at least twenty-five percent (25%) of the ABC, detailed as follows:

| LOT NO. | DESCRIPTION  | MINIMUM AMOUNT OF THE SLCC  |
|---------|--|---|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)  |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)              |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |

The statement identifying the Single Largest Completed Contract (SLCC) shall indicate the following:

- (a) name of the contract;
- (b) date of the contract;
- (c) contract period;
- (d) owner's name and address;
- (e) kinds of goods;
- (f) amount of completed contracts, adjusted by the bidder to current prices using PSA's consumer price index, if necessary for purposes of meeting the SLCC requirement;
- (h) date of delivery (actual date of delivery for the single largest completed contract); and
- (i) end user's acceptance or official receipt(s) or sales invoice issued for the contract, which shall be attached to the statement of SLCC.

For purposes of post-qualification, bidders are required to attach the entire set of the Contract, Purchase Order or Memorandum of Agreement to the Statement Identifying the SLCC.

Bidders are also required to Include in the aforesaid Statement of All On-going Government and Private Contracts and Statement Identifying the SLCC the following information:

- a) Contact Person; and
- b) Contact Details (telephone/fax/cellphone number and/or email address)

- ☐ (h) Original copy of Bid Security. If in the form of a Surety Bond, submit also a certification issued by the Insurance Commission, based on the following schedule:

|         |  |  |
|---------|--|--|
| Lot No. | <p>d) Cash, cashier's/ manager's check issued by a Universal or Commercial Bank;</p> <p>e) Bank draft/ guarantee or irrevocable letter of credit issued by a Universal or Commercial Bank; Provided, however, that it shall be confirmed or authenticated by a Universal or Commercial Bank, if issued by a foreign bank</p> <p>[at least Two Percent (2%) of the ABC]</p> | <p>f) Surety Bond, callable upon demand issued by a surety or insurance company duly certified by the Insurance Commission authorized to issue said security specific for the project</p> <p>[at least Five Percent (5%) of the ABC]</p> |
| 1       | PhP 42,065.00  | PhP 105,162.50   |

|   |               |                |
|---|---------------|----------------|
| 2 | PhP 2,668.00  | PhP 6,670.00   |
| 3 | PhP 48,650.00 | PhP 121,625.00 |
| 4 | PhP 9,380.00  | PhP 23,450.00  |
| 5 | PhP 4,492.80  | PhP 11,232.00  |

**OR;**

Original copy of Notarized Bid Securing Declaration; **and**

- ☐ (i) Conformity with the Schedule of Requirements provided under Section VI (Schedule of Requirements), **and**;
- (j) Conformity Technical Specifications; **and**
- ☐ (k) Sanitary Permit issued by the City Health Office where the winning Supplier or Service Provider is located;
- (l) Original duly signed Omnibus Sworn Statement (OSS); **and** if applicable, Original Special Power of Attorney for sole proprietorships, Notarized Secretary's Certificate/Board Partnership Resolution in case of a corporation, partnership, or cooperative; or Original Special Power of Attorney of all members of the joint venture giving full power and authority to its officer to sign the OSS and do acts to represent the Bidder.

Reminder: If the prospective bidder's representative who will attend the Submission, Receipt, Opening and Preliminary Examination of Bids is different from the authorized representative to do, execute and perform any and all acts necessary and/or to represent the prospective bidder in the bidding, then the prospective bidder can include the name/s of said representative in the above-mentioned proofs of authorization (*e.g., original copy of the duly notarized Secretary's Certificate for corporations, Board/Partnership Resolution for partnerships, corporations, and/or joint ventures or an original copy of the Special Power of Attorney for sole proprietorships, whichever is applicable*)

**Financial Documents**

- ☐ (m) The prospective bidder's computation of Net Financial Contracting Capacity (NFCC) which must be **at least equal to the ABC** detailed as follows:

| LOT No. | DESCRIPTION  | MINIMUM AMOUNT OF THE NFCC  |
|---------|--|---|
| 1       | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Million One Hundred Three Thousand Two Hundred Fifty Pesos (PhP2,103,250.00)  |
| 2       | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | One Hundred Thirty-Three Thousand Four Hundred Pesos (PhP133,400.00)              |
| 3       | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Two Million Four Hundred Thirty-Two Thousand Five Hundred Pesos (PhP2,432,500.00) |
| 4       | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | Four Hundred Sixty-Nine Thousand Pesos (PhP469,000.00)                            |
| 5       | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Two Hundred Twenty-Four Thousand Six Hundred Forty Pesos (PhP224,640.00)          |

Bidders must submit a computation of its NFCC, which must be at least equal to the ABC, calculated as follows:

NFCC = [(Current assets minus current liabilities) **(15)**] minus the value of all outstanding or uncompleted portions of the projects under ongoing contracts, including awarded contracts yet to be started, coinciding with the contract to be bid.

The values of the domestic bidder's current assets and current liabilities shall be based on the latest Audited Financial Statements submitted to the BIR.

For purposes of computing the foreign bidders' NFCC, the value of the current assets and current liabilities shall be based on their audited financial statements prepared in accordance with international financial reporting standards.

**OR:**

A committed Line of Credit from a Universal or Commercial Bank in lieu of its NFCC computation.

If the prospective bidder opts to submit a committed Line of Credit, it must be at least equal to ten percent (10%) of the ABC if issued by a foreign universal or commercial bank, it shall be confirmed or authenticated by a

local universal or commercial bank detailed as follows:

| <b>LOT No.</b> | <b>DESCRIPTION</b>   | <b>MINIMUM AMOUNT OF COMMITTED LINE OF CREDIT</b>                                      |
|----------------|--|--|
| 1              | Supply and Delivery of Meals for the Various Activities of Headquarters CGHRMC for the Second to Fourth Quarter of FY 2023 | Two Hundred Ten Thousand Three Hundred Twenty-Five Pesos (PhP210,325.00)               |
| 2              | Supply and Delivery of Meals for Various Activities of PCG-PGMC for the Second to Fourth Quarter of FY 2023                | Thirteen Thousand Three Hundred Forty Pesos (PhP13,340.00)                             |
| 3              | Supply and Delivery of Meals for the Various Activities of CGSSO for the Second to Fourth Quarter of FY 2023               | Two Hundred Forty-Three Thousand Two Hundred Fifty Pesos (PhP243,250.00)               |
| 4              | Supply and Delivery of Meals for the Various Activities of CGGAD for the Second to Fourth Quarter of FY 2023               | Forty-Six Thousand Nine Hundred Pesos (PhP46,900.00)                                   |
| 5              | Supply and Delivery of Meals for the Various Activities of NUPAO for the Second to Fourth Quarter of FY 2023               | Twenty-Two Thousand Four Hundred Sixty-Four Pesos (PhP22,464.00)                       |
| <b>TOTAL</b>   |  | <b>Five Hundred Thirty-Six Thousand Two Hundred Seventy-Nine Pesos (PhP536,279.00)</b> |

***Class “B” Documents***

- ☐ (n) If applicable, a duly signed joint venture agreement (JVA) in case the joint venture is already in existence;

**OR;**

duly notarized statements from all the potential joint venture partners stating that they will enter into and abide by the provisions of the JVA in the instance that the bid is successful.

Failure to enter into a joint venture in the event of a contract award shall be ground for the forfeiture of the bid security.

Each partner of the joint venture shall submit their respective valid and updated PhilGEPS Certificates of Registration in accordance with Section 8.5.2 of the 2016 Revised Implementing Rules and Regulations (IRR) of Republic Act (R.A.) No. 9184.

In case any of the eligibility documents submitted to PhilGEPS by any of



the partners of the joint venture is not updated, a combination of a valid PhilGEPS Platinum Certificate of Registration and Membership, with any of the valid/updated Class “A” Eligibility Documents shall be submitted:

1. SEC Registration Certificate for corporations, partnerships and/or joint ventures; DTI Registration Certificate for sole proprietorship; or CDA Registration Certificate for cooperatives;
2. Valid Mayor’s or Business Permit issued by the city or municipality where the principal place of business of the prospective bidder is located, or the equivalent document for Exclusive Economic Zones or Areas;
3. Valid Tax Clearance Certificate; and
4. Latest AFS, stamped “received” by the BIR or its duly accredited and authorized institutions, for the preceding calendar year.

In the event that one of the partners of the joint venture does not have a valid and updated PhilGEPS Platinum Certificate of Registration and Membership, then it shall submit the following eligibility documents:

1. SEC Registration Certificate for corporations, partnerships and/or joint ventures; DTI Registration Certificate for sole proprietorship; or CDA Registration Certificate for cooperatives;
2. Valid Mayor’s or Business Permit issued by the city or municipality where the principal place of business of the prospective bidder is located, or the equivalent document for Exclusive Economic Zones or Areas;
3. Valid Tax Clearance Certificate; and
4. Latest AFS, stamped “received” by the BIR or its duly accredited and authorized institutions, for the preceding calendar year.

The submission of technical and financial eligibility documents by any of the joint venture partners constitutes compliance: *Provided*, That the partner responsible to submit the NFCC shall likewise submit the Statement of all of its ongoing contracts and Audited Financial Statements.

## **24 FINANCIAL COMPONENT ENVELOPE**

- (a) Original of duly signed and accomplished Financial Bid Form;
- And**
- (b) Original of duly signed and accomplished Price Schedule(s).

All financial bids shall be rounded up to two (2) decimal places.

# ***Section IX. Bidding Forms***

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## BID FORM

Date : \_\_\_\_\_

Project Identification No. \_\_\_\_\_

To: *[name and address of Procuring Entity]*

Having examined the Philippine Bidding Documents (PBDs) including the Supplemental or Bid Bulletin Numbers *[insert numbers]*, the receipt of which is hereby duly acknowledged, we, the undersigned, offer to *[supply/deliver/perform]* *[description of the Goods]* in conformity with the said PBDs for the sum of *[total Bid amount in words and figures]* or the total calculated bid price, as evaluated and corrected for computational errors, and other bid modifications in accordance with the Price Schedules attached herewith and made part of this Bid. The total bid price includes the cost of all taxes, such as, but not limited to: *[specify the applicable taxes, e.g. (i) value added tax (VAT), (ii) income tax, (iii) local taxes, and (iv) other fiscal levies and duties]*, which are itemized herein or in the Price Schedules,

If our Bid is accepted, we undertake:

- a. to deliver the goods in accordance with the delivery schedule specified in the Schedule of Requirements of the Philippine Bidding Documents (PBDs);
- b. to provide a performance security in the form, amounts, and within the times prescribed in the PBDs;
- c. to abide by the Bid Validity Period specified in the PBDs and it shall remain binding upon us at any time before the expiration of that period.

*[Insert this paragraph if Foreign-Assisted Project with the Development Partner:*

Commissions or gratuities, if any, paid or to be paid by us to agents relating to this Bid, and to contract execution if we are awarded the contract, are listed below:

Name and address Amount and Purpose of of agent Currency, Commission or gratuity

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(if none, state "None")]

Until a formal Contract is prepared and executed, this Bid, together with your written acceptance thereof and your Notice of Award, shall be binding upon us.

We understand that you are not bound to accept the Lowest Calculated Bid or any Bid you may receive.

We certify/confirm that we comply with the eligibility requirements pursuant to the PBDs.

The undersigned is authorized to submit the bid on behalf of *[name of the bidder]* as evidenced by the attached *[state the written authority]*.

We acknowledge that failure to sign each and every page of this Bid Form, including the attached Schedule of Prices, shall be a ground for the rejection of our bid.

Name: \_\_\_\_\_

Legal capacity:

\_\_\_\_\_

Signature: \_\_\_\_\_

Duly authorized to sign the Bid for and behalf of: \_\_\_\_\_

Date: \_\_\_\_\_

**For Goods Offered From Abroad**  
**[shall be submitted with the Bid if bidder is offering goods from Abroad]**

**Kindly supply the required information in the spaces provided. Do not forget to indicate the “Country of Origin” of the goods offered. Any alteration to any of the terms and conditions contained in the document may cause your disqualification except if said alteration or revision is a result of a Supplemental/Bid Bulletin.**

Name of Bidder \_\_\_\_\_. Invitation to Bid Number \_\_. Page . of \_\_\_\_.

| Lot<br>Nr | Description | Country<br>of origin | Quantity | Unit price CIF port<br>of entry (specify<br>port) or CIP named<br>place<br>(specify border<br>point or place of<br>destination) | Total CIF or<br>CIP price<br>per item<br>(col. 4 x 5) | Unit Price<br>Delivered<br>Duty<br>Unpaid<br>(DDU) | Unit price<br>Delivered<br>Duty Paid<br>(DDP) | Total<br>Price<br>delivered<br>DDP<br>(col 4 x<br>8) |
|-----------|-------------|----------------------|----------|---|---|--|---|--|
|           |             |                      |          |   |   |  |   |  |
|           |             |                      |          |   |   |  |   |  |
|           |             |                      |          |   |   |  |   |  |
|           |             |                      |          |   |   |  |   |  |

\_\_\_\_\_  
*[Signature of the Authorized Rep.]*

\_\_\_\_\_  
*[in the capacity of] (Please indicate position of Authorized Rep.)]*

Duly authorized to sign Bid for and on behalf of \_\_\_\_\_  
*(Please indicate name of company)*

**\*BIDDERS SHALL NOT ALTER THIS FORM**

**For Goods Offered From Within the Philippines**  
**[shall be submitted with the Bid if bidder is offering goods from within the Philippines]**

**Kindly supply the required information in the spaces provided. Do not forget to indicate the “Country of Origin” of the goods offered. Prospective bidders have the option to indicate the appropriate amount, “0” or “Not Applicable (N/A)” for columns 6, 7 and 8. Any alteration to any of the terms and conditions contained in the document may cause your disqualification except if said alteration or revision is a result of a Supplemental/Bid Bulletin.**

Name of Bidder \_\_\_\_\_. Invitation to Bid Number \_\_\_\_\_. Page \_ of \_\_\_\_\_.

| 1         | 2           | 3                    | 4        | 5                                   | 6  | 7   | 8   | 9   | 10  |
|-----------|-------------|----------------------|----------|-------------------------------------|--|---|---|---|---|
| Lot<br>Nr | Description | Country<br>of origin | Quantity | Unit<br>price<br>EXW<br>per<br>item | Transportation<br>and Insurance<br>and all other<br>costs incidental<br>to delivery, per<br>item | Sales<br>and<br>other<br>taxes<br>payable<br>if<br>Contract<br>is<br>awarded<br>, per<br>item | Cost of<br>Incidental<br>Services,<br>if<br>applicabl<br>e, per<br>item | Total<br>Price,<br>per unit<br>(col<br>5+6+7+<br>8) | Total<br>Price<br>delivered<br>Final<br>Destinati<br>on<br>(col 9) x<br>(col 4) |
|           |             |                      |          |                                     |  |   |   |   |   |
|           |             |                      |          |                                     |  |   |   |   |   |
|           |             |                      |          |                                     |  |   |   |   |   |
|           |             |                      |          |                                     |  |   |   |   |   |

\_\_\_\_\_  
[Signature of the Authorized Rep.]

\_\_\_\_\_  
[in the capacity of] (Please indicate position

of Authorized Rep.)]

Duly authorized to sign Bid for and on behalf of \_\_\_\_\_

(Please indicate name of company)

**\*BIDDERS SHALL NOT ALTER THIS FORM**

## Contract Agreement Form for the Procurement of Goods (Revised)

*[Not required to be submitted with the Bid, but it shall be submitted within ten (10) days after receiving the Notice of Award]*

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### CONTRACT AGREEMENT

THIS AGREEMENT made the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_ between [name of PROCURING ENTITY] of the Philippines (hereinafter called “the Entity”) of the one part and [name of Supplier] of [city and country of Supplier] (hereinafter called “the Supplier”) of the other part;

WHEREAS, the Entity invited Bids for certain goods and ancillary services, particularly [brief description of goods and services] and has accepted a Bid by the Supplier for the supply of those goods and services in the sum of *[contract price in words and figures in specified currency]* (hereinafter called “the Contract Price”).

#### NOW THIS AGREEMENT WITNESSETH AS FOLLOWS:

1. In this Agreement words and expressions shall have the same meanings as are respectively assigned to them in the Conditions of Contract referred to.
2. The following documents as required by the 2016 revised Implementing Rules and Regulations of Republic Act No. 9184 shall be deemed to form and be read and construed as integral part of this Agreement, *viz.*:
  - i. Philippine Bidding Documents (PBDs);
    - i. Schedule of Requirements;
    - ii. Technical Specifications;
    - iii. General and Special Conditions of Contract; and
    - iv. Supplemental or Bid Bulletins, if any
  - ii. Winning bidder’s bid, including the Eligibility requirements, Technical and Financial Proposals, and all other documents or statements submitted;  
  
Bid form, including all the documents/statements contained in the Bidder’s bidding envelopes, as annexes, and all other documents submitted (*e.g.*, Bidder’s response to request for clarifications on the bid), including corrections to the bid, if any, resulting from the Procuring Entity’s bid evaluation;
  - iii. Performance Security;
  - iv. Notice of Award of Contract; and the Bidder’s conforme thereto; and
  - v. Other contract documents that may be required by existing laws and/or the Procuring Entity concerned in the PBDs. **Winning bidder agrees that additional contract documents or information prescribed by the GPPB that are subsequently required for submission after the contract execution, such as the Notice to Proceed, Variation Orders,**

**and Warranty Security, shall likewise form part of the Contract.**

3. In consideration for the sum of *[total contract price in words and figures]* or such other sums as may be ascertained, *[Named of the bidder]* agrees to *[state the object of the contract]* in accordance with his/her/its Bid.
4. The *[Name of the procuring entity]* agrees to pay the above-mentioned sum in accordance with the terms of the Bidding.

IN WITNESS whereof the parties hereto have caused this Agreement to be executed in accordance with the laws of the Republic of the Philippines on the day and year first above written.

*[Insert Name and Signature]*

*[Insert Name and Signature]*

*[Insert Signatory's Legal Capacity]*

*[Insert Signatory's Legal Capacity]*

*for:*

*for:*

*[Insert Procuring Entity]*

*[Insert Name of Supplier]*



## ACKNOWLEDGEMENT

REPUBLIC OF THE PHILIPPINES)  
\_\_\_\_\_ ) S.S.

BEFORE ME, a Notary Public for and in City of \_\_\_\_\_, Philippines, this  
\_\_\_\_\_ day of \_\_\_\_\_, 20\_\_, personally appeared:

**NAME**

**ID ISSUED AT/ON**

\_\_\_\_\_

known to me and known to be the same person who execute the foregoing instrument consisting of \_\_\_\_\_ (\_\_) pages, including the page whereon the acknowledgments is written and acknowledged before me that the same is his/her free and voluntary act and deed and that of the Corporation/Sole Proprietorship he/she represents.

WITNESS MY HAND AND NOTARIAL SEAL, at the place and on the date first above written.

Doc No. \_\_\_\_\_;  
Page No. \_\_\_\_\_;  
Book No. \_\_\_\_\_;  
Series of 20\_\_.

## OMNIBUS SWORN STATEMENT

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REPUBLIC OF THE PHILIPPINES )  
CITY/MUNICIPALITY OF \_\_\_\_\_ ) S.S.

### AFFIDAVIT

I, *[Name of Affiant]*, of legal age, *[Civil Status]*, *[Nationality]*, and residing at *[Address of Affiant]*, after having been duly sworn in accordance with law, do hereby depose and state that:

1. ***Select one, delete the other:***

*If a sole proprietorship:* I am the sole proprietor or authorized representative of *[Name of Bidder]* with office address at *[address of Bidder]*;

*If a partnership, corporation, cooperative, or joint venture:* I am the duly authorized and designated representative of *[Name of Bidder]* with office address at *[address of Bidder]*;

2. ***Select one, delete the other:***

*If a sole proprietorship:* As the owner and sole proprietor, or authorized representative of *[Name of Bidder]*, I have full power and authority to do, execute and perform any and all acts necessary to participate, submit the bid, and to sign and execute the ensuing contract for *[Name of the Project]* of the *[Name of the Procuring Entity]*, as shown in the attached duly notarized Special Power of Attorney;

*If a partnership, corporation, cooperative, or joint venture:* I am granted full power and authority to do, execute and perform any and all acts necessary to participate, submit the bid, and to sign and execute the ensuing contract for *[Name of the Project]* of the *[Name of the Procuring Entity]*, as shown in the attached *[state title of attached document showing proof of authorization (e.g., duly notarized Secretary's Certificate, Board/Partnership Resolution, or Special Power of Attorney, whichever is applicable;)]*;

3. *[Name of Bidder]* is not “blacklisted” or barred from bidding by the Government of the Philippines or any of its agencies, offices, corporations, or Local Government Units, foreign government/foreign or international financing institution whose blacklisting rules have been recognized by the Government Procurement Policy Board, **by itself or by relation, membership, association, affiliation, or controlling interest with another blacklisted person or entity as defined and provided for in the Uniform Guidelines on Blacklisting**;
4. Each of the documents submitted in satisfaction of the bidding requirements is an authentic copy of the original, complete, and all statements and information provided therein are true and correct;

5. *[Name of Bidder]* is authorizing the Head of the Procuring Entity or its duly authorized representative(s) to verify all the documents submitted;

6. ***Select one, delete the rest:***

*If a sole proprietorship:* The owner or sole proprietor is not related to the Head of the Procuring Entity, members of the Bids and Awards Committee (BAC), the Technical Working Group, and the BAC Secretariat, the head of the Project Management Office or the end-user unit, and the project consultants by consanguinity or affinity up to the third civil degree;

*If a partnership or cooperative:* None of the officers and members of *[Name of Bidder]* is related to the Head of the Procuring Entity, members of the Bids and Awards Committee (BAC), the Technical Working Group, and the BAC Secretariat, the head of the Project Management Office or the end-user unit, and the project consultants by consanguinity or affinity up to the third civil degree;

*If a corporation or joint venture:* None of the officers, directors, and controlling stockholders of *[Name of Bidder]* is related to the Head of the Procuring Entity, members of the Bids and Awards Committee (BAC), the Technical Working Group, and the BAC Secretariat, the head of the Project Management Office or the end-user unit, and the project consultants by consanguinity or affinity up to the third civil degree;

7. *[Name of Bidder]* complies with existing labor laws and standards; and
8. *[Name of Bidder]* is aware of and has undertaken the following responsibilities as a Bidder:
- a) Carefully examine all of the Bidding Documents;
  - b) Acknowledge all conditions, local or otherwise, affecting the implementation of the Contract;
  - c) Made an estimate of the facilities available and needed for the contract to be bid, if any; and
  - d) Inquire or secure Supplemental/Bid Bulletin(s) issued for the *[Name of the Project]*.
9. *[Name of Bidder]* did not give or pay directly or indirectly, any commission, amount, fee, or any form of consideration, pecuniary or otherwise, to any person or official, personnel or representative of the government in relation to any procurement project or activity.
10. In case advance payment was made or given, failure to perform or deliver any of the obligations and undertakings in the contract shall be sufficient grounds to constitute criminal liability for Swindling (Estafa) or the commission of fraud with unfaithfulness or abuse of confidence through misappropriating or converting any payment received by a person or entity under an obligation involving the duty to

deliver certain goods or services, to the prejudice of the public and the government of the Philippines pursuant to Article 315 of Act No. 3815 s. 1930, as amended, or the Revised Penal Code.

IN WITNESS WHEREOF, I have hereunto set my hand this \_\_\_\_ day of \_\_\_\_, 20\_\_ at \_\_\_\_\_, Philippines.

\_\_\_\_\_  
Bidder's Representative/Authorized Signatory

**SUBSCRIBED AND SWORN** to before me this \_\_\_\_ day of [month] [year] at [place of execution], Philippines. Affiant/s is/are personally known to me and was/were identified by me through competent evidence of identity as defined in the 2004 Rules on Notarial Practice (A.M. No. 02-8-13-SC). Affiant/s exhibited to me his/her [insert type of government identification card used], with his/her photograph and signature appearing thereon with no. \_\_\_\_\_ issued on \_\_\_\_ at \_\_\_\_\_.

Witness my hand and seal this \_\_\_\_ day of [month] [year].

**NAME OF NOTARY PUBLIC**

Serial No. of Commission \_\_\_\_\_

Notary Public for \_\_\_\_\_ until \_\_\_\_\_

Roll of Attorneys No. \_\_\_\_\_

PTR No. \_\_\_\_\_ [date issued], [place issued]

IBP No. \_\_\_\_\_ [date issued], [place issued]

Doc. No. \_\_\_\_\_

Page No. \_\_\_\_\_

Book No. \_\_\_\_\_

Series of \_\_\_\_\_

## BID SECURING DECLARATION FORM

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REPUBLIC OF THE PHILIPPINES)  
CITY OF \_\_\_\_\_) S.S.

### **BID SECURING DECLARATION** **Project Identification No.: [Insert number]**

To: *[Insert name and address of the Procuring Entity]*

I/We, the undersigned, declare that:

1. I/We understand that, according to your conditions, bids must be supported by a Bid Security, which may be in the form of a Bid Securing Declaration.
2. I/We accept that: (a) I/we will be automatically disqualified from bidding for any procurement contract with any procuring entity for a period of two (2) years upon receipt of your Blacklisting Order; and, (b) I/we will pay the applicable fine provided under Section 6 of the Guidelines on the Use of Bid Securing Declaration, within fifteen (15) days from receipt of the written demand by the procuring entity for the commission of acts resulting to the enforcement of the bid securing declaration under Sections 23.1(b), 34.2, 40.1 and 69.1, except 69.1(f), of the IRR of RA No. 9184; without prejudice to other legal action the government may undertake.
3. I/We understand that this Bid Securing Declaration shall cease to be valid on the following circumstances:
  - a. Upon expiration of the bid validity period, or any extension thereof pursuant to your request;
  - b. I am/we are declared ineligible or post-disqualified upon receipt of your notice to such effect, and (i) I/we failed to timely file a request for reconsideration or (ii) I/we filed a waiver to avail of said right; and
  - c. I am/we are declared the bidder with the Lowest Calculated Responsive Bid, and I/we have furnished the performance security and signed the Contract.

IN WITNESS WHEREOF, I/We have hereunto set my/our hand/s this \_\_\_\_ day of *[month]* *[year]* at *[place of execution]*.

*[Insert NAME OF BIDDER OR ITS AUTHORIZED REPRESENTATIVE]*

*[Insert signatory's legal capacity]*

Affiant

**SUBSCRIBED AND SWORN** to before me this \_\_\_\_ day of *[month]* *[year]* at *[place of execution]*, Philippines. Affiant/s is/are personally known to me and was/were identified by me through competent evidence of identity as defined in the 2004 Rules on Notarial Practice (A.M. No. 02-8-13-SC). Affiant/s exhibited to me his/her *[insert type of government identification card used]*, with his/her photograph and signature appearing thereon, with no. \_\_\_\_\_ issued on \_\_\_\_ at \_\_\_\_\_.

Witness my hand and seal this \_\_\_\_ day of *[month]* *[year]*.

**NAME OF NOTARY PUBLIC**

Serial No. of Commission \_\_\_\_\_

Notary Public for \_\_\_\_\_ until \_\_\_\_\_

Roll of Attorneys No. \_\_\_\_\_

PTR No. \_\_\_\_\_ *[date issued]*, *[place issued]*

IBP No. \_\_\_\_\_ *[date issued]*, *[place issued]*

Doc. No. \_\_\_\_\_

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Book No. \_\_\_\_\_

Series of \_\_\_\_\_

## STATEMENT OF ALL ON-GOING GOVERNMENT AND PRIVATE CONTRACTS

**Kindly supply the required information in the spaces provided.**

Name of Bidder \_\_\_\_\_, Invitation to Bid Number \_\_. Page of \_\_\_\_.

| Name of the Contract         | Date of the Contract | Contract Duration | Owner's Name and Address | Contact Person and Contact Details (Tel./Cell No. and/or Email Address) | Kinds of Goods | Date of Delivery (Please indicate estimated date of delivery) | Amount of Contract | Value of Outstanding Contracts |
|------------------------------|----------------------|-------------------|--------------------------|---|----------------|---|--------------------|--------------------------------|
| <b>Government Contracts:</b> |                      |                   |                          |   |                |   |                    |                                |
|                              |                      |                   |                          |   |                |   |                    |                                |
|                              |                      |                   |                          |   |                |   |                    |                                |
| <b>Private Contracts:</b>    |                      |                   |                          |   |                |   |                    |                                |
|                              |                      |                   |                          |   |                |   |                    |                                |
|                              |                      |                   |                          |   |                |   |                    |                                |
| <b>Total</b>                 |                      |                   |                          |   |                |   |                    |                                |

\_\_\_\_\_  
[Signature of the Authorized Rep.]

\_\_\_\_\_  
[in the capacity of] (Please indicate position of Authorized Rep.)]

Duly authorized to sign Bid for and on behalf of \_\_\_\_\_  
(Please indicate name of company)

**NOTE:**

*The aforesaid statement should include those contracts awarded but not yet started.*

*Further, bidders should indicate "None" or "No On-going Government and/or Private Contracts" if they do not have any on-going government and/or private contracts in the corresponding rows and/or column, including contracts awarded but not yet started, whether similar or not similar in nature and complexity to the contract to be bid.*

## STATEMENT OF THE SINGLE LARGEST COMPLETED CONTRACT

**Kindly supply the required information in the spaces provided.**

Name of Bidder \_\_\_\_\_, Invitation to Bid Number \_\_, Page of \_\_\_\_.

| Name of the Contract | Date of the Contract | Contract Duration | Owner's Name and Address | Contact Person and Contact Details (Tel./Cell No. and/or Email Address) | Kinds of Goods | Amount of Contract adjusted by the bidder to current prices using PSA's consumer price index, if necessary for purposes of meeting the SLCC requirement; | Date of Delivery (Please indicate actual date of delivery) |
|----------------------|----------------------|-------------------|--------------------------|---|----------------|--|--|
|                      |                      |                   |                          |   |                |  |  |
|                      |                      |                   |                          |   |                |  |  |
|                      |                      |                   |                          |   |                |  |  |

\_\_\_\_\_  
[Signature of the Authorized Rep.]

\_\_\_\_\_  
[in the capacity of] (Please indicate position of Authorized Rep.)]

Duly authorized to sign Bid for and on behalf of \_\_\_\_\_  
(Please indicate name of company)

### **NOTE:**

**Bidders shall submit and attach a copy of the end-user's acceptance or official receipt(s) or sales invoice.**



## NFCC COMPUTATION

**Kindly supply the required information in the spaces provided.**

Name of Bidder \_\_\_\_\_, Invitation to Bid Number \_\_. Page of \_\_\_\_.

| ABC   |                                       |   |
|---|---------------------------------------|---|
| LOT No.   | DESCRIPTION                           | MINIMUM AMOUNT OF THE ABC   |
| 1   | Supply and Delivery of Meals for CG-1 | Three Million Nine-Hundred Ninety Pesos and Fifty Pesos (PhP3,990,050.00)           |
| 2   | Supply and Delivery of Meals for CG-3 | Four Million Seven Hundred Four Thousand Five Hundred Fifty Pesos (PhP4,704,550.00) |
| 3   | Supply and Delivery of Meals for CGPS | Nine Hundred Forty-Five Thousand Nine Hundred Pesos (PhP945,900.00)                 |
| DETAILS   |                                       | AMOUNT  |
| Current Assets  |                                       |   |
| Minus   |                                       |   |
| Current Liabilities   |                                       |   |
| Difference of Current Assets and Current Liabilities                                  |                                       |   |
| Multiplied by   |                                       |   |
| K   |                                       | 15  |
| Total (Product)   |                                       |   |
| Minus   |                                       |   |
| Total value of all outstanding contracts, including those awarded but not yet started |                                       |   |
| Total NFCC Computation  |                                       |   |

\_\_\_\_\_  
*[Signature of the Authorized Rep.] [in the capacity of] (Please indicate position of Authorized Rep.)]*

*Duly authorized to sign Bid for and on behalf of* \_\_\_\_\_  
*(Please indicate name of company)*

REPUBLIC OF THE PHILIPPINES)  
 CITY OF \_\_\_\_\_ ) S.S.

## PERFORMANCE SECURING DECLARATION

Invitation to Bid: [Insert Reference Number indicated in the Bidding Documents]

To: [Insert name and address of the Procuring Entity]

I/We, the undersigned, declare that:

1. I/We understand that, according to your conditions, to guarantee the faithful performance by the supplier/distributor/manufacture/ contractor/consultant of its obligations under the Contract, I/we shall submit a Performance Securing Declaration within a maximum period of ten (10) calendar days from the receipt of the Notice of Award prior to the signing of the Contract.
2. I/We accept that: I/we will be automatically disqualified from bidding for any procurement contract with any procuring entity for a period of one (1) year if in case it is my first offense, or two (2) years if I have a prior similar offense upon receipt of your Blacklisting Order if I/we have violated my/our obligations under the Contract.
3. I/We understand that this Performance Securing Declaration shall cease to be valid upon:
  - a. issuance by the Procuring Entity of the Certificate of Final Acceptance, subject to the following conditions:
    - i. Procuring Entity has no claims filed against the contract awardee;
    - ii. It has no claims for labor and materials filed against the contractor; and
    - iii. Other terms of the contract; or
  - b. replacement by the winning bidder of the submitted PSD with a performance security in any of the prescribed forms under Section 39.2 of the 2016 IRR of RA No. 9184 as required by the end-user.

IN WITNESS WHEREOF, I/We have hereunto set my/our hand/s this \_\_\_\_ day of [month] [year] at [place of execution].

*[Insert NAME OF BIDDER'S AUTHORIZED  
REPRESENTATIVE]*

*[Insert Signatory's Legal Capacity]*  
Affiant

**SUBSCRIBED AND SWORN** to before me this \_\_\_\_ day of [month] [year] at [place of execution], Philippines. Affiant/s is/are personally known to me and was/were identified by me through competent evidence of identity as defined in the 2004 Rules on Notarial

Practice (A.M. No. 02-8-13-SC). Affiant/s exhibited to me his/her [insert type of government identification card used], with his/her photograph and signature appearing thereon, with no. \_\_\_\_\_ issued on \_\_\_\_ at \_\_\_\_\_.

Witness my hand and seal this \_\_\_\_ day of *[month]* *[year]*.

**NAME OF NOTARY PUBLIC**

Serial No. of Commission \_\_\_\_\_

Notary Public for \_\_\_\_\_ until \_\_\_\_\_

Roll of Attorneys No. \_\_\_\_\_

PTR No. \_\_\_\_\_ *[date issued]*, *[place issued]*

IBP No. \_\_\_\_\_ *[date issued]*, *[place issued]*

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# DIAGRAM FOR THE SEALING AND MARKING OF THE BID ENVELOPES

