



2015 FNRI MENU GUIDE CALENDAR

Nutritious Meals during Extended Emergency Period



developed by the

**FOOD AND NUTRITION
RESEARCH INSTITUTE**

Department of Science and Technology



in cooperation with

UNILEVER Philippines

Mandates

As per E.O. 336, November 13, 2009:

- Undertake researches that define the citizenry's nutritional status, with reference to the malnutrition problem, its causes and effects;
- Develop and recommend policy options, strategies, programs and projects which address the malnutrition problem for implementation by appropriate agencies; and
- Diffuse knowledge and technologies in food and nutrition and provide S&T services to relevant stakeholders.

Mission:

As the lead agency in food and nutrition research and development, the FNRI's mission is the:

- provision of accurate data, correct information, and innovative technologies to fight malnutrition.

Quality Policy

We are committed to provide products and services in food and nutrition to both the government and private sectors and other stakeholders with the highest standards of quality and reliability within our capabilities and resources according to customer requirements and to continually improve the effectiveness of our Quality Management System (QMS) at all times in order to meet our customers' satisfaction.

Vision

Consistent with the FNRI's mandates is its vision of: optimum nutrition for all Filipinos, socially and economically empowered through scientifically sound, environment-friendly and globally competitive technologies.

Core Values

- Excellence
- Action-oriented
- Teamwork
- Sincerity

Warm Greetings!

We are pleased to provide you with a copy of the Food and Nutrition Research Institute (FNRI) 2015 Menu Guide Calendar!

The Department of Science and Technology, through the Aquino Administration, has been continuously and untiringly working towards strengthening our capability to mitigate and respond to our dynamically changing world in order to adapt to the *"new normal"*. The past two years have been challenging ones, beset with unprecedented weather phenomena and natural disaster most prominent of which was the devastation brought about by Typhoon Yolanda. That said, saving lives and caring for victims in the aftermath of a calamity is one of our major concerns; and food and nutrition is one of the critical elements in the management of disaster response. This is vital until such time that the people are again able to account for themselves.

Our theme, "Nutritious Meals during Extended Emergency Period", underscores the importance of planning and preparing nutritious and delicious meals to calamity

Message from the Secretary



MARIO G. MONTEJO

DEPARTMENT OF SCIENCE AND TECHNOLOGY

victims, by featuring simple, easy-to-follow recipes that make use of locally available, and affordable food items. It highlights 12 viand and snack recipes, with each recipe yielding 20 servings. This is suitable for emergency feeding, set on 12 monthly, 7-day cycle menu.

I proudly commend the DOST-FNRI for its efforts in diffusing knowledge and technologies on food and nutrition; and continuing to empower the Filipino, towards a healthier lifestyle, grounded in proper nutrition. To you, our reader: your good health is our success, and the success of the Filipino nation. Join us, as we work together towards a healthy Filipino citizenry.

Thank you and we hope you find our guide an informative and enjoyable!

Mabuhay!

A handwritten signature in blue ink, appearing to read 'Mario G. Montejo', located at the bottom right of the page.

Message from the Director

The changing time and climate have brought us many natural and man-made disasters we need to mitigate, prepare for and prevent, if possible. We have been aware of the serious risks of disasters in the Philippines including earthquakes, typhoons, storm surge, volcanic eruptions, floods, landslides and droughts, as well as armed conflict that displaces hundreds of families. This year's calendar theme, "Nutritious meals for disaster feeding during extended emergency period" is very relevant in responding to the nutrition needs of families and individuals during emergency situations.

Nutrition is necessary during times of disasters to maintain morale of the people and prevent worsening of the nutrition situation. Emergency feeding is providing food or meals to persons who have no or had been cut off access to food. This is done to relieve the condition of casualties, helping them recover physically and mentally.

Equipment, utensils and fuel should be considered in providing food during emergency situation. Thus, the recipes present in this calendar are intended for extended emergency period where the disaster response transitions to rehabilitation. Conditions may still be far from normal but some basic items

such as cooking utensils and fuel are already in place, and families and communities are starting anew. During the extended period, food is given to sustain life, and maintain health by providing adequate food within the recommended levels.

These recipes are simple, nourishing and hot meals which are ready-to-serve. Note that these recipes can still be prepared and consumed even during regular family meals in normal situations. The Calendar includes the recipes and their nutrient contribution, one-week cycle menu for each month, and some practical information about emergency feeding.

Like everyone else, we do not wish for disasters to happen, however, many of the events are beyond our control. It is during the challenging times that we need to prepare, mitigate, and cope with the after effects of disasters. We hope that this calendar will help nutrition workers as well as families in planning nutritious, easy-to-prepare and affordable meals be it in good days or recovering from calamities.

Wishing everyone a safe and healthy 2015!



MARIO V. CAPANZANA, Ph. D.
FOOD AND NUTRITION RESEARCH INSTITUTE

A handwritten signature in black ink, appearing to read 'M. Capanzana', with a long horizontal flourish extending to the right.

About the Calendar

This one week cycle menu can serve as a guide among Feeding Coordinators in planning, preparing and serving simple and healthy meals to people affected by calamities or disasters housed in evacuation areas.

Emergency feeding is an activity of supplying food or meals to persons who are victims of either natural or man-made disaster until such time when the disaster is over and they are able to take care of themselves. There are several stages of disaster feeding: early emergency period, intermediate emergency period and the extended emergency period.

The extended emergency period is the period after the worst scenario is over and rehabilitation begins as the normal conditions set in. The entire feeding should not last longer than two weeks. The objective is to maintain life and normal health with provision of food that will prevent depletion of nutrient reserves.

The menus are simple, wholesome healthy one-dish meals, with 3 meals per day and with 1 snack. Foods are normally easy to cook and serve, appeal to all age groups, can satisfy hunger, nutritious, and are culturally acceptable among the locals, as possible.

Choices of fish, whether fresh or dried; and vegetables are dependent on whatever is available and acceptable to the residents in the areas affected. In lieu of coffee and tea, milk may be given to older children.

Notably used are instant noodles, processed canned goods and dried products since they can be stored for a longer period of time. They are among the most common and popularly donated food items in time of calamities. They can be served as is, or if cooked, require less cooking. In addition, they can blend well in recipes.

Presented in this calendar are 15 recipes developed by the Food and Nutrition Research Institute to address the need for variety and ease of preparation, among others. The recipes are categorized as soupy and main dishes. The recipes were quantified into 20 servings per recipe. They are served with boiled rice and other cereals like bread, crackers/biscuits. Desserts like local fruits or sweets/candies can be given if funds are available.

In areas where evacuees have food restriction like Muslims, Adventists and other religious groups pork may be substituted with chicken or fish; luncheon meat may be substituted with beef loaf; and fish with other acceptable type of fish.



Ingredients:

¼ cup	Cooking oil
¼ cup	Garlic, chopped
½ cup	Onion, Bombay, chopped
10 cups	Water
¼ cup + 3 Tbsps	<i>Bagoong na isda</i>
7 cups	Squash, cubed
7 cups	<i>Upo</i> , sliced
20 pcs	<i>Alumahan</i> , fresh, cleaned
4 cups	<i>Malunggay</i> leaves

Procedure:

1. In a pan, heat oil. Sauté garlic and onion.
2. Add water and *bagoong*. Bring to a boil.
3. Add squash. Cover and cook for 5 minutes.
4. Add *upo* and *alumahan*. Simmer for 10 minutes.
5. Add *malunggay*. Serve hot.

Ginulayang Isda



Estimated energy and nutrient content per serving

Energy, kcal	175
Fat, g	6.4
Carbohydrate, g	8
Protein, g	21.3
Calcium, mg	121
Iron, mg	2.4
Vitamin A, ug RE	178
Thiamin, mg	0.16
Riboflavin, mg	0.23
Niacin, mg	12.6
Vitamin C, mg	27



YIELD: 20 servings
1 cup (veg. with soup) + 1 pc fish per serving

JANUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <small>New Years Day</small>	2 <small>Additional Holiday</small>	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Garlic, bulb	1 bulb (50g)
Onion, Bombay	2 pcs (100g)
Bagoong na isda	1 bottle (325 ml/bottle)
Squash	1 3/4 kgs
Upo	1 1/2 kgs
Alumahan	3 kgs (20pcs.)
Malunggay leaves	4 bundles (55g/bundle)



January

2015



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Ripe papaya Fried <i>daing na bangus</i> with tomatoes Fried rice Hot chocolate	<i>Calamansi</i> juice Fried beef <i>tapa</i> with <i>achara</i> Boiled rice Coffee with milk	<i>Pandesal</i> Cheese Coffee	Orange juice Fried <i>tuyo</i> <i>Champorado</i> with milk	<i>Paksiw na dilis</i> Boiled rice Hot chocolate	Pineapple Spiced ham Hot cake with butter & syrup Coffee	<i>Atis</i> Potato omelet Buttered ham Hot chocolate
AM Snack	<i>Inihaw na saba</i>	Chicken <i>mami</i>	Boiled <i>kamote</i>	Brown rice onde-onde	<i>Bicho-bicho</i>	<i>Kalamay</i>	Boiled peanuts
Lunch	Pork <i>sinigang</i> with vegetables and <i>gabi</i> Boiled rice	Fried <i>alakaak</i> <i>Sayote</i> -carrot <i>gisado</i> Boiled rice <i>Pastillas de ube</i>	Corn soup with <i>malunggay</i> Beef steak with onion rings Boiled rice <i>Masapan de pili</i>	Chicken <i>tinola</i> with papaya and <i>sili</i> leaves Boiled brown rice <i>Lakatan</i>	Grilled pork chop Cucumber salad Boiled rice Banana smoothie	<i>Ginulayang isda *</i> Boiled rice Sweetened <i>langka</i>	Chicken curry <i>Sitaw</i> -squash <i>gisado</i> Boiled rice <i>Atis</i>
PM Snack	<i>Ube ensaymada</i>	Wafer biscuit	<i>Tupig</i>	Bread pudding	Squash <i>macaroons</i>	<i>Suman moron</i>	Sweetened <i>saba</i>
Dinner	Chicken <i>adobo</i> <i>Patani-bataw gisado</i> Boiled brown rice <i>Guyabano</i>	Pork <i>binagoongan</i> <i>Inihaw na talong</i> Boiled rice Strawberry	<i>Dilis fritters</i> <i>Pinakbet</i> Boiled rice Sweetened <i>macapuno</i> balls	Clear beef soup with cabbage Beef <i>callos</i> Lettuce salad Brownies	<i>Sopa de ajo</i> Chicken pastel Steamed green beans Boiled rice Ripe papaya	Beef tips with bell pepper and <i>toge</i> Boiled brown rice <i>Yema</i>	<i>Halabos na hipon</i> <i>Picadillo</i> with <i>upo</i> Boiled rice <i>Lakatan</i>

*featured recipe



February

2015



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Champorado with milk Toasted <i>dilis</i> Pandan tea	Bungulan Fried egg Toasted bread with butter Coffee with milk	Chicken <i>arroz caldo</i> Tanglad tea	Pineapple slices Fried <i>tinapa</i> with tomatoes Boiled rice Milk	Guyabano Hamburger sandwich Coffee	Latundan Fried <i>daing na bisugo</i> Boiled rice Coffee with milk	Puto with cheese & salted egg Salabat
AM Snack	Fish <i>kropek</i>	Kamote fritters	Pizza <i>pandesal</i>	Glazed cassava	<i>Inihaw na mais</i>	<i>Pichi pichi</i> with cheese	<i>Pancit Palabok</i>
Lunch	Embotido <i>Suam na tahong</i> with <i>malunggay</i> Boiled brown rice Bungulan	Pork <i>pochero</i> with vegetables Boiled rice Buko salad	Beef <i>nilaga</i> with vegetables Boiled rice <i>Sans rival</i>	Crispy crablets <i>Laswa</i> Boiled brown rice <i>Bukayo</i>	Cabbage soup <i>Inihaw na tamban Laing</i> Boiled rice Macapuno balls	Fried chicken Munggo-cassava gisado* Boiled rice Buko-lychee juice	<i>Pritong Tokwa Dinengdeng</i> Boiled rice Sweetened <i>kaong</i>
PM Snack	Meat roll <i>asado</i>	<i>Siopao bola-bola</i>	Cheesy <i>ensaymada</i>	Fried <i>lumpiang gulay</i> with vinegar dip	<i>Maruyang saging</i>	Diced <i>kundol hopia</i>	Chocolate crinkles
Dinner	Chicken liver & gizzard <i>adobo</i> Steamed baby carrots Boiled brown rice <i>Brazo de mercedes</i>	<i>Pritong bisugo</i> <i>Patola</i> with <i>miswa</i> and <i>kulitis</i> Boiled rice <i>Latundan</i>	<i>Halabos na hipon</i> <i>Chopsuey</i> Boiled brown rice Sweetened garbanzos	<i>Bachoy</i> Kamote tops salad Boiled rice <i>Leche flan</i>	Sotanghon soup with garlic & green onions <i>Lechon</i> pork belly Boiled rice Ube jam	Ground pork <i>menudo</i> <i>Pechay gisado</i> Boiled rice Native fruit salad	Beef <i>dinuguan</i> Steamed broccoli Boiled brown rice Ripe mango

*featured recipe



Ingredients:

- 3 cups Munggo, green, raw
- 10 cups Water
- 3 Tbsps Cooking oil
- 3 Tbsps Ginger, crushed
- ¼ cup Garlic, chopped
- ¼ cup Onion, Bombay, chopped
- 1/3 cup Tomato, chopped
- 1 ½ cups Dried dilis, small size (optional, wash)
- ¼ cup Patis
- 2 tsps Iodized salt
- dash Black pepper, ground
- 1 Tbsp Seasoning, granules or powder (optional)
- 3 cups Cassava, cubed
- 8 cups Water
- 4 cups Kamote tops

Procedure:

1. In a covered pan, boil *munggo* for 30 minutes. Set aside, leave covered.
2. In a pan, sauté ginger, garlic, onion and tomato.
3. Add *dilis*. Season with *patis*, salt and pepper. Simmer for 5 minutes.
4. Add cassava and water, bring to a boil then simmer until cassava becomes tender.
5. Add *munggo* and *cok* for 5 minutes.
6. Add *kamote* tops and cook for 2 minutes more.
7. Serve hot.

Munggo-cassava gisado



Estimated energy and nutrient content per serving

Energy, kcal	185
Fat, g	2.9
Carbohydrate, g	28.5
Protein, g	10.6
Calcium, mg	160
Iron, mg	3.1
Vitamin A, ug RE	61
Thiamin, mg	0.22
Riboflavin, mg	0.10
Niacin, mg	4.1
Vitamin C, mg	16



YIELD: 20 servings
1 cup per serving

FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 <small>Chinese New Year</small>	20	21
22	23	24	25 <small>People Power Anniversary</small>	26	27	28

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Market Order	
Food Item	Quantity
Munggo	3/4 kg
Cooking oil	sulit pouch (100ml)
Ginger	1 pc (100g)
Garlic, bulb	1 bulb (50g)
Onion, Bombay	1 pc (50g)
Tomato	5 pcs (1/4 kg)
Dried dilis	1 pack (100g)
Patis	budget pack (150ml)
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Seasoning, granules or powder (optional)	1 sachet (8g)/1 cube (10g/cube)
Cassava	3/4 kg
Kamote tops	1/2 kg



Ingredients:

- 5 Tbsps

5 Tbsps

6 Tbsps

2 cans

½ tsp

½ tsp

7 cups

3 ¼ cups

1 cup
- Cooking oil

Garlic, chopped

Onion, Bombay, chopped

Luncheon meat,
cubed

Iodized salt

Black pepper, ground

Kamote, yellow, cubed

Sitaw, cut into 1/2"

Water

Procedure:

1. In a pan, heat oil. Sauté garlic, onion and luncheon meat.

2. Season with salt and pepper.

3. Add kamote and sitaw. Cover and cook for 5 minutes.

4. Add water. Cover and simmer for 5 minutes.

5. Serve hot.

Sauteed kamote
with luncheon meat



Estimated energy and nutrient content per serving

Energy, kcal	178
Fat, g	7.1
Carbohydrate, g	22.1
Protein, g	6.5
Calcium, mg	71
Iron, mg	1.5
Vitamin A, ug RE	78
Thiamin, mg	0.10
Riboflavin, mg	0.10
Niacin, mg	2.8
Vitamin C, mg	22



YIELD: 20 ½ servings
¾ cup per serving

MARCH 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Garlic, bulb	2 bulb (100g)
Onion, Bombay	2 pcs (100g)
Luncheon meat	2 cans (350g/can)
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Kamote, yellow	1 1/4 kgs
Sitaw	1/2 kg



March



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<i>Gisadong sardinas</i> Fried rice Coffee with milk & sugar	Vienna sausage Buttered <i>pandesal</i> Coffee	Ripe mango Crispy bacon bits Hotcake Tea	Calamansi juice Corned beef with potatoes Boiled rice	<i>Lakatan Pandesal</i> with cheese Hot milk	<i>Goto arroz caldo</i> Coffee with milk	<i>Puto bumbong</i> with grated coconut and sugar Salted egg <i>Salabat</i>
AM Snack	Crisp cheese sticks	<i>Kamote roll</i>	<i>Ube ensaymaditas</i>	<i>Turon con langka</i>	<i>Piyaya</i>	<i>Munggo siopao</i>	<i>Ginatan totong</i>
Lunch	Beef <i>morcon</i> Russian salad Boiled rice <i>Merengue</i>	Sauteed kamote with luncheon meat Boiled brown rice Glazed cassava	Pork barbecue <i>Buribud</i> Boiled rice Ripe papaya	<i>Rellenong pusit</i> <i>Sigarilyas gisado</i> Boiled rice <i>Rambutan</i>	Fried <i>labahita</i> <i>Ginataang labong</i> with <i>saluyot</i> Boiled rice Pineapple rings	<i>Sinampalukang manok</i> Mini squash <i>okoy</i> Boiled brown rice Fresh ripe <i>langka</i>	<i>Lechon kawali</i> with liver sauce Tossed green Salad Boiled rice <i>Ube</i> ice cream
PM Snack	<i>Munggo bread</i>	<i>Suman at halaya</i>	<i>Buko pie</i>	<i>Maja blanca</i>	Banana bread	<i>Empanaditas</i>	<i>Inihaw na kamote</i>
Dinner	<i>Bopiz</i> <i>Apan apan</i> Boiled Rice Iced <i>gulaman palamig</i>	Shrimp <i>sinigang</i> with vegetables Fried fish balls Boiled rice Chilled avocado with milk	<i>Adobong hito</i> <i>Ginulayang mais</i> Boiled brown rice Sweetened <i>macapuno</i>	Fried chicken <i>Abitsuwelas</i> -carrot <i>gisado</i> Boiled rice <i>Santol</i> ade	<i>Humba</i> Squash flowers & tops <i>tempura</i> Boiled rice <i>Guyabano</i>	Crab <i>tortilla</i> Radish salad Boiled rice <i>Mais con yelo</i>	<i>Lengua estofado</i> <i>Chicharo</i> -carrot <i>gisado</i> Boiled rice Dragon fruit

*featured recipe



April



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Ripe papaya Fried <i>daing na biya</i> Boiled rice Coffee with milk	<i>Señorita</i> banana Bacon French toast Hot tea	Strawberry Fried dried <i>pusit</i> Fried rice Hot chocolate	Ponkan Shrimp-potato omelet Raisin bread Coffee	Pineapple Salted egg with tomatoes Fried rice Hot chocolate	<i>Atis Pandesal</i> <i>Kesong puti</i> Coffee	<i>Dalanghita</i> Veggie-sardines with <i>miswa</i>* Fried rice Coffee with milk
AM Snack	Chunky potato-fruity salad	<i>Banana turon</i> with <i>langka</i>	<i>Ube palitaw</i>	Glazed <i>saba</i>	<i>Suman at macapuno</i>	<i>Turon munggo</i>	<i>Nilupak</i>
Lunch	Fish <i>lumpia</i> Sauteed <i>kadyos</i> with <i>alugbati</i> Boiled rice Lanzones	<i>Pesang dalag</i> with <i>tahure</i> -tomato sauce Boiled rice Pineapple	Chicken <i>inasal</i> <i>Ensaladang kulitis</i> Boiled rice Shredded <i>buko palamig</i>	<i>Miswa</i> soup with <i>patola</i> Shrimp with peas & quail eggs Boiled rice <i>Lakatan</i>	Cabbage roll <i>Nilasing na hipon</i> Boiled rice <i>Sago palamig</i>	<i>Talakitok sinigang sa kamyas</i> Boiled brown rice Chilled peach halves	<i>Inihaw na liempo</i> <i>Lumpiang ubod</i> Boiled rice Avocado with milk and sugar
PM Snack	Cassava pudding	<i>Turones de Mani</i>	Squash <i>kutsinta</i> with grated coconut	Oatmeal cookies	Cheesy macaroni salad	Creamy macaroni soup	<i>Inihaw na mais</i>
Dinner	Seafood <i>kare-kare</i> with <i>bagoong</i> Boiled rice Mango chutney	Breaded pork chop <i>Kilawin puso ng saging</i> Boiled brown rice Melon smoothie	Clam soup with <i>saluyot</i> tops Crispy <i>pata</i> Boiled rice Santol	<i>Almondigas</i> soup with <i>sayote</i> tops Crunchy fried <i>tilapia</i> Boiled rice <i>Buko pandan</i>	<i>Halabos na alimasag</i> <i>Ensaladang talong-sibuyas-kamatis</i> Boiled rice Chilled <i>pakwan</i>	<i>Arroz a la Cubana</i> Mashed potato Strawberry shake	Chicken <i>afritada</i> Cucumber-pineapple-raisin salad Boiled rice Almond jelly in syrup

*featured recipe



Ingredients:

¼ cup	Cooking oil
¼ cup	Garlic, chopped
1/3 cup	Onion, Bombay, chopped
7 cans	Sardines in tomato sauce
12 cups	Water
2 tsp	Iodized salt
½ tsp	Black pepper, ground
10 cups	Upo, cubed
7 cups	Cabbage, sliced
4 thin rolls	Miswa, separated
20 pcs	Chicken egg, hard-cooked, shelled

Procedure:

1. In a pan, heat oil. Sauté garlic, onion, sardines and water. Cover and boil.
2. Season with salt and pepper.
3. Add upo and cabbage. Simmer for 5 minutes.
4. Add miswa. Stir to prevent sticking of miswa. Simmer for 2 minutes.
5. Serve hot. Top with egg.

Veggie-sardines
with miswa



Estimated energy and nutrient content per serving

Energy, kcal	231
Fat, g	12.9
Carbohydrate, g	14.8
Protein, g	14.0
Calcium, mg	162
Iron, mg	2.7
Vitamin A, ug RE	53
Thiamin, mg	0.12
Riboflavin, mg	0.35
Niacin, mg	5.4
Vitamin C, mg	15



YIELD: 21 servings
1 cup per serving

APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Maundy Thursday	3 Good Friday	4 Black Saturday
5	6	7	8	9 Araw ng Kagitingan	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Garlic, bulb	1 bulb (50g)
Onion, Bombay	2 pcs (100g)
Sardines in tomato sauce	7 cans (155g/can)
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Upo	1 3/4 kgs
Cabbage	3/4 g
Miswa	1 1/3 pack or 240g (180g/pack)
Chicken egg	24 pcs



Ingredients:

½ cup	Cooking oil
¾ cup	Ginger, strips
¼ cup	Garlic, chopped
½ cup	Onion, Bombay, chopped
½ cup	<i>Patis</i>
15 cups	Water
4 cups	<i>Sayote</i> , sliced
20 pcs	<i>Tilapia</i> (med.size)
8 cups	Cabbage, sliced
13 cups	<i>Pechay</i> , sliced

Procedure:

1. In a pan, heat oil. Sauté ginger, garlic and onion.
2. Season with *patis*. Add water, cover and bring to a boil.
3. Add *sayote*. Cover and cook until *sayote* is half cooked.
4. Add *tilapia*. Cover and cook for 5 minutes.
5. Add *pechay* and cabbage. Simmer for 3 minutes.
6. Serve hot.

Pesang tilapia



Estimated energy and nutrient content per serving

Energy, kcal	186
Fat, g	9.8
Carbohydrate, g	5.4
Protein, g	18.8
Calcium, mg	161
Iron, mg	3.3
Vitamin A, ug RE	141
Thiamin, mg	0.10
Riboflavin, mg	0.25
Niacin, mg	8.1
Vitamin C, mg	35



YIELD: 20 servings
1 cup (veg. with soup) + 1 pc *Tilapia* per serving

MAY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <small>Labor Day</small>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Market Order	
Food Item	Quantity
Cooking oil	budget pouch (200ml)
Ginger	1/4 kg
Garlic, bulb	1 bulb (50g)
Onion, Bombay	2 pcs (100g)
Patis	budget pack (150ml)
Sayote	1 kg
Tilapia (medium size)	4 kgs (20pcs)
Cabbage	3/4 kg
Pechay	1 kg (60g/bundle)



May



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Lakatan Steamed hotdog Boiled rice Coffee	Apple Champorado with dilis Fresh milk	Ripe papaya Chili con carne Pan amerikano Hot choco	Dalandan juice Chicken ala king Pandesal toast	Ripe mango Scrambled egg with vienna sausage Boiled brown rice Brewed coffee	Pineapple rings Crispy tapa flakes with achara Boiled rice Milk tea	Latundan Ham and egg sandwich Hot mocha coffee
AM Snack	Pancit luglug	Palitaw	Chicken lomi	Pichi pichi	Dinuguan and puto	Suman sa ibos	Garlic bread
Lunch	Garlic chicken adobo Ampalaya gisado Boiled rice Grape juice	Inihaw na liempo Steamed kamote tops Boiled rice Buko juice	Rellenong bangus Chopsuey Boiled brown rice Leche flan	Beef kare-kare with bagoong Boiled rice Shredded melon juice	Shrimp sinigang Boiled rice Almond jelly	Cabbage and carrot soup Pork menudo Boiled rice Chilled kaong	Adobong pusit Munggo gisado Boiled rice Watermelon
PM Snack	Squash hot cake	Siopao	Turon	Halo-halo	Spanish bread	Pancit canton	Kamote cue
Dinner	Nilagang bulalo with vegetables Boiled brown rice Fruit cup	Garlic chicken wings Sigarilyas gising gising Boiled rice Rambutan	Pork estofado Sauteed cauliflower and carrots Boiled rice Halayang ube	Pesang tilapia* Boiled brown rice Glazed saba	Chicken teriyaki Stir-fried bokchoy with roasted garlic Boiled rice Sweetened langka	Steamed soy lapu-lapu Upo gisado Boiled rice Sliced pear	Sinampalukang manok Boiled brown rice Buko pandan

*featured recipe



June



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Avocado with milk Corned beef hash Boiled rice Cappuccino	<i>Rambutan</i> <i>Gisadong</i> <i>sardinas</i> with <i>malunggay</i> Boiled rice Hot tea	<i>Dalandan</i> Chicken <i>arroz</i> <i>caldo</i> with green onions Fresh milk	Ripe papaya Toasted squid with tomato slices Garlic rice Hot choco	Four seasons juice <i>Longganisa</i> with cucumber Fried rice	Ripe mango Chicken nuggets Boiled rice White coffee	Pear Beef <i>tapa</i> with <i>achara</i> Boiled rice Iced tea
AM Snack	Banana chips	<i>Taho</i> with <i>sago</i>	<i>Kamote</i> fritters	Boiled corn with margarine	<i>Maruya</i>	<i>Tuna</i> sandwich	Pancake
Lunch	Fried <i>torsilyo</i> <i>Ginulayang mais</i> Boiled rice <i>Santol</i> in syrup	<i>Bachoy Tagalog</i> Sauteed baguio beans and carrots Boiled rice <i>Buko</i> salad	Egg drop soup Beef with broccoli Boiled rice Squash icy	<i>Tinolang manok</i> Boiled brown rice Lemonade	<i>Tilapia escabeche</i> <i>Mustasa con itlog</i> Boiled rice Pineapple rings	<i>Lechon kawali</i> <i>Patola</i> with <i>miswa</i> Boiled rice <i>Gulaman drink</i>	Crab and corn soup <i>Paella</i> Fried <i>saba</i> with condensed milk
PM Snack	<i>Nilupak</i> with margarine	Sotanghon soup	Cheese waffle	<i>Buko</i> pie	Banana crepe	Beef <i>mami</i>	<i>Adobo</i> roll
Dinner	<i>Pork-langka</i> <i>sinigang</i>* Boiled rice Chilled <i>nata</i> and lychee	<i>Paksiw na bangus</i> with <i>ampalaya</i> and <i>talong</i> Boiled brown rice <i>Saba</i> con yelo	Breaded pork chop <i>Sigarilyas-kalabasa</i> <i>gisado</i> Boiled rice <i>Gulaman</i> mold	Cabbage garlic soup <i>Ginataang alimasag</i> with <i>malunggay</i> Boiled rice Sweetened beans	<i>Sayote-karot</i> <i>gisado</i> Beef burger steak Boiled rice <i>Guyabano</i> juice	Seafood <i>kare-kare</i> Boiled rice Mangosteen	Chicken <i>inasal</i> <i>Patani-sotanghon</i> <i>gisado</i> Boiled rice Apple-grape salad

*featured recipe



Ingredients:

- 1 ½ kgs Pork, *kasim*, sliced
- 1 ½ cups Tomato, sliced
- ¾ cup Onion, Bombay, sliced
- 12 cups Water
- ½ cup *Patis*
- 1 Tbsp Iodized salt
- 3 cups *Gabi*, cubed
- 5 cups *Langka*, *hilaw*, sliced
- 1 pack *Sinigang sa sampalok* (powdered)
- 10 cups *Kangkong*, sliced

Procedure:

1. In a pot, combine pork, tomato, onion and water. Cover and bring to a boil. Simmer until pork is tender.
2. Season with *patis* and salt.
3. Add *gabi* and *langka*. Cover and simmer until tender.
4. Add *sinigang* powder. Cover and simmer for 2 minutes.
5. Add *kangkong*. Simmer for another 2 minutes.
6. Serve hot.

Pork-*langka sinigang*



Estimated energy and nutrient content per serving

Energy, kcal	358
Fat, g	28.1
Carbohydrate, g	13.4
Protein, g	12.6
Calcium, mg	72
Iron, mg	2.7
Vitamin A, ug RE	102
Thiamin, mg	0.36
Riboflavin, mg	0.18
Niacin, mg	5.5
Vitamin C, mg	18



YIELD: 20 servings per serving
1 cup per serving

JUNE 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12 Independence Day	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Market Order	
Food Item	Quantity
Pork, <i>kasim</i>	1 1/2 kgs
Tomato	1/2 kg
Onion, Bombay	3 pcs (150g)
<i>Patis</i>	budget pack (150ml)
Iodized salt	1 pack (150g/pack)
Gabi	3/4 kg
<i>Langka, hilaw</i>	1 kg
<i>Sinigang sa sampalok</i> (powdered)	1 pack (40g)
<i>Kangkong</i>	1 kg



Ingredients:

¼ cup	Cooking oil
¼ cup	Garlic, chopped
1/3 cup	Onion, Bombay, chopped
2 cups	Shrimp, dried
2 Tbsps	<i>Patis</i>
1 tsp	Black pepper, ground
8 cups	Squash, cubed
6 cups	<i>Okra</i> , sliced
8 cups	Water
7 cups	<i>Talong</i> , sliced
2 tsp	Iodized salt
20 pcs	Chicken egg, hard-cooked, shelled

Procedure:

1. In a pan, heat oil. Sauté garlic and onion.
2. Add shrimp. Cook for 3 minutes.
3. Season with *patis* and pepper.
4. Add squash. Cover and cook for 5 minutes.
5. Add *okra* and water. Simmer for 3 minutes.
6. Add *talong* and salt. Simmer for another 2 minutes.
7. Serve with egg.

Gisadong gulay at itlog



Estimated energy and nutrient content per serving

Energy, kcal	167
Fat, g	9.7
Carbohydrate, g	11.4
Protein, g	9.7
Calcium, mg	267
Iron, mg	3.6
Vitamin A, ug RE	154
Thiamin, mg	0.14
Riboflavin, mg	0.32
Niacin, mg	3.1
Vitamin C, mg	20



YIELD: 20 servings
1 cup (with 1 pc egg) per serving

JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Garlic, bulb	1 bulb (50g)
Onion, Bombay	2 pcs (100g)
Shrimp, dried	1 pack (100g)
Patis	budget pack (150ml)
Black pepper, ground	1 pack
Squash	3 kgs
Okra	5 bundles (620g)
Talong	3/4 kg
Iodized salt	1 pack (150g)
Chicken egg	24 pcs



July



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Atis Sunny side up Garlic rice Fresh milk	Lakatan Fried chicken lollipop Boiled rice Choco fudge coffee	Ripe mango Salted egg Puto Hot cocoa	Pear Fried dried squid with achara Boiled rice Brewed coffee	Apple Bacon and cheese sandwich Salabat tea	Kalamansi juice Spanish omelet Pan amerikano	Ripe papaya Kesong puti Pandesal Hot coffee
AM Snack	Buttermilk pancakes	Goto	Binatog	Special bibingka	Sapin-sapin	Maki-mi	Karioka
Lunch	Fried crablets Sayote gisado Boiled rice Rambutan	Hototai soup Bicol express Boiled brown rice Iced buko	Adobong native na manok Ampalaya with egg Boiled rice Sago at gulaman drink	Clam soup with papaya and sili leaves Boiled rice Santol	Steamed fish fillet with ginger sauce Pinakbet Boiled brown rice Green mango shake	Garlic soup Crispy pata Ginataang kamansi Boiled rice Yema	Bataw-squash flower gisado Chicken asado Boiled brown rice Queso ice cream
PM Snack	Cassava suman	Beef lasagna	Pancit sotanghon gisado	Biko	Chocolate cup cake	Cheesy popcorn	Pasta carbonara
Dinner	Bistek Tagalog Fried vegetable lumpia Boiled rice Pineapple juice	Onion soup Grilled bangus Steamed okra with bagoong Boiled rice Balimbing	Pork barbeque Lumpiang ubod Boiled rice Cucumber-mango salad	Pininyahang manok Upo gisado Boiled brown rice Mangosteen	Beef caldereta Stir-fried carrots and beans Boiled rice Sweetened langka	Inihaw na tuna Gisadong gulay at itlog* Boiled rice Choco pastillas	Pork sizzling sisig Kalabasa-patani gisado Boiled brown rice Lemonade

*featured recipe



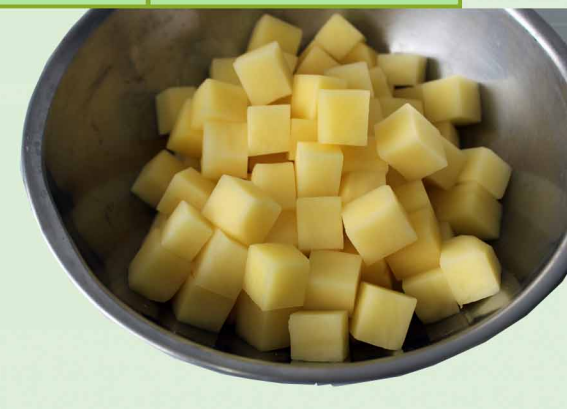
August



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<i>Latundan</i> <i>Tortang dulong</i> Garlic rice Hot choco	Orange juice Scrambled egg with spam bits Boiled rice	Grapes Chicken sandwich Fresh milk	Avocado slices Beef <i>torte</i> with potato Boiled rice Hot <i>salabat</i>	<i>Dalandan</i> Sautéed <i>tuna</i> flakes Boiled rice Cappuccino	Ripe <i>langka</i> Skinless <i>longganisa</i> Boiled rice Milk tea	Four seasons juice Mushroom and cheese omelet <i>Pan amerikano</i>
AM Snack	Squash <i>kuchinta</i>	<i>Kamote cue</i>	<i>Pan de coco</i>	Pork <i>siomai</i>	<i>Suman sa lihia</i> with brown sauce	<i>Buchi</i>	Pizza <i>pandesal</i>
Lunch	Stir-fry beef with mushroom and cauliflower Boiled rice Blueberry cheese cake	<i>Inihaw na tanigue</i> <i>Laing</i> Boiled rice <i>Bukayo</i>	Tamarind soup Pork <i>embutido</i> <i>Kangkong</i> with garlic Boiled rice <i>Lansones</i>	Chicken barbeque Cucumber salad Boiled rice Brownies	<i>Molo</i> soup Stir-fried beef and beans Boiled rice <i>Tiesa</i>	Cream of mushroom soup <i>Camaron rebosado</i> Vegetable <i>tempura</i> Boiled rice <i>Sago sa malamig</i>	Pork steak with creamy greens Boiled rice <i>Mais con yelo</i>
PM Snack	Spaghetti with toast bread	Apple crepe	Lugaw with <i>tokwa</i> in vinegar dip	<i>Hopia</i>	Peanut butter and French toast	Chicken macaroni soup	Squash <i>maja</i>
Dinner	Chicken cordon bleu Buttered vegetables Boiled rice <i>Tiramisu</i>	Grilled pork chop Sauteed string beans Boiled brown rice <i>Ensaladang</i> <i>mangga</i>	Fried boneless <i>bangus</i> <i>Gisadong munggo</i> at <i>talinum</i> Boiled rice Coffee jelly	Sotanghon with corned beef* <i>Toge gisado</i> Boiled brown rice Sweetened <i>nata</i>	Vegetable soup Chicken <i>pochero</i> Boiled rice Iced tea	Lechon <i>kawali</i> <i>Ginataang langka</i> Boiled rice Fried <i>saba</i> with condensed milk	Nido soup <i>Tuna sisig</i> Buttered <i>chicharo</i> Boiled brown rice <i>Crema de fruta</i>

*featured recipe



Ingredients:

1/3 cup	Cooking oil
1/3 cup	Garlic, chopped
1/2 cup	Onion, Bombay, chopped
5 cans	Corned beef
5 cups	Potato, diced
10 cups	Water
2 tsp	Iodized salt
1/2 tsp	Black pepper, ground
5 packs	<i>Sotanghon</i> , soaked in water
4 1/2 cups	<i>Malunggay</i> leaves

Procedure:

1. In a pan, heat oil. Sauté garlic, onion, corned beef and potato.
2. Add water. Bring to a boil. Season with salt and pepper.
3. Add *sotanghon*, cook until tender.
4. Add *malunggay*. Serve hot.

Sotanghon with corned beef



Estimated energy and nutrient content per serving

Energy, kcal	236
Fat, g	9.8
Carbohydrate,	29.6
Protein, g	7.1
Calcium, mg	51
Iron, mg	1.4
Vitamin A, ug RE	60
Thiamin, mg	0.07
Riboflavin, mg	0.11
Niacin, mg	3.0
Vitamin C, mg	23



YIELD: 20 servings
1 cup per serving

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 <small>Ninoy Aquino Day</small>	22
23	24	25	26	27	28	29
30	31 <small>National Heroes Day</small>					

SEPTEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Garlic bulb	2 bulb (100g)
Onion, Bombay	2 pcs (100g)
Corned beef	5 cans (150g/can)
Potato	1 1/4 kgs
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Sotanghon	5 packs (3.2 oz or 95g/pack)
Malunggay leaves	3 bundle (55g/bundle)



Ingredients:

2/3 cup	Cooking oil
2/3 cup	Garlic, chopped
1 cup	Onion, Bombay, chopped
5 cans	<i>Tuna</i> (plain or flavored)
5 pcs	<i>Tokwa</i> , cubed
1 cup	Water
2 ½ tsp	Iodized salt
1 tsp	Black pepper, ground
8 cups	<i>Sayote</i> , strips
5 cups	Carrot, strips

Procedure:

1. In a pan, heat oil. Sauté garlic, onion and *tuna*.
2. Add *tokwa* and water. Bring to a boil. Cover and simmer for 5 minutes.
3. Season with salt and pepper.
4. Add *sayote* and carrot. Simmer for another 3 minutes.
5. Serve hot.

Tuna-sayote-carrot gisado



Estimated energy and nutrient content per serving

Energy, kcal	175
Fat, g	11.7
Carbohydrate, g	9.4
Protein, g	7.9
Calcium, mg	70
Iron, mg	1.4
Vitamin A, ug RE	391
Thiamin, mg	0.05
Riboflavin, mg	0.07
Niacin, mg	4.4
Vitamin C, mg	9



YIELD: 20 servings
1 cup per serving

SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Market Order

Food Item	Quantity
Cooking oil	budget pouch (200ml)
Garlic, bulb	3 bulb (150g)
Onion, Bombay	4 pcs (200g)
Tuna (plain or flavored)	5 cans (155g/cans)
Tokwa	5 pcs (85g/pc)
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Sayote	1 1/4 kgs
Carrot	3/4 kg



September



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Orange Fried <i>tinapang salinas</i> Tomato slices Fried rice Coffee with milk	Ripe papaya <i>Pandesal</i> Peanut butter Hot choco	Mango cubes Scrambled egg with hotdog bits Boiled rice Milk tea	Grapes Pancake with syrup Cappuccino	Apple slices <i>Pandesal</i> Cheese Coffee with creamer	<i>Dalanghita</i> Corned beef with potatoes Boiled rice Tea	<i>Longgan</i> Fried dried <i>tamban</i> with vinegar dip Boiled brown rice Milk
AM Snack	<i>Lomi</i>	Spaghetti	Cassava cake	<i>Sopas</i>	<i>Pancit canton</i>	Cinnamon roll	<i>Palabok</i>
Lunch	Beef <i>nilaga</i> with vegetables Boiled rice Yema	Fried pork cutlets <i>Tuna-sayote-carrot gisado*</i> Boiled rice Chilled nata de coco	Chicken <i>afritada</i> <i>Ensaladang pako</i> Boiled rice <i>Lakatan</i>	<i>Adobong pusit</i> <i>Sayote gisado</i> Boiled brown rice <i>Pili nut</i>	Beef strips with broccoli Boiled rice Sweetened saba	Pork <i>patatim</i> Fresh <i>lumpia</i> with peanut sauce Boiled rice <i>Ube halaya</i>	Chicken pandan <i>Upo gisado</i> Boiled rice <i>Macapuno</i>
PM Snack	<i>Kababayan</i>	<i>Balot sa puti</i>	Boiled corn	<i>Ensaymada</i>	<i>Bicho-bicho</i>	<i>Kamote cue</i>	<i>Kuchinta</i>
Dinner	Chicken <i>adobo</i> Boiled <i>kamote</i> tops Boiled brown rice Chocolate kisses	<i>Miswa-patola</i> soup Fried <i>matang baka</i> Boiled rice <i>Pinipig</i> polvoron	Beef <i>tapa</i> <i>Chopsuey</i> Boiled rice Vanilla ice cream	Pork <i>inihaw</i> Sauteed cabbage and carrots Boiled rice <i>Leche flan</i>	Crab and corn soup Chicken <i>embutido</i> <i>Adobong sitaw</i> Boiled rice <i>Latundan</i>	<i>Tilapia sinigang</i> Boiled brown rice Gelatin	Beef steak with onion rings Sauteed <i>sigarilyas</i> Boiled rice Pear slices

*featured recipe



October



2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Mango balls <i>Longsilog</i> Tea	<i>Atis</i> Eggplant omelet Boiled rice Coffee with milk	Mangosteen Scrambled egg <i>Pandesal</i> Fresh milk	Pear slices Fried dried <i>dilis</i> <i>Champorado</i> Coffee with creamer	Grapes Fried luncheon meat Boiled rice Coffee with milk	Papaya slice Toasted slice bread Strawberry jam Hot choco	Ponkan Fried ham Poached egg Fried rice Cappuccino
AM Snack	<i>Pianono</i>	Spanish bread	<i>Pichi-pichi</i>	<i>Hopia baboy</i>	Egg Pie	<i>Mamon</i>	Salted cracker
Lunch	Shrimp <i>sinigang</i> Boiled rice <i>Lakatan</i>	Beef with <i>ampalaya</i> and <i>tausi</i> Boiled rice <i>Longgan</i>	Pork <i>gisado</i> Crispy <i>kangkong</i> Boiled rice Caramel bar	Chicken <i>sinampalukan</i> with <i>sayote</i> and <i>malunggay</i> leaves Boiled rice <i>Bukayo</i>	<i>Bangus paksiw</i> with <i>ampalaya</i> and <i>talong</i> Boiled rice <i>Ampaw</i>	Beef <i>mechado</i> Fried <i>lumpia toge</i> Boiled rice Chilled fruit cocktail	Pork <i>dinuguan</i> <i>Pechay gisado</i> Boiled rice <i>Senorita</i>
PM Snack	<i>Galyetas</i>	<i>Suman sa lihiya</i>	Chocolate crinkles	<i>Binatog</i>	<i>Turon</i>	<i>Halo-halo</i>	<i>Arrozcaldo</i>
Dinner	<i>Lechon kawali</i> <i>Ginulay na mais</i> Boiled rice <i>Brazo de</i> <i>mercedes</i>	<i>Tinolang manok*</i> Boiled rice Pastillas	<i>So-tahong soup</i> with vegetables Boiled rice <i>Latundan</i>	Beef <i>asado</i> Buttered vegetables Boiled rice Choco mousse	Ground pork <i>menudo</i> Sauteed cabbage Boiled rice Sweetened <i>kundol</i>	Nido soup Fried chicken <i>Pinakbet</i> Boiled rice Mango tart	<i>Pesang hito</i> with vegetables Boiled rice <i>Aratiles</i>

*featured recipe



Ingredients:

- ¼ cup Cooking oil
- ¼ cup Ginger, strips
- ¼ cup Garlic, chopped
- 3 Tbsps Onion, Bombay, chopped
- 5 cups Chicken breast, cut into serving piece
- ¼ cup Patis
- 1 Tbsp Seasoning, granules or powder (optional)
- 3 cups Sayote, diced
- 3 cups Squash, diced
- 10 cups Water
- 2 pcs Sili, green, long
- 3 cups Malunggay leaves

Procedure:

1. In a pan, heat oil. Sauté ginger, garlic and onion.
2. Add chicken. Season with *patis* and seasoning. Cover and cook for 15 minutes.
3. Add *sayote* and squash. Simmer until the chicken and vegetables are tender.
4. Add water. Cover and bring to a boil.
5. Add *sili* and *malunggay*. Serve hot.

Tinolang manok



Estimated energy and nutrient content per serving

Energy, kcal	123
Fat, g	6.0
Carbohydrate, g	4.8
Protein, g	12.8
Calcium, mg	47
Iron, mg	1.4
Vitamin A, ug RE	91
Thiamin, mg	0.10
Riboflavin, mg	0.07
Niacin, mg	8.0
Vitamin C, mg	17



YIELD: 20 ½ servings
1 cup per serving

OCTOBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Ginger	1 pc (50g)
Garlic, bulb	1 bulb (50g)
Onion, Bombay	1 pc (50g)
Chicken breast	1 1/2 kgs
Patis	budget pack (150ml)
Seasoning, granules or powder (optional)	1 sachet (8g)
Sayote	3/4 kg
Squash	3/4 kg
Sili, green	2 pcs
Malunggay leaves	4 bundles (55g/bundle)



Ingredients:

1/3 cup	Cooking oil
1/2 cup	Onion, Bombay, chopped
8 cans	<i>Tuna</i> in oil
7 cups	Potato, diced
6 cups	Water
1/4 cup	<i>Patis</i>
1 tsp	Black pepper, ground
6 pcs	Chicken egg, lightly beaten
8 cups	<i>Pechay</i> , sliced

Procedure:

1. In a pan, heat oil. Sauté onion and *tuna*.
2. Add potato and water. Bring to a boil. Cover and cook for 10 minutes.
3. Season with *patis* and pepper. Cover and simmer for 5 minutes.
4. Add egg and stir well. Simmer for another 2 minutes. Add *pechay*.
5. Serve hot.

Tuna gisado



Estimated energy and nutrient content per serving

Energy, kcal	297
Fat, g	21.8
Carbohydrate, g	11.7
Protein, g	13.0
Calcium, mg	80
Iron, mg	2.6
Vitamin A, ug RE	90
Thiamin, mg	0.10
Riboflavin, mg	0.20
Niacin, mg	9.8
Vitamin C, mg	29



YIELD: 20 1/2 servings
1 cup per serving

NOVEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>All Saints Day</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 <small>Bonifacio Day</small>					

DECEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Onion, Bombay	2 pcs (100g)
Tuna in oil (canned)	8 cans (155g/can)
Potato	1 1/2 kgs
Patis	budget pack (150ml)
Black pepper, ground	1 pack
Chicken egg	8 pcs
Pechay	3/4 kg (60g/bundle)



November

2015



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apple slice Fried <i>tocino</i> Boiled brown rice Hot choco	<i>Kiwi</i> <i>Pandesal</i> Butter Coffee	Chilled strawberry Fried <i>daing na bangus</i> Boiled rice Hot tea	<i>Longgan</i> Sausage Fried rice Pineapple-orange juice	<i>Chico</i> <i>Tortang talong</i> Boiled rice Capuccino	Lychee <i>Pan de monay</i> <i>Coco jam</i> Coffee with milk	<i>Lakatan</i> Tuna omelet Boiled rice Four seasons juice
AM Snack	Oatmeal cookies	<i>Suman sa ibos</i>	Corn muffin	Banana cake	Chiffon slice	Chicken mami	Doughnut
Lunch	<i>Ginataang manok</i> with pineapple Steamed broccoli Boiled rice <i>Turones de kasuy</i>	Sweet chili shrimps Fresh green salad Boiled rice <i>Barquillos</i>	Beef <i>kare-kare</i> with vegetables Boiled brown rice Coffee jelly	Pork <i>sinampalukan</i> with vegetables Boiled rice <i>Upo</i> delight	Stir-fried chicken with <i>kulitis</i> Boiled rice <i>Atis</i>	Sotanghon soup with cabbage <i>Inihaw na pusit</i> with tomatoes Boiled rice Chocolate ice cream	<i>Pinapaitan</i> <i>Lumpiang</i> labong Boiled brown rice <i>Gelatin</i>
PM Snack	<i>Pancit bihon gisado</i>	<i>Pan de coco</i>	Boiled <i>kamote</i>	Cup cake	<i>Nilupak</i>	Chocolate cake	<i>Siopao</i>
Dinner	Beef <i>pochero</i> with vegetables Boiled rice <i>Brazo de mercedes</i>	Pork <i>sinigang</i> Boiled rice Macaroons	Chicken barbecue <i>Ensaladang ampalaya at labanos</i> Boiled rice <i>Meringue</i>	<i>Tuna gisado*</i> <i>Ensaladang okra at kamote tops</i> Boiled rice <i>Latundan</i>	Beef <i>kaldereta</i> <i>Pipino</i> -pomelo salad Boiled brown rice Squash icy	Bicol express with <i>sigarilyas</i> Boiled rice Grapes	Chicken <i>adobo</i> Sauteed squash and string beans Boiled rice <i>Tiesa</i>

*featured recipe



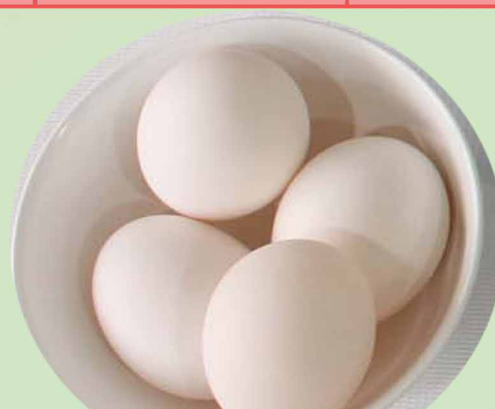
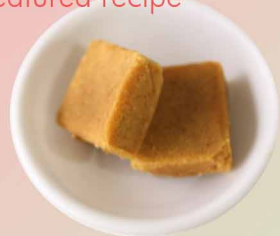
December

2015



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Papaya slice Hotcake with syrup Coffee with creamer	<i>Lakatan</i> Fried dried <i>tamban</i> Fried <i>talong</i> Boiled brown rice Tea	Pear slices <i>Pandesal</i> Scrambled egg Hot choco	<i>Chico</i> Fried meatloaf Boiled rice Fresh milk	Grapes Fried <i>tinapang bangus</i> Tomatoes Boiled rice Coffee	Orange <i>Pancit canton</i> Garlic bread Milk tea	Apple slice Tuna omelet Garlic rice Cappuccino
AM Snack	Chicken pie	Wafer	Creamy mac soup	Sunflower crackers	Spanish bread	<i>Karioka</i>	Squash <i>okoy</i>
Lunch	Pork <i>bachoy</i> Lettuce-cucumber toss salad Boiled rice Dried mangoes	Clam soup with <i>malunggay</i> leaves Chicken <i>afritada</i> Boiled rice Chilled kaong	Miswa soup <i>Tahong</i> omelet Boiled rice Rebel bar	Pork <i>humba</i> <i>Pechay gisado</i> Boiled rice Sweetened <i>langka</i>	Meaty soup with <i>kulitis</i>* <i>Dulong</i> fritters Boiled brown rice Iced <i>buko</i>	<i>Pina-upong manok</i> Boiled rice Coffee polvoron	<i>Paksiw na bisugo</i> with <i>talong</i> Boiled rice <i>Lakatan</i>
PM Snack	Herbed brown rice soup	<i>Bibingka</i>	Choco chip cookies	<i>Ginatan bilo-bilo</i>	<i>Pancit miki</i>	<i>Pianono</i>	<i>Hopia ube</i>
Dinner	<i>Sinigang na hasa-hasa</i> Boiled rice Cookies and cream <i>polvoron</i>	Beef with mushroom sauce Sauteed <i>sitaw</i> Boiled rice <i>Durian</i> candy	Pork <i>higado</i> <i>Pako</i> summer salad Boiled rice Sweetened beans	Chicken <i>tinola</i> surprise Boiled rice <i>Latundan</i>	<i>Pesang maya-maya</i> with vegetables Boiled rice Pineapple tidbits	Beef <i>callos</i> Coles law Boiled brown rice <i>Ginumis</i>	Pork <i>asado</i> <i>Ampalaya gisado</i> Boiled rice Vanilla ice cream

*featured recipe



Ingredients:

- 1/3 cup

1/3 cup

3 cans

1/3 cup

2 cups

16 cups

1 Tbsp

1 tsp

2 Tbsps

4 pcs

10 cups
- Cooking oil

Onion, Bombay, chopped

Luncheon meat, cubed

Bell pepper, red, cubed

Potato, cubed

Water

Iodized salt

Black pepper, ground

Seasoning, granules or powder (optional)

Chicken egg, lightly beaten

Kulitis

Procedure:

1. In a pan, heat oil. Sauté onion and luncheon meat.

2. Add bell pepper, potato and water. Bring to a boil. Cover and simmer for 5 minutes.

3. Season with salt, pepper and seasoning.

4. Pour beaten egg while stirring.

5. Add kulitis. Serve hot.

Meaty soup with kulitis



Estimated energy and nutrient content per serving

Energy, kcal	148
Fat	8.7
Carbohydrate, g	8.7
Protein, g	8.6
Calcium, mg	100
Iron, mg	3.1
Vitamin A, ug RE	158
Thiamin, mg	0.06
Riboflavin, mg	0.15
Niacin, mg	3.6
Vitamin C, mg	15



YIELD: 24 servings
1 cup per serving

DECEMBER 2015

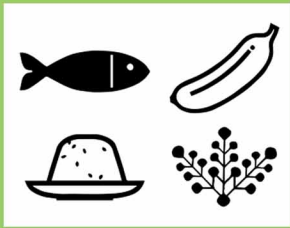
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Additional Holiday	25 Christmas Day	26
27	28	29	30 Rizal Day	31		

JANUARY 2016						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

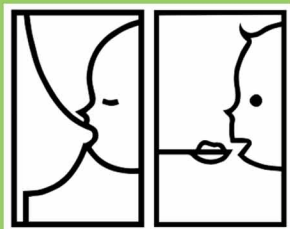
Market Order	
Food Item	Quantity
Cooking oil	sulit pouch (100ml)
Onion, Bombay	2 pcs (100g)
Luncheon meat	3 cans (350g/can)
Bell pepper, red	1 pc
Potato	1/2 kg
Iodized salt	1 pack (150g)
Black pepper, ground	1 pack
Seasonin, granules or powder (optional)	2 sachet (8g/sachet)/ 2 cubes (10g/cube)
Chicken egg	6 pcs
Kulitis	1 kg



Nutritional Guidelines for Filipinos



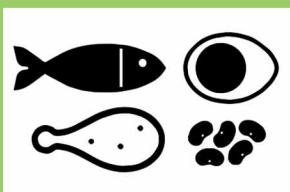
1. Eat a variety of foods everyday to get the nutrients needed by the body.



2. Breastfeed infants exclusively from birth up to 6 months then give appropriate complementary foods while continuing breastfeeding for 2 years and beyond for optimum growth and development.



3. Eat more vegetables and fruits everyday to get the essential vitamins, minerals and fiber for regulation of body processes.



4. Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.



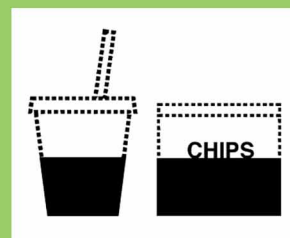
5. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, everyday for healthy bones and teeth.



6. Consume safe foods and water to prevent diarrhea and other food and water-borne diseases.



7. Use iodized salt to prevent Iodine Deficiency Disorders.



8. Limit intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.



9. Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity.



10. Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle-related non-communicable diseases.

PINGGANG PINOY™

Healthy food plate for Filipino adults



Equivalent Portion Sizes Per Meal

Rice & alternatives



- 1 serving of any of the following:
- 1 cup of cooked rice
 - 4 pcs. of *pandesal*, 17g each
 - 4 slices of loaf bread, 17g each
 - 1 cup of cooked macaroni or spaghetti noodles
 - 1 small pc. of rootcrop (ex. *kamote*, *kamoteng kahoy*, *gabi*, *ubi*)

Fish & alternatives



- 2 servings of any of the following:
- 1 pc. of small size fish (ex. *galunggong*)
 - 1 pc. of small chicken leg or 1 matchbox size of chicken breast
 - 1 matchbox size of meat (ex. pork, beef)
 - 1 pc. of small chicken egg

Vegetables



- 3/4 to 1 cup of cooked or raw vegetables

Fruits



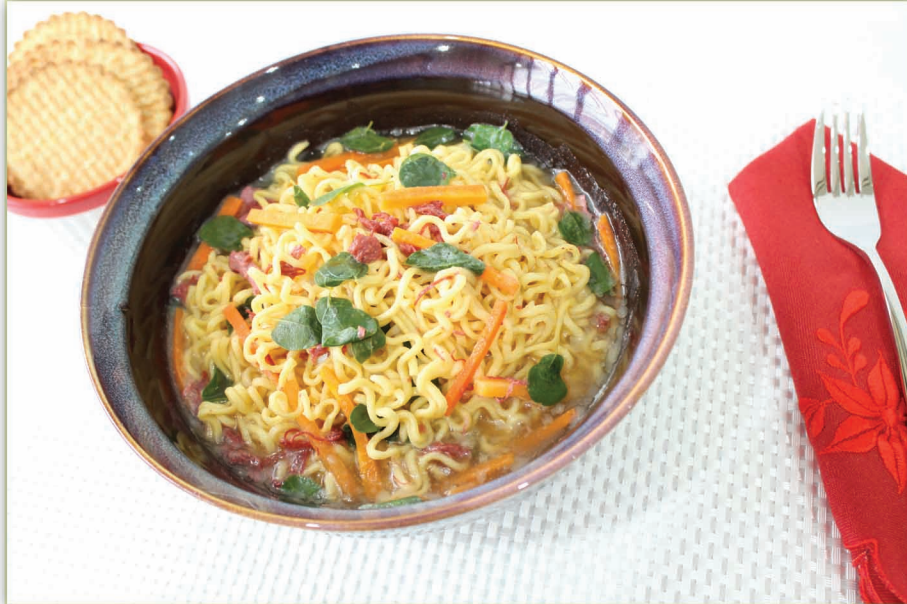
- 1 serving of any of the following:
- 1 medium size fruit (ex. banana, *dalanghita*, *kaymito*)
 - 1 slice of big fruit (ex. watermelon, papaya)

Water & beverages



- 8 or more glasses of water daily

Additional Recipes



Beefy mami

Ingredients:

2 Tbsps	Cooking oil
2 Tbsps	Garlic, chopped
3 Tbsps	Onion, Bombay, chopped
16 cups	Water
4 cans	Corned beef
4 cups	Carrot, strips
10 packs	Instant noodles, chicken
3 cups	Malunggay leaves

Procedure:

1. In a pot, heat oil. Saute garlic and onion.
2. Add water, bring to a boil. Add corned beef. Simmer for 5 minutes.
3. Add carrots and noodles. Simmer for 1 minute.
4. Add *malunggay*. Serve hot.

Estimated energy and nutrient content per serving

Energy, kcal	211
Fat, g	12.0
Carbohydrate, g	18.5
Protein, g	7.4
Calcium, mg	61
Iron, mg	1.5
Vitamin A, ug RE	344
Thiamin, mg	0.50
Riboflavin, mg	0.10
Niacin, mg	3.0
Vitamin C, mg	8

Yield: 20 1/2 servings
1 cup per serving



Macaroni soup delight

Ingredients:

1 1/2 cups	Macaroni, shell, raw	1/2 Tbsp	Seasoning, granules or powder (optional)
3 3/4 cups	Water	1/4 tsp	Iodized salt
2 tps	Cooking oil (for macaroni)	10 cups	Water
pinch	Iodized salt	1 cup	Potato, cubed
3 Tbsps	Cooking oil, for sauteing	2 cups	Squash, cubed
3 Tbsps	Garlic, chopped	3 1/4 cups	Evaporated milk
1/3 cup	Onion, Bombay, chopped	3 1/4 cups	Cabbage, strips
2 cans	Corned beef	20 pcs	Chicken egg, hard-cooked, shelled
1 can	Sausage, Vienna		
3 Tbsps	Patis		
1/4 tsp	Black pepper, ground		

Procedure:

1. In a pot, bring water to a boil. Add oil and a pinch of salt. Add macaroni. Simmer uncovered. Cook for 5-10 minutes.
2. Drain in a colander and rinse with tap water. Set aside.
3. In a pan, heat oil. Saute garlic, onion, corned beef and sausage.
4. season with patis, pepper, seasoning and salt. Add water. Cover and cook for 8 minutes.
5. Add potato and squash. Cover and simmer for 10 minutes.
6. Add milk. Simmer uncovered.
7. Add cabbage. Serve hot. Top with egg.

Estimated energy and nutrient content per serving

Energy, kcal	271
Fat, g	15.9
Carbohydrate, g	16.2
Protein, g	15.8
Calcium, mg	196
Iron, mg	3.0
Vitamin A, ug RE	130
Thiamin, mg	0.15
Riboflavin, mg	0.46
Niacin, mg	4.0
Vitamin C, mg	11

Yield: 20 servings
1 cup (with 1 pc. egg) per serving



Veggie arroz con pollo

Ingredients:

1 1/2 cup	Rice, white, raw
6 cups	Water
1/4 cup	Cooking oil
1/4 cup	Ginger, sliced
1/4 cup	Garlic, chopped
1/4 cup	Onion, Bombay, chopped
2 cups	Chicken, breast, ground
1 Tbsp	Iodized salt
1/2 tsp	Black pepper, ground
4 cups	<i>Puso ng saging, haba, (Butuan)</i> , strips
1 Tbsp	Seasoning, granules or powder (optional)
7 cups	Water
3 cups	<i>Kamote</i> , yellow, cubed
2 cups	<i>Papaya</i> , seeded, sliced

Procedure:

1. In a pot, combined rice and water. Bring to a boil then simmer for 30 minutes or until soft. Stir occasionally. Set aside.
2. In a pan, heat oil. Saute ginger, garlic, onion and chicken.
3. Season with salt and pepper.
4. Add *puso ng saging* and seasoning.
5. Pour the sauteed mixture into the cooked *lugao*. Blend well, add water, and bring to a boil.
6. Add *kamote* and *papaya*. Cover and simmer for 15 minutes.
7. Serve hot.

Estimated energy and nutrient content per serving

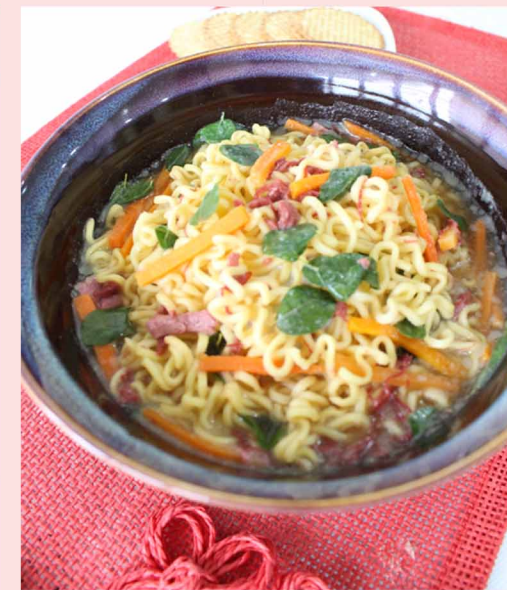
Energy, kcal	152
Fat, g	4.4
Carbohydrate, g	23.5
Protein, g	6.7
Calcium, mg	41
Iron, mg	0.9
Vitamin A, ug RE	34
Thiamin, mg	0.07
Riboflavin, mg	0.04
Niacin, mg	3.9
Vitamin C, mg	12

Yield: 20 servings
1 cup per serving

Sample one week menu for extended Emergency Feeding in an Evacuation Center

MEALS	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Toasted dried <i>dilis</i> Champorado with milk	Boiled egg <i>Pandesal</i> Hot tea*	<i>Sardinas gisado</i> <i>Pandesal</i> Coffee*	Pork and beans <i>Pandesal</i> Hot tea*	Fried <i>tinapa</i> Boiled rice Coffee*	<i>Matamis sa bao</i> Crackers/ biscuits 3-in-1 cofffee*	<i>Tuna gisado</i> Boiled rice Hot tea
Lunch	<i>Tinolang manok</i> Boiled rice	<i>Munggo-cassava gisado</i> Boiled rice	Sauteed <i>kamote</i> with luncheon meat Boiled rice	<i>Ginulayang isda</i> Boiled rice	Pork- <i>langka sinigang</i> Boiled rice	Sotanghon with corned beef Boiled rice	Meaty soup with <i>kulitis</i> Boiled rice
Supper	<i>Pesang tilapia</i> Boiled rice	<i>Tuna-sayote-carrot gisado</i> Boiled rice	Macarani soup delight Crackers/ biscuits	Beefy <i>mami</i> Crackers/ biscuits	Veggie- sardines with <i>miswa</i> Boiled rice	Fried fish <i>Gisadong gulay at itlog</i> Boiled rice	Veggie <i>arroz con pollo</i>
Snack	Boiled <i>saba</i> Juice in tetra pack	Buns or <i>pan de sal</i> Scrambled egg	Boiled cassava with margarine and sugar	Instant oatmeal with milk	Boiled <i>kamote</i> with margarine and sugar	Cream-filled biscuits Juice in tetra pack	Instant <i>pancit canton</i> with <i>malunggay</i> leaves

*Milk for children



Breastfeeding still best for babies even during emergencies

By Charina A. Javier

Calamities are pressing people's physical and economic resources. The recent calamities that struck the country have displaced thousands of families and the aftermath is much worse as illnesses began to spread.

Infants and young children are the most vulnerable. Having weak immunity, they are the ones who easily get sick when staying in crowded evacuation centers.

Undoubtedly, breastfeeding is the best for babies. Breastmilk is the perfect food for newborns and infants because it provides all the nutrients that are needed for healthy development.

Today, as families are in emergency situation and where basic infrastructure has been compromised, breastmilk provides a safe food for babies. Breastmilk contains antibodies that help protect them from common childhood illnesses like diarrhea, pneumonia and malnutrition.

Moreover, breastmilk is readily safe, available and affordable. This helps to ensure that infants get adequate

sustenance at the time when they need it, even in emergency situations.

Feeding infants and young children with milk formulas may pose dangers to their nutrition and health status. First, safe water needed for the preparation of milk formula and for cleaning and sterilizing materials such as bottles and nipples may not be available in the area. Water in evacuation centers may be contaminated to cause diarrhea, cholera and other water-borne diseases.

Water should be put to a rolling boil for at least 3 minutes if it is to be used to prepare milk formulas. Bottles and nipples should be boiled longer to make them sterile.

This poses the problem of not only safe water but also fuel source, which may also be scarce in evacuation centers.

Storage equipment, like a refrigerator, is most of the time not available and the hot environment in evacuation areas make milk formulas easily spoil.

In a situation where economic activities of a household are disrupted, income and savings, if there are any, are exhausted, and thus, milk formulas become inaccessible.

Mothers who are under stress may have stopped lactating for a day or so, but this can be overcome with good support.

It is a myth to think that because mothers are under stressful situations, they would not be able to breastfeed. They only need support for re-lactation.

The other myth is that because mothers are undernourished or are sick, they cannot breastfeed or the milk is of poor quality. This is not true because even very malnourished mothers can produce good milk.

Under these conditions, breastmilk may be in lower amount but it is still the best source of nourishment for the baby. Mothers, if undernourished as in such case, should be given the nutritional support that she needs. Indeed, breastfeeding is a life saving intervention. It is best for babies in normal and emergency situations.

Simple nutrition tips during disaster

- When families are in emergency situations and basic infrastructure has been compromised, breastmilk provides a safe & affordable food for babies
- Breastmilk is best for babies in normal and emergency situations
- Have at least a gallon of clean water for utility purposes
- Make sure you wash your hands with soap and water before handling your food
- In times of calamities, try to drink at least 8 to 10 glasses of water daily to prevent dehydration
- For emergency feeding, try to prepare simple nourishing one dish hot meals
- For your disaster survival kit, include ready-to-eat food and other packed/canned food that need no heating or cooking, and bottled drinking water.
- Prepare stockpile of foods that can be stored for a long period of time like rice, canned goods, noodles, dried fish, sugar, coffee salt as contingency for disaster
- Be ready with supply of chlorine tablets for safe drinking water in times of disaster
- Prioritize the needs of vulnerable members of the household such as pregnant, infants and young children, elderly as well as those who are sick
- Keep emergency contact numbers of health centers, hospitals, police and social welfare in case communication lines are open

Reference:

Castaneda, CP, Agdeppa, AA, Cuaderno, FC, Pagaspas RM, Manual of Recommendations-Culture-Responsive Model on Food and Nutrition Management during Disasters, June 2002



January 2016

Su	Mo	Tu	We	Th	Fr	Sa
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February 2016

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May 2016

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June 2016

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July 2016

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August 2016

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September 2016

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October 2016

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30	31					

November 2016

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December 2016

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

2016



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