

## PALARONG BICOL 2026 MENU

DAY/DATE	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
DAY 1	Vigan Longganisa Salted Egg w/ tomato salsa Rice Milo Drink	Tuna sandwich Juice	Roasted chicken Chopsuey Steamed Rice Fruits	Chicken Macaroni Soup Bread	Pork rib sinigang Fried ubod Steamed Rice
DAY 2	Cheese Hotdog Scrambled egg Steamed rice Milo drink	Chicken Empanada Juice	Chicken tinola Laing Steamed Rice Fruits	Pineapple sandwich Juice	Chicken Adobo Sauteed Upo Steamed Rice
DAY 3	Sliced Ham Scrambled egg Steamed Rice Milo	Boiled Banana Juice	Pork Nilaga Sauteed Togue Steamed Rice Fruits	Monggo bread Juice	Fried Chicken Mixed Vegetables Steamed Rice
DAY 4	Burger Steak Boiled egg Steamed Rice Milo	Ham and cheese Sandwich Juice	Fried Pork Chop Ginataang Langka Steamed Rice Fruits	Ginataang bilo-bilo Juice	Bopis Pinakbet Steamed Rice
DAY 5	Daing na Bangus Scrambled egg Steamed Rice Milo	Ensaymada Juice	Pork embotido Ginataang Santol Steamed Rice Fruits	Bihon Guisado Bread Juice	Misua Soup with Patola Fried Fish Steamed Rice
DAY 6	Corned beef Boiled egg Steamed Rice Milo	Fried turon Juice	Paksiw na Baboy Shanghai Steamed Rice Fruits	Chicken noodle soup juice	Chicken adobo Sauteed Vegetables Steamed Rice
DAY 7	Smoked Fish Salted egg Steamed Rice Milo	Banana Bread Juice	Igado Fried ubod Steamed Rice Fruits	Egg sandwich Juice	Chicken Afritada Adobong sitaw Steamed Rice

(SGD)

ANGEL G. NAVAL

Executive Assistance V