

	Republic of the Philippines Department of Health, Regional Office IV-A BATANGAS MEDICAL CENTER Batangas City ISO 9001:2008 CERTIFIED	 
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CYCLE MENU
April 16-30, 2015

☐ **MODIFIED DIET**

 ☒ **ROUTINE DIET**

WEEKDAY	BREAKFAST	LUNCH	SUPPER
MONDAY 20	Tapa Fried Rice Black Coffee	Guinataan langka with dilis and malunggay Crispy Liempo Plain Rice Peaches	Papaya Guisado w/ Malunggay Fried Plain Rice Candy
TUESDAY 21	Scrambled Egg w/ Ham Pandesal Black Coffee	Monggo Guisado Liempo Barbeque Plain Rice Sweet Beans	Kilawing Puso Fried Plain Rice Candy
WEDNESDAY 22	Menudillo Plain Rice Black Coffee	Chayote in Oyster Sauce Beef Mechado Plain Rice Inabayan	Halaan Soup Crispy Bola-bola Plain Rice Candy
THURSDAY 23	Spaghetti Pandesal Black Coffee	Bulanglang Pork Caldereta Plain Rice Banana Cue	Upo Guisado with pechay Sinaing Plain Rice Candy
FRIDAY 24	Cheese Potato Omelette Pandesal Black Coffee	Ampalaya Guisado Guinataan Tulingan Plain Rice Coffee Gelatine	MIke w/ Monggo Sprouts Fried Plain Rice Candy
SATURDAY 25	Bola Bola w/ Pork and Beans Plain Rice Black Coffee	Togue cabbage Guisado Chicken Adobo Plain Rice Sweet Saba with coco milk	Creamy Macaroni Soup Pork Stew w/ Red Bellpepper Plain Rice Candy
SUNDAY 26	Tocino Fried Rice Black Coffee	Chami Pork Sarciado Plain Rice Pine Slice 1/2 each	Bami Fried Plain Rice Candy
Prepared by: EDNA L. CATAPANG, ND V Signature Over Printed Name Date: _____		Approved by: LUIS O. BUÑO JR. MD, MHA, FPCS Signature Over Printed Name Date: _____	

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Effective Date: October 24, 2014