



BUDGET MEAL DAILY MENU FOR THE MONTH OF MARCH 2017

NOTE: Inclusion on every meal pack:

Rice, Soup ,Vegetable (or Noodles) and Meat (fish,beef or chicken)

March 1: Sisig |Pakbet

March 2: Adobong Manok

March 3: No Budget Meal on Friday

March 4: Nilagang Baka| Nilagang Manok | Shanghai

March 5: Bistek |Tokwat Manok

March 6: Chicken Menudo | Bicol Express

March 7: Fish fillet |Beef Sisig

March 8: Inasal |Bistek |BBQ

March 9: Isdang Paksiw |Fried fish |BBQ

March 10: No Budget Meal on Friday

March 11: BBQ |Fried Fish |Daing

March 12: Fried | Bicol express| Fried Fish

March 13: kare kare| BBQ | Fried Fish |

March 14 : Adobo sa gata | Kaldereta | BBQ |

March 15: Isdang Paksiw | Sisig | Tokwat Manok

March 16: Ginataang Isda | Fried Fish | BBQ

March 17: No Budget Meal on Friday

March 18: Nilagang Baka | Nilagang Manok | Shanghai

March 19: Beef teriyaki | Inasal | Fried Fish

March 20: Fish Fillet | Sisig | Tokwat Manok

March 21: Menudo | Bistek | BBQ |

March 22: Adobo sa gata | Kaldereta | BBQ |

March 23: Fish fillet | Fried fish | BBQ

March 24: No Budget Meal on Friday

March 25 : Sarsadong Isda |BBQ | Tokwat Manok

March 26: Sinampalokang Manok | Chicken Sisig |Fried Fish

March 27: Ginataang Tilapia | Fried Fish | Tokwat Manok

March 28 : Bistek tagalog | BBQ| Fried Fish |

March 29: Kare kare | Beef Sisig |Fried Fish

March 30: Fish fillet | Fried tilapia

March 31: No Budget Meal on Friday

