

# WEEKLY MENU PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	Fresh Pineapple, Chicken amoz caldo and Whole Milk	Menudo, Rice and Chico	Paksiw na ayungin Steamed talong, okra, kangkong leaves w/ Calamansi and Rice	AM: Pandemonay w/ cheese pimiento PM: Fried saba
MONDAY	Ripe papaya, Fried egg Bisugo daing, Rice and Whole milk	Paksiw na galunggong Munggo gisado w/ malunggay leaves, Rice, and Latundan	Breaded pork, Pinakbet, and Rice	AM: Taho PM: Boiled camote and Fruit juice
TUESDAY	Ripe mango, Fried hotdog, Oatmeal w/ powdered milk, and Coffee (optional)	Chicken adobo, Chopsuey, Rice, and Sweetened white kidney beans	Fried tilapia, Laing Rice, and Lakatan	AM: Putong puti PM: Pan amerikano w/ margarine and Whole milk
WEDNESDAY	Melon Scrambled egg, Pandesal w/ margarine and Whole milk	Pork sinigang w/ vegetables and gabi, Rice, and Ripe langka	Fried daing na bangus, Pechay gisado w/ tokwa, and Rice	AM: Palitaw and Calamansi juice PM: Pasencia cookies
THURSDAY	Latundan, Sautéed sardines, Rice, and Whole Milk	Chicken Tinola w/ vegetables, Rice, and Red Curry	Steamed alimang w/ malunggay, Sayote gisado and Rice	AM: Ensaymada and Boiled peanuts PM: Biko, and Pineapple juice (unsweetened)
FRIDAY	Ripe papaya, Oatmeal w/ powdered milk, and Hardboiled egg	Fried chicken, Togue, cabbage, carrot gisado, and Rice	Ginataang tilapia w/ pechay and Rice	AM: Cuchinta and Whole milk PM: Pancit Bihon
SATURDAY	Dalaghita, Tocino, Salted Egg w/ tomatoes, Rice and Whole Milk	Nilagang baka w/ vegetables and potato, Rice and Avocado	Adobong pusit w/ eggplant and Rice	AM: Salted crackers, pack w/ liver spread PM: Suman, kamoteng kahoy and Calamansi juice

# Healthy Meal Planner

**EW Minium**



## Healthy Meal Planner:

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