

**CONCENTRATION/TRAINING OF ATHLETES
PALARONG BICOL 2026 MENU**

ITEM NO. 1					
DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Meals for 30 days					
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 Drink	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 Drink	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 Drink	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 Drink	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 Drink	Banana Bread Juice	Igado Fried Ubod Steamed Rice Fruits	Egg Sandwich Juice	Chicken Afritada Adobong Sitaw Steamed Rice
Day 8	Fish Sarciado Fried Eggplant Steamed Rice Milo Drink	Cheese Puto Juice	Sweet and Sour Meatballs Corn Soup Steamed Rice Fruits	Arroz Caldo Bread	Pork Embutido Sauteed Vegetables Steamed Rice
Day 9	Meat Loaf Scrambled Egg Steamed Rice Milo Drink	Pansit Bato Juice	Chicken Steak Sauteed Ampalaya Steamed Rice Fruits	Hotdog Sandwich Juice	Oyster Chicken Stir Fried Veggies Steamed Rice
Day 10	Hotdog Boiled Egg Steamed Rice Milo Drink	Chicken Empanada Juice	Chicken Curry Buttered Vegetables Steamed Rice Fruits	Ham & Cheese Sandwich Juice	Pork Mechado Adobong Kangkong Steamed Rice
Day 11	Sweet and Sour Dumplings Boiled Egg Rice Milo Drink	Chamorado Juice	Pork Sinigang Fried Togue Rice Fruits	Cheese Bread Juice	Fried Chicken Laing Rice Fruits
Day 12	Bologna Scrambled Egg Rice Milo Drink	Chicken Noodle Soup Juice	Pork Adobo Fried Potatoes Rice Fruits	Tuna Sandwich Juice	Monggo Soup Fried Fish Rice Fruits
Day 13	Chicken Sausage Scrambled Egg Rice Milo Drink	Banana Bread Juice	Chicken Afritada Sauteed Sayote Rice Fruits	Toasted Siopao Juice	Pork Humba Sauteed Togue Rice Fruits
Day 14	Cheese Hotdog 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 15	Vigan Longganisa 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 16	Sliced Ham Scrambled Egg	Boiled Banana Juice	Pork Nilaga Sauteed Togue	Monggo Bread Juice	Fried Chicken Mixed Vegetables

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DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
	Steamed Rice Milo Drink		Steamed Rice Fruits		Steamed Rice
Day 17	Burger Steak Boiled Egg Steamed Rice Milo Drink	Ham & Cheese Sandwich Juice	Fried Pork Chop Ginataang Langka Steamed Rice Fruits	Ginataang Bilo-Bilo Juice	Bopis Pinakbet Steamed Rice
Day 18	Daing na Bangus Scrambled Egg Steamed Rice Milo Drink	Ensaymada Juice	Pork Embutido Ginataang Santol Steamed Rice Fruits	Bihon Guisado Bread Juice	Misua Soup with Patola Fried Fish Steamed Rice
Day 19	Corned Beef Boiled Egg Steamed Rice Milo Drink	Fried turon Juice	Paksiw na Baboy Shanghai Steamed Rice Fruits	Chicken Noodle Soup Juice	Chicken Adobo Sauteed Vegetables Steamed Rice
Day 20	Smoked Fish Salted Egg Steamed Rice Milo Drink	Banana Bread Juice	Igado Fried Ubod Steamed Rice Fruits	Egg Sandwich Juice	Chicken Afritada Adobong Sitaw Steamed Rice
Day 21	Hotdog Boiled Egg Steamed Rice Milo Drink	Cheese Puto Juice	Sweet and Sour Meatballs Corn Soup Steamed Rice Fruits	Arroz Caldo Bread	Pork Embutido Sauteed Vegetables Steamed Rice
Day 22	Meat Loaf Scrambled Egg Steamed Rice Milo Drink	Pansit Bato Juice	Chicken Steak Sauteed Ampalaya Steamed Rice Fruits	Hotdog Sandwich Juice	Oyster Chicken Stir Fried Veggies Steamed Rice
Day 23	Fish Sarciado Fried Eggplant Steamed Rice Milo Drink	Chicken Empanada Juice	Chicken Curry Buttered Vegetables Steamed Rice Fruits	Ham & Cheese Sandwich Juice	Pork Mechado Adobong Kangkong Steamed Rice
Day 24	Smoked Fish Salted Egg Steamed Rice Milo Drink	Banana Bread Juice	Igado Fried Ubod Steamed Rice Fruits	Egg Sandwich Juice	Chicken Afritada Adobong Sitaw Steamed Rice
Day 25	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 26	Meat Loaf Scrambled Egg Steamed Rice Milo Drink	Pansit Bato Juice	Chicken Steak Sauteed Ampalaya Steamed Rice Fruits	Hotdog Sandwich Juice	Oyster Chicken Stir Fried Veggies Steamed Rice
Day 27	Hotdog Boiled Egg Steamed Rice Milo Drink	Chicken Empanada Juice	Chicken Curry Buttered Vegetables Steamed Rice Fruits	Ham & Cheese Sandwich Juice	Pork Mechado Adobong Kangkong Steamed Rice
Day 28	Sweet and Sour Dumplings Boiled Egg Rice Milo Drink	Chamorado Juice	Pork Sinigang Fried Togue Rice Fruits	Cheese Bread Juice	Fried Chicken Laing Rice Fruits
Day 29	Bologna Scrambled Egg Rice Milo Drink	Chicken Noodle Soup Juice	Pork Adobo Fried Potatoes Rice Fruits	Tuna Sandwich Juice	Monggo Soup Fried Fish Rice Fruits
Day 30	Chicken Sausage Scrambled Egg Rice Milo Drink	Banana Bread Juice	Chicken Afritada Sauteed Sayote Rice Fruits	Toasted Siopao Juice	Pork Humba Sauteed Togue Rice Fruits

ITEM NO. 2

DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Meals for 19 days					
Day 1	Vigan Longganisa Salted Egg w/ Tomato Salsa	Tuna Sandwich Juice	Roasted Chicken Chopsuey	Chicken Macaroni Soup	Pork Rib Sinigang Fried Ubod

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DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
	Rice Milo Drink		Steamed Rice Fruits	Bread	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 Drink	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 Drink	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 Drink	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 Drink	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 Drink	Banana Bread Juice	Igado Fried Ubod Steamed Rice Fruits	Egg Sandwich Juice	Chicken Afritada Adobong Sitaw Steamed Rice
Day 8	Fish Sarciado Fried Eggplant Steamed Rice Milo Drink	Cheese Puto Juice	Sweet and Sour Meatballs Corn Soup Steamed Rice Fruits	Arroz Caldo Bread	Pork Embutido Sauteed Vegetables Steamed Rice
Day 9	Meat Loaf Scrambled Egg Steamed Rice Milo Drink	Pansit Bato Juice	Chicken Steak Sauteed Ampalaya Steamed Rice Fruits	Hotdog Sandwich Juice	Oyster Chicken Stir Fried Veggies Steamed Rice
Day 10	Hotdog Boiled Egg Steamed Rice Milo Drink	Chicken Empanada Juice	Chicken Curry Buttered Vegetables Steamed Rice Fruits	Ham & Cheese Sandwich Juice	Pork Mechado Adobong Kangkong Steamed Rice
Day 11	Sweet and Sour Dumplings Boiled Egg Rice Milo Drink	Chamorado Juice	Pork Sinigang Fried Togue Rice Fruits	Cheese Bread Juice	Fried Chicken Laing Rice Fruits
Day 12	Bologna Scrambled Egg Rice Milo Drink	Chicken Noodle Soup Juice	Pork Adobo Fried Potatoes Rice Fruits	Tuna Sandwich Juice	Monggo Soup Fried Fish Rice Fruits
Day 13	Chicken Sausage Scrambled Egg Rice Milo Drink	Banana Bread Juice	Chicken Afritada Sauteed Sayote Rice Fruits	Toasted Siopao Juice	Pork Humba Sauteed Togue Rice Fruits
Day 14	Cheese Hotdog 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 15	Vigan Longganisa 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 16	Sliced Ham Scrambled Egg Steamed Rice Milo Drink	Boiled Banana Juice	Pork Nilaga Sauteed Togue Steamed Rice Fruits	Monggo Bread Juice	Fried Chicken Mixed Vegetables Steamed Rice
Day 17	Burger Steak Boiled Egg Steamed Rice	Ham & Cheese Sandwich Juice	Fried Pork Chop Ginataang Langka Steamed Rice	Ginataang Bilo-Bilo Juice	Bopis Pinakbet Steamed Rice

ITEM NO. 1

DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
	Milo Drink		Fruits		
Day 18	Daing na Bangus Scrambled Egg Steamed Rice Milo Drink	Ensaymada Juice	Pork Embutido Ginataang Santol Steamed Rice Fruits	Bihon Guisado Bread Juice	Misua Soup with Patola Fried Fish Steamed Rice
Day 19	Corned Beef Boiled Egg Steamed Rice Milo Drink	Fried turon Juice	Paksiw na Baboy Shanghai Steamed Rice Fruits	Chicken Noodle Soup Juice	Chicken Adobo Sauteed Vegetables Steamed Rice