

FOUR-WEEK CYCLE MENU
Virgin Coconut Oil Study:
“The Beneficial Effects of Virgin Coconut Oil among Suspect and Probable Cases of COVID-19”
May 1 – 28, 2020

MAY 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					May 1, 2020	May 2, 2020
					Breakfast Pancakes with Sweet Ham AM Snack Pear Lunch Fried Tilapia with Sayote and Kamote Tops Guisado PM Snack Lanzones Dinner Beef Teriyaki with Stirfry Sitsaro and Togue	Breakfast Sinangag Fried Rice ala Chinese Style AM Snack Melon Slices and Ensaymada Lunch Nilasing na Hipon with Beef Tamarind Soup PM Snack Monay Bread Dinner Chicken Barbeque with Tinolang Tahong soup and Sayote
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 3, 2020	May 4, 2020	May 5, 2020	May 6, 2020	May 7, 2020	May 8, 2020	May 9, 2020
Breakfast Fried Bangus Belly with Steamed Okra AM Snack Sponge Cake Lunch Ground Beef Tortilla PM Snack Melon Slices Dinner Fried Tokwa with Laswa with Mango Dessert	Breakfast Sauteed Giniling and Fried Rice AM Snack Orange Lunch Cream of Carrot Soup with Savory Chicken and Crispy Noodles PM Snack Bibingka Dinner Inihaw na Tamban with Sayote-Cauliflower Stir fry Kiwi-Pineapple Skewers	Breakfast Chicken Ala King with Sugar beets and potato hash AM Snack Sponge cake Lunch Sinigang na ulo ng Salmon with Almond Jelly and Lychee Dessert PM Snack Puto Bumbong Dinner Crispy Dinuguan with Monggo gisado ampalaya tops	Breakfast Clubhouse Sandwich with Lettuce tomato salad and Melon Slices AM Snack Marie Biscuit Lunch Bistek tagalog with Patani-Sotanghon Guisado PM Snack Mamon Dinner Barbeque Spareribs with Bokchoy and corn soup	Breakfast Fried rice and Toasted Dilis with Cucumber and Tomato Salad AM Snack Binatog Lunch Ground Pork Menudo with Dessert Melon Slices PM Snack Boiled Sweet Potato Dinner Fried Tofu con tausi with steamed carrots, green beans and corn	Breakfast Burger Steak with Cucumber Salad and Garlic Rice AM Snack Grilled Saba Lunch Monggo Guisado with Tinapa Flakes PM Snack Lengua de Pastillas Dinner Pinakbet in Tomato Sauce with Fried Matangbaka	Breakfast Toasted Pandesal with Sunny-side eggs and Boiled Saba AM Snack Bibingka Lunch Pesang Tilapia with Boiled Vegetables PM Snack Macaroni Soup Dinner Giniling with quail eggs and vegetables

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May 10, 2020	May 11, 2020	May 12, 2020	May 13, 2020	May 14, 2020	May 15, 2020	May 16, 2020
Breakfast Chicken Adobo Ensaladang Katuray AM Snack Maja Blanca Lunch Halabos na Hipon Munggo-Cassava Gisado PM Snack Pan de Monay at Tocino Dinner Beefy Sigarilyas Chopsuey	Breakfast Inihaw na Tilapia Scrambled Egg with Onions and Tomatoes AM Snack Tuna Sandwich Lunch Chicken Hamonado PM Snack Beef Barbecue Sandwich Dinner Munggo Gisado with Tinapa Flakes and Ampalaya	Breakfast Fried Beef Tapa Acharang Papaya AM Snack Salmon-Lettuce-Tomato Sandwich Lunch Adobong Puti with Kamote and Sitaw PM Snack Roasted Tuna Veggie Pasta Dinner Pork Picadillo	Breakfast Veggie Arroz Con Pollo AM Snack Cheesy Beef Tortilla Pinwheels Lunch Pritong Labahita Gisadong Gulay at Itlog PM Snack Asian Chicken Salad Dinner Pesang Tilapia	Breakfast Veggie Mackerel Sardines with Miswa AM Snack Corned Beef Sandwich Lunch Stir-Fried Chicken with Pechay Baguio and Carrots PM Snack Sapin-Sapin Dinner Pininyahang Pork Giniling	Breakfast Pan-Fried Bangus Miso Soup AM Snack Ensaymada Lunch Ground Pork Menudo PM Snack Tofu ad Vegetable Skewers Dinner Sinabawang Salmon Sa Kamatis	Breakfast Inihaw na Tamban Gisadong Gulay at Itlog AM Snack Mango Melon Fruit Salad Lunch Sweet Sour Pork Corn and Carrots PM Snack Beef Cheeseburger Dinner Baked Pork Tenderloin Squash Soup and Saluyot
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 17, 2020	May 18, 2020	May 19, 2020	May 20, 2020	May 21, 2020	May 22, 2020	May 23, 2020
Breakfast Champorado with Toasted Dried Dilis AM Snack Pear Lunch Chicken Curry with Crispy Kangkong PM Snack Banana Latundan Dinner Pork Humba with Steamed Bokchoy and Alugbati	Breakfast Fried Daing na Bangus with Pako Salad and Garlic Rice AM Snack Steamed String Beans Lunch Pork barbeque with Chopsuey and Rambutan for Dessert PM Snack Mamon Tostado Dinner Pork Nilaga with Veggies and Papaya Slices for Dessert	Breakfast Lean Pork Giniling and Potato Omelette with Cucumber sticks AM Snack Ensaymada Lunch Cream of Mushroom soup Fried galunggong with Ensaladang Ampalaya PM Snack Lanzones Dinner Chicken Teriyaki with Vegetable Tempura	Breakfast Fried Galunggong with Apan-Apan and Garlic Rice, papaya dessert AM Snack Boiled Corn Lunch Tinolang Manok with Vegetables PM Snack Cupcake Dinner Crispy Fish Fillet with Tausi and Kulitis	Breakfast Relyenong Bangus with Coleslaw Salad and Fried Rice AM Snack Hopia Lunch Chicken Adobong Puti with Kamote and Sigarilyas Boiled Saba PM Snack Pasencia Crackers Dinner Ginisang Kangkong-togue and Carrots with giniling	Breakfast Dulong Veggies Okoy Chicken Mozzarella-Stuffed AM Snack Garlic Bread Lunch Ground Pork Picadillo Soup Vegetable Tempura PM Snack Bibingka, Galapong Dinner Miswa Soup with Patola	Breakfast Inihaw na Galunggong Corned Beef with Potatoes AM Snack Biko Lunch Tuna Gisado with Pechay PM Snack Teriyaki Chicken Salad Dinner Pan-Fried Chicken Dinengdeng

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 24, 2020	May 25, 2020	May 26, 2020	May 27, 2020	May 28, 2020		
Breakfast Chicken Adobo at Ensaladang Katuray AM Snack Maja Blanca Lunch Halabos na Hipon and Munggo-Cassava-Gisado PM Snack Pan de Monay at Tocino Dinner Beefy Sigarilyas at Chopsuey	Breakfast Pininyahang Pork Giniling at Malunggay AM Snack Scrambled Egg Breakfast Taco Lunch Crispy Tofu Sisig Ginulayang Alugbati at Mais PM Snack Fresh Fruit Salad Dinner Sinigang na Ulo ng Bangus sa Bayabas	Breakfast Shrimp Potato Omelet AM Snack Cheesy Tuna Quesadilla Lunch Munggo Gisado with Kalabasa and Sotanghon PM Snack Roasted Sweet Potato and Apple Salad Dinner Chicken Afritada	Breakfast Pritong Alumahan Ginisang Kangkong, Toge at Carrots AM Snack Crab and Corn Soup Lunch Chicken Embutido PM Snack Biko Dinner Halabos na Alimasag Ensaladang Hilaw na Mangga	Breakfast Veggie Sardines with Odong AM Snack Chicken Sandwich Lunch Chicken Pandan Ginisang Sitaw at Kalabasa PM Snack Pan-Toasted Salmon and Cheese Sandwich Dinner Pork Estofado Sauteed Cauliflower and Carrots		

NOTES:

 Highlighted texts are dishes are either fried or sautéed.

*Control Group – For dishes that are either fried or sautéed, you can only use **SUNFLOWER OR CORN** oil for cooking.

*Experimental Group – dishes that are highlighted should NOT use any oil for frying or sautéing. The dishes are either converted into **steamed/blanched or broiled then add the VCO before serving.**

*For Day 0 – 3: Incorporate 2 ½ Tablespoons of Virgin Coconut Oil during Breakfast

*For Day 4 – 28: Increase Virgin Coconut Oil Dosage to 2 tablespoons during breakfast and 2 ½ tablespoons during Lunch

*Recipes were derived from the FNRI menu guide calendar. For recipe guide and cooking instructions please refer to the following link:

<https://www.fnri.dost.gov.ph/index.php/tools-and-standard/fnri-menu-guide-calendar>