1 WEEK MENU CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Avocado Sunny side up Fried tinapa w/ vinegar Fried rice Hot chocolate	Sliced mango Fried hotdog Fried rice Coffee	Sliced papaya Fried egg Rice Water	Banana Fried bangus Pandesal Milk	Sliced apple Tapsilog Loaf bread Coffee w/cream	Watermelon Ham Rice Tea	Orange Hotsilog Rice Juice
Lunch	Corn soup Pork adobo Pinakbet Rice Leche flan H_2O	Noodles Tinola Fried egg w/ampalaya Crispy beef Chopsuey Rice Gelatin Water	Palabok Crispy Beef Chopsuey Rice Gelatin Water	Macaroni soup Pork sinigang Adobong sitaw Rice Agar-agar Water	Noodles (Chicken) Menudo Sutate Kalabasa Rice Pancake Water	Noodles (Pork) Sinampalukang Bulalo Sutate Sayote Rice Cake Water	Noodles (Beef) Pobis Patola w/misua Rice Macaroni salad Water
Supper	Cream of mushroom soup Chicken adobo Monggo w/ ampalaya Rice Ice cream	Cup noodles Fried pork Laing Rice Vegetable salad Water	Lomi Chiken Afritada Sutate upo Rice Leche flan Water	Pork payless Chicken caldereta Sutate papaya Rice Hotcake Water	Arrozcaldo Pork steak Ginataang langka Rice Rice cake Water	Payless with egg Crispy pata Beans w/malunggay Rice Puto Water	Payless w/malunggay Chicken adobo Fried talong Rice Buko salad Pineapple juice

Eating Disorder Cycle Menu Template

JE Gale

Eating Disorder Cycle Menu Template:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Eating Disorder Cycle Menu Template** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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