ATAAN PENINSULA STATE UNIVERSITY

PORTS AND PHYSICAL DEVELOPMENT OFFICE

ty of Balanga 2100 Bataar HII IPPINIES

Website: www.bpsu.edu.ph E-mail: sports_central@bpsu.edu.ph





Terms of Reference SCUAA Competition Proper

I. Details

Period Covered - 7 days, April 20-26, 2024

Delivery Area - Tarlac Agricultural University (TAU)

Note for Day 1

- Breakfast, morning snacks, and lunch will be delivered to the BPSU Balanga Campus.
- Afternoon snacks and dinner will be served at Tarlac Agricultural University.

No. of Pax

- 42 Coach
- 22 Trainer
- 12 Sports Coordinator and Staff
- 6 Documentation
- 315 Athletes
- 3 Quarter Manager

Total of 400 pax

Note: Additional 60 pax for April 21, 2024 (30 - University Officials; 30 - BPSU Brass Band)

Things to take note of;

Buffet set-up with serving time of (on/before)

5:00 A.M. Coffee and Tea

6:00 A.M. Breakfast

10:00 A.M. Morning Snacks

12:00 P.M. Lunch

3:00 P.M. Afternoon Snacks

7:00 P.M. Dinner

- With provisions for energy drink for Morning and Afternoon Snacks
- Fresh fruits for dessert
- Water for every meal and during training
- Consider the dietary plan of other athletes, particularly those who control their weight in events with weight categories.

Our Vision

Our Mission

An inclusive and sustainable University recognized for its global and academic excellence by 2030.

To develop innovative leaders and empowered communities by delivering transformative instruction, research, extension and production through Change Drivers and responsive policies.

II. Menu

Time	Day 1	Day 2	Day 3
Breakfast	rice Fried egg hotdog Coffee/milo	rice scramble Egg meatloaf	Rice Corned beef Poached egg
Morning Snacks	Ensaymada gatorade	Pancit puto	Cheese roll gatorade
Lunch	Rice Menudo banana	Rice Fish Pakbet banana	Rice Pork Sinigang banana
Afternoon Snacks	Ham @ cheese Sandwich juice	tuna sandwich juice	japcahe juice
Dinner	Rice Chicken tinola	Rice Pork bbq veggies	Rice Fried fish veggies

Time	Day 4	Day 5	Day 6
Breakfast	Fried egg rice tuyo kamatis	Rice Scramble egg longganisa	Rice Longganisa Fried egg
Morning Snacks	Spaghetti gatorade	Chicken sandwich gatorade	Cheese roll gatorade
Lunch	Rice Fried chicken Veggies banana	Pork kaldereta Rice banana	Rice Pork sinigang banana
Afternoon Snacks	Pancit palabok juice	Siopao juice	Spaghetti Bread juice
Dinner	Rice Pork kare kare	Rice Nilagang baboy	Rice Fried fish veggies

Time	Day 7	
Breakfast	Fried rice	
	Luncheon meat	
	Scramble egg	
Morning	Pancit canton	
Snacks	Spanish bread	
	gatorade	
Lunch	Rice	
	Chicken afritada	
	banana	
Afternoon	Tuna sandwich	
Snacks	juice	
Dinner	Rice	
	Pork nilaga	
	banana	

Prepared By;

Jenifer Z. Carandang

Head, SPDO

Noted By;

Benedict Bal D. Padilla

TWG - Food Supplies