

BIDS AND AWARDS COMMITTEE

Community Outreach Center, RSU-Main Campus, Liwanag, Odiongan, Romblon 5505 Telephone: (042) 567-5952 Email: bac@rsu.edu.ph Website: rsu.edu.ph



ITINERARY

(WEDNESDAY) 9:00 AM Departure from Magdiwang, Ambulong

Port

Day 1 (THURSDAY) 3:00 AM Pick-up @ Lucena Port

3:00-4:00 AM Wash up time

4:00-6:00 AM Travel Time to SLEX Gas Station

6:00-7:00 AM BREAKFAST

7:00-8:00 AM Travel time to 5 star hotel

Casino resort and hotel complex

Located at New Seaside Dr, Entertainment City, Paranaque 1701 Kalakhang, Manila

Philippines

8:00- RESTAURANT TOUR/Workshop at 5 star

11:00AM hotel Bar Tour

Bar Tour, Bartending Show (Bartending and

Flaring)

Demonstration drink mixing (Alcoholic and

Non-Alcoholic)

(BAR TOUR/WORKSHOP Topic: MIXING TECHNIQUE

Description: Provide knowledge of beverages

both cocktails and mocktails with emphasis on the making process and

consuming period, Provide knowledge of bar management including making lists, cost

control, and legalities.

Speakers;

Professional bartenders in Philippines, can execute bartending and flairtending.

Workshop: HM students/ participants will be given a task to make a best seller drinks under cocktails and mocktails of a bar.

11:00- LUNCH at 5- star hotel

12:00AM Students will experience an outstanding

service, eclectic

ambiance and delicious all-American

comfort in generous portions.

01:00- Ocular and familiarization tour

5:00PM (rooms, facilities and amenities inside 5-

star hotel)

and experience a Fountain Show

Five-star luxury with its many distinct innovations that combine advanced technology, top-class amenities,

environment friendly architectural planning,





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and a world- class entertainment options, all delivered kind of exemplary service that personifies the unique blend of Japanese hospitality and Filipino warmth 5:00-6:00PM Dinner at one of a restaurants in 5 star hote1 Students can experience the gastronomic delights, reflect the vibrant cultures and regional cuisines to be found in the Philippines. 7:30 PM Check-in at 4-star hotel Facing Manila Bay, this sleek hotel is 3 km from Ninoy Aquino International Airport and 10 km from Rizal Park Accommodation: Participants can experience to stay in a Deluxe Twin Room Rest/Own Leisure/Overnight Day 2 (FRIDAY) 6:00 AM Wake-up call 6:00 AM-Breakfast at Hotel 7:30 AM 8:00 AM -Food and Beverage Services Seminar at 12:00 NN hotels' function room (students will be divided into 4 batches and will use 4 function rooms. Topic: Restaurant staff training to help you boost your sales Speakers: Working at 5 -star Fine- dining restaurants, with land and on-board experience. 12:00 NN -LUNCH at Hotel 01:00 PM 01:30 PM -Travel time to Intramuros 02:30 PM 02:30 PM -Visit the Intramuros (Park at Fort Santiago) 03:30 PM 04:00 PM -Rolling tour in Metro, Manila 4:30 PM 5:00 PM -Start of Rolling Tour 8:00 PM Cultural heritage, Churches, and Museums 8:30 PM -Dinner at Restaurant 09:30 PM 10:00 PM Back to hotel





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Day 3 (SATURDAY)	5:00 AM	Wake-up call and preparation for check-out
	06:00 AM	Travel time to San Fernando, Pampanga
	07:00 AM - 08:00 AM	BREAKFAST AT SLEX
	09:30 AM	Estimated time of arrival at San Fernando, Pampanga
		Pampanga Food and Heritage Tour, and Lunch in ancestral home of a food historian (Buffet)
	09:30 AM- 04:00 PM	A baking Demonstration on Kapampangan Baked Goods
		Speaker: Food Historian, collector of an age- old Kapampangan recipes, preparing food in its traditional manner, not using scales and just guessing measurements.
		Visit the historical sites in Pampanga Church Half-buried in Lahar, Bacolor, Pampanga
	12:00 PM - 01:30 PM	Betis Woodcarving and Furnitures showroom, GuaGua, Pampanga Lunch on Clark, Pampanga
	05:00 PM	Check-in at 4 -star hotel Claro M Recto Hwy, Clark Freeport , Angeles, Pampanga Rest/Own Leisure/Overnight
Day 4 (SUNDAY)	6:00 AM	Wake-up call and preparation for breakfast
	7:00 AM	BREAKFAST AT HOTEL
	08:00AM- 11:00 AM	Hotel Familiarization Tour Familiarized the different types of facilities and amenities
	12:00 PM	Check-out/Lunch at the hotel Travel time to Batangas
	2:30 PM	Estimated time of arrival
	4:00 PM	Departure time from Batangas Dinner on board
(MONDAY)	6:00 AM	Estimated time of Arrival on each residence

END OF TOUR



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MEAL SETS

MEAL	ТҮРЕ	DESCRIPTION	SERVING QUANTITY
Lunch	Bento Box with 4 separators	Steamed Rice	1 Bento Box/pax
	Meat	For Fish: Steamed Fish with dressings For Pork: Pork Steak	
	Vegetable	Chopsuey	
	Dessert	Mixed mint candies	3
	Drinks	Soda 355 ml	1 bot./pax
Snacks		Tuna Sandwich	1 packed/pax
31101113	Drink	Bottled Orange juice 355 ml	1 bot./pax
Dinner	Bento Box with 4	Steamed Rice	1 bento box/pax
	separators Rice		
	Meat	Chicken and Pork Adobo	
	Vegetable	Stir fry mixed vegetables	
	Dessert	Egg Tart	1
DAY 1	Drinks	Soda 355 ml	1 bot./participant
MEAL	ТҮРЕ	DESCRIPTION	SERVING
Breakfast	American		QUANTITY
Dreakiast	Breakfast	Sausages, Omelet, Toasted and Non-Toasted bread, marmalade	Eat all you can
	Dicakiasi	Hot and Cold Beverages	Overflowing hot
		(Coffee, tea, and soda)	and cold
		(conce, tea, and soda)	beverages
Snacks	Heavy snacks	S Carbonara and Hot and cold	Buffet
	J	beverages	Overflowing ho
		(Coffee, tea and soda)	and cold
			beverages
Lunch	Buffet	Fried Rice; Steamed Rice	Eat all you can
	Meat	For Fish: Fish Fillet	
		For Pork: Pork Chop, pork Stew	
		For Beef: Beef Steak	
	Vegetable	Chopsuey, mixed vegetable salad with	
	ъ.	Caesar Salad	
	Dessert	Petite Four	
0 1	Drinks	Overflowing hot and cold beverages	4
Snacks	Plated	Spaghetti with chicken and Pork	1
		Meatballs Overflowing Hot and cold beverages	Unlimited drinks
Dinner	Rice	Overflowing Hot and cold beverages Fried Rice; Steamed Rice	Buffet/
DIMMEL	Soup	El Nido Soup	Eat all you can
	Meat	Salmon, Roasted Chicken	Lat an you can
	mai	Pork Chop Beef Stew, etc.	
	Vegetable	Stir fry Mixed vegetables	
	Dessert	Brownies/Muffins	
	Drinks	Overflowing of hot and cold beverages	
DAY 2			
MEAL	TYPE	DESCRIPTION	SERVING QUANTITY
Breakfast	American	Corned beef, bacon, poached eggs	Eat all you
	Breakfast	Toasted and Non-Toasted breads,	can
		marmalade/butter	





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Hot and Cold Beverages (Coffee, tea, and soda)				
Snacks	-		Hot and Cold Reverages	Overflowing
Snacks				
Snacks			(Conee, tea, and soda)	
Coffee, tea and soda				
Lunch Buffet Fried Rice; Steamed Rice For Fish: Orange Salmon with Coriander For Pork: Cherry Cola Ribs For Beef: Beef Stew Vegetable Fresh mixed vegetable salad with Caesar Salad Drinks Overflowing hot and cold beverages Plated Creamy spinach pasta Overflowing Hot and cold beverages Support Meat Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable Chinese stir fry vegetables Dessert Mango Tapicoa Drinks Overflowing hot and cold beverages Drinks Overflowing hot and cold beverages Support Meat Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable. Dessert Mango Tapicoa Drinks Overflowing hot and cold beverages Drinks Overflowing hot and cold beverages Drinks Overflowing hot and cold beverages Support Meat Pried Eggplants, Scrambled Eggs, and Tocino, (Coffee, tea, and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing hot and cold beverages (Coffee, tea and soda) Corflowing Hot and cold beverages (Coffee, tea and soda) Corflowing Hot and cold beverages (Coffee, tea and soda) Corflowing Hot and cold beverages (Coffee, tea and soda) Corflowing Hot and cold beverages (Coffee, tea and soda) Corflowing Hot and cold beverages (Coffee, tea and so	Snacks	Heavy snacks	Ossobuco and Hot and cold beverages	Buffet
Lunch Buffet Fried Rice; Steamed Rice For Fish: Orange Salmon with Coriander For Pork: Cherry Cola Ribs For Beef: Beef Stew Vegetable Fresh mixed vegetable salad with Caesar Salad Drinks Overflowing hot and cold beverages Plated Creamy spinach pasta Overflowing Hot and cold beverages Support Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable. Persk Mango Tapicoa Drinks Overflowing hot and cold beverages Support Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable. Dessert Mango Tapicoa Drinks Overflowing hot and cold beverages DAY 3 MEAL TYPE DESCRIPTION SERVING QUANTITY Breakfast Filipino Fried/ Steamed Rice Sea, and Tocino, (Coffee, tea, and soda) Correllowing hot and cold beverages (Coffee, tea, and soda) Correllowing hot and cold beverages (Coffee, tea and soda) Correllowi			(Coffee, tea and soda)	Overflowing
Lunch Buffet Fried Rice; Steamed Rice Eat all you Can				9
Buffet				
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For Pork: Cherry Cola Ribs For Beef: Beef Stew		Meat	<u> </u>	can
For Beef: Beef Stew Vegetable Fresh mixed vegetable salad with Caesar Salad			Coriander	
Vegetable Fresh mixed vegetable salad with Caesar Salad Dessert Fruit Salad Drinks Overflowing hot and cold beverages I Unlimited drinks			For Pork: Cherry Cola Ribs	
Caesar Salad Pruit Salad Dessert Drinks Overflowing hot and cold beverages Drinks Overflowing Hot and cold beverages Drinks Overflowing Hot and cold beverages Drinks Dinner Rice Fried Rice; Steamed Rice Soup Asparagus Soup Eat all you Can			For Beef: Beef Stew	
Caesar Salad Pruit Salad Dessert Drinks Overflowing hot and cold beverages Drinks Overflowing Hot and cold beverages Drinks Overflowing Hot and cold beverages Drinks Dinner Rice Fried Rice; Steamed Rice Soup Asparagus Soup Eat all you Can		Vegetable	Fresh mixed vegetable salad with	
Dessert Drinks		vegetable	_	
Drinks Overflowing hot and cold beverages 1 1 1 1 1 1 1 1 1		Danasat		
Plated Overflowing Hot and cold beverages Unlimited drinks				
Dinner Rice Fried Rice; Steamed Rice Soup Asparagus Soup Eat all you can				
Dinner Rice Fried Rice; Steamed Rice Soup Asparagus Soup Eat all you can	Snacks	Plated	Creamy spinach pasta	1
Dinner Rice Fried Rice; Steamed Rice Soup Asparagus Soup Eat all you can			Overflowing Hot and cold beverages	Unlimited
Rice Fried Rice; Steamed Rice Soup Asparagus Soup Meat Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable. Dessert Drinks Description Pried Eggplants, Scrambled Eggs, and Tocino, (Coffee, tea, and soda) Rotand cold beverages Parallel			5	
Soup Asparagus Soup Eat all you can	Dinner	Rice	Fried Rice: Steamed Rice	
Meat Salmon, Roasted Chicken Pork Chop Beef Stew, etc. Vegetable. Chinese stir fry vegetables Dessert Mango Tapioca Drinks Overflowing hot and cold beverages	Dimite!		·	•
Pork Chop Beef Stew, etc. Chinese stir fry vegetables Dessert Mango Tapioca Overflowing hot and cold beverages				•
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Dessert Drinks Overflowing hot and cold beverages				
Dessert Drinks Overflowing hot and cold beverages		Vegetable.	Chinese stir fry vegetables	
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Day 3 MEAL TYPE DESCRIPTION SERVING QUANTITY				
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LunchBuffet (Kapampangan Foods) Soup 	Snacks	Heavy snacks	beverages	Buffet Overflowing
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Overflowing Hot and cold beverages Unlimited drinks Pinner Rice Fried Rice; Steamed Rice Buffet/ Soup Braised Crown- Shaped Superior Eat all you can Meat Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro		Buffet (Kapampangan Foods) Soup Meat	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan	Buffet Overflowing hot and cold beverages Eat all you
Dinner Rice Soup Braised Crown- Shaped Superior Soup Soup Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable drinks Buffet/ Eat all you can Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu)	Buffet Overflowing hot and cold beverages Eat all you can
Dinner Rice Soup Braised Crown- Shaped Superior Soup Soup Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable drinks Buffet/ Eat all you can Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu)	Buffet Overflowing hot and cold beverages Eat all you can
DinnerRice SoupFried Rice; Steamed Rice Braised Crown- Shaped Superior Soup Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable.Buffet/ Eat all you can	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread	Buffet Overflowing hot and cold beverages Eat all you can
Soup Braised Crown- Shaped Superior Eat all you Soup can Meat Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited
Soup can Meat Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks
Meat Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/
Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you
Steamed Xiao Long Bao Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated Rice Soup	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior Soup	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you
Vegetable. Vegetable mushroom in crispy Taro	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated Rice Soup	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior Soup	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you
	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated Rice Soup	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior Soup Honey Roasted Barbecued Pork	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you
iung	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated Rice Soup Meat	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior Soup Honey Roasted Barbecued Pork Steamed Xiao Long Bao	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you
	Lunch	Buffet (Kapampangan Foods) Soup Meat Dessert Drinks Plated Rice Soup Meat	beverages (Coffee, tea and soda) Paella Guava Sour Soup For Fish: Orange Salmon with Coriander For Pork: Sisig, Embutido, Murcon Turon with Vanilla Ice cream Overflowing cold beverages Kapampangan (Guinilu) Cheese and Spanish Bread Overflowing Hot and cold beverages Fried Rice; Steamed Rice Braised Crown- Shaped Superior Soup Honey Roasted Barbecued Pork Steamed Xiao Long Bao Vegetable mushroom in crispy Taro	Buffet Overflowing hot and cold beverages Eat all you can 2 Unlimited drinks Buffet/ Eat all you



BIDS AND AWARDS COMMITTEE





	Dessert	Chilled Almond Bean curd with	
	Drinks	Lychee	
DAY 4		Overflowing hot and cold beverages	
MEAL	ТҮРЕ	DESCRIPTION	SERVING QUANTITY
Breakfast	Filipino	Fried/ Steamed Rice	Eat all you
	Breakfast	Meatloaf, Chorizos,	can
		And Fried Dried Fish	Overflowing
		(Coffee, tea, and soda)	hot and cold beverages
Snacks	Heavy snacks	Ossobuco and Hot and cold beverages	Buffet
	ū	(Coffee, tea and soda)	Overflowing
		,	hot and cold
			beverages
Lunch	Buffet	Fried/Steamed Rice	Eat all you
	Soup	Mushroom Soup	can/drink all
	Meat	For Fish: Marinated diced Salmon	you can
		and Tuna	-
		For Chicken: Chicken Pad Thai	
	Vegetable	Steamed Prawn Gyoza	
	Dessert	Mochi	
	Drinks	Strawberry cold drink	
Snacks	Packed	Cheese Burger with French fries	2
		Soda 355 ml	1 bot./pax
Dinner	Bento box	Steamed Rice	1 bento/pax
	with		
	separator		
	Meat	Grilled fish and Roasted Chicken	
	Dessert	Sponge cake	
	Drinks	Soda 355 ml	
			SERVING
MEAL	ТҮРЕ	DESCRIPTION	QUANTITY
Light	Packed	Hamburger	1/pax
snacks	Drinks	Soda 355 ml	