



Republic of the Philippines  
Department of Justice  
**BUREAU OF CORRECTIONS**  
Muntinlupa City



**SUPPLEMENTAL BID BULLETIN NO. 6**  
**31 October 2023**

**FOOD SUBSISTENCE FOR PDL (EPA 2024)**

Based on the submitted document from the Food Inspection Team, the herein **ANNEX "A"** is the final menu.

Pursuant to Section 22.5 of the 2016 Revised Implementing Rules and Regulations of Republic Act No. 9184, this Supplemental/Bid Bulletin is issued for the information and guidance of all prospective bidders and shall form an integral part of the Bidding Documents issued for said the project.

Should you have further concerns, you may contact the BAC Secretariat through the details below:

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For information and guidance.

  
**C/CSUPT CELSO S BRAVO**  
Chairperson, Bids and Awards Committee

**MENU FOR THE GENERAL POPULATION**

**ANNEX A**

Day	Meal	Menu	Qty	Kcal	Total Kcal per day
1	Breakfast	Bread	1 pc / 75 g	210	1993.8
		Brewed Coffee	1 cup	80	
	Lunch	Steamed Rice	400 g	500	
1		Chicken Adobo	80 g raw	242.8	500
	Dinner	Steamed Rice	400 g	500	
		Pancit Bihon with Meat	200 g cooked	461	
2	Breakfast	Steamed Rice	400 g	500	2174.15
		Hotdog	50 g raw	270.5	
	Lunch	Steamed Rice	400 g	500	
2		Sauteed Upo with Meat	200g	211.65	500
	Dinner	Steamed Rice	400 g	500	
		Fish in Sweet & Sour Sauce	70 g raw	192	
3	Breakfast	Champorado	200 g	500	2165.25
		Tuyo	25 g raw	186.25	
	Lunch	Steamed Rice	400 g	500	
3		Chicken Solanghon	200g cooked	291	500
	Dinner	Steamed Rice	400 g	500	
		Fish Paksiw	70 g raw	188	
4	Breakfast	Bread	1 pc / 75 g	210	2026.4
		Brewed Coffee	1 cup	80	
	Lunch	Banana	1 pc	40	
4		Steamed Rice	400 g	500	500
	Dinner	Pork Sinigang	80 g raw	405	
		Steamed Rice	400 g	500	
5		Sauteed Sayote with Sardines	200 g	291.4	2016.1
	Breakfast	Steamed Rice	400 g	500	
		Squidroll in Sweet & Sour Sauce	50 g raw	146	
5	Lunch	Steamed Rice	400 g	500	500
		Monggo Guisado with Meat	200 g cooked	178.9	
	Dinner	Steamed Rice	400 g	500	
6		Beef Loaf Or Meat Loaf	75 g	191.2	2056.65
	Breakfast	Steamed Rice	400 g	500	
		Longganisa	50 g raw	212	
6	Lunch	Steamed Rice	400 g	500	203.4
		Vegetable Adobo with Meat	200 g cooked	203.4	
	Dinner	Steamed Rice	400 g	500	
7		Dried Daing	25 g raw	141.25	426
	Breakfast	Chicken Arroz Caldo	200 g cooked	426	
		Bolled Egg	55 g raw	500	
7	Lunch	Steamed Rice	400 g	500	328.4
		Fish Tinola	70 g raw	328.4	
	Dinner	Banana	1 pc	40	
					2006.4

MENU FOR THE GENERAL POPULATION

ANNEX A

Day	Meal	Menu	Qty	Kcal	Total Kcal per day
	Dinner	Steamed Rice	400 g	500	
		Sardines in Tomato Sauce	77.5 g	212	
	Breakfast	Bread	1 pc / 75 g	210	
8		Brewed Coffee	1 cup	80	2038.4
	Lunch	Steamed Rice	400 g	500	
		Mixed Veg with Meat	200 g cooked	246.4	
	Dinner	Steamed Rice	400 g	500	
		Chicken Lomi	200 g cooked	502	
9	Breakfast	Steamed Rice	400 g	500	2255.73
		Dried Fish	25 g raw	141.25	
	Lunch	Steamed Rice	400 g	500	
		Pork & Tofu in Black Bean Sauce	80 g raw	255.98	
	Dinner	Steamed Rice	400 g	500	
		Misua Patola with Meat	200 g cooked	358.5	
10	Breakfast	Steamed Rice	400 g	500	2346.4
		Macaroni Soup	200 g cooked	473	
	Lunch	Steamed Rice	400 g	500	
		Pinakbet with Meat	200 g cooked	201.4	
	Dinner	Steamed Rice	400 g	500	
	Fish Adobo	70 g raw	172		

MENU FOR MUSLIMS AND SEVENTH DAY ADVENTIST

Day	Meal	Menu	Qty	Ingredients	Raw HMM	Raw Weight in grams
1	Breakfast	Bread	1 pc / 75 g	Bread	1 pc	75
		Brewed Coffee	1 cup	Coffee	1/2 tsp	2.5
	Lunch	Steamed Rice	400 g	Rice	1 tbsp	15
		Chicken Adobo	80 g raw	Chicken	2 cups	133
				Camote	15 g	15
				Rice	2 tbsps	30
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Pancit Bihon with Chicken	200 g cooked	Bihon	1 cup	100
				Chicken	15 g	15
				Cabbage	2 tbsp	30
			Carrots	2 tbsp	30	
			Beans	2 tbsp	30	
			Soy Sauce	2 tbsp	30	
			Onion	1 tsp	5	
			Garlic	1 tsp	5	
			Oil	1 tsp	5	
2	Breakfast	Steamed Rice	400 g	Rice	2 cups	133
		Steamed Chicken Hotdog	50 g raw	Hotdog	1 pc	50
	Lunch	Steamed Rice	400 g	Rice	200 g	133
		Sauteed Upo with Meat	200g	Upo	1 cup	80
				Pork	15 g	15
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
Fish in Sweet & Sour Sauce		70 g raw	Fish	2 pcs	70	
			Carrots	1 tbsp	15	
			Bell Pepper	1 tbsp	15	
			Corn Starch	1/2 tsp	2.5	
			Soy Sauce	1 tbsp	15	
			Sugar	1/2 tsp	2.5	
			Oil	1 tsp	5	
3	Breakfast	Champorado	200 g	Malagkit	1 cup	50
				Cocoa	3 tbsp	45
				Sugar	2 tbsp	30
			Tuyo	2 pcs	25	
				Oil	1 tsp	5
	Lunch	Steamed Rice	400 g	Rice	2 cups	133
		Chicken Sotanghon	200g cooked	Sotanghon	1 cup	100
				Chicken	15 g	15
				Carrots	1 tbsp	15
				Onion	1 tsp	5

Day	Meal	Menu	Qty	Ingredients	Row HM	Row Weight in grams
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Fish Paksiw	70 g raw	Fish	2 pcs	70
				Vinegar	2 tbsps	15
				Luya	1 tsp	5
				Onion	1 tsp	5
				Pepper	1/4 tsp	1.25
4	Breakfast	Bread	1 pc / 75 g	Bread	1 pc	75 g
		Brewed Coffee	1 cup	Coffee	1/2 tsp	2.5
				Sugar	1 tbsps	15
		Banana	1 pc	Banana	1 pc	140
	Lunch	Steamed Rice	400 g	Rice	2 cups	133
		Kinamatsang Mahok	80 g raw	Chicken	15 g	15
				Kangkong	2 tbsps	30
				Kamatis	1 tsp	5
				Patis	1/2 tsp	2.5
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Sauteed Sayote	200 g	Sayote	1 cup	80
		with Sardines		Sardines	1.5 tbsps	22.5
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Patis	1 tsp	5
				Oil	1 tsp	5
5	Breakfast	Steamed Rice	400 g	Rice	2 cups	133
		Squidroll in Sweet & Sour Sauce	50 g raw	Squidroll	50 g	50
				Carrots	1 tbsps	15
				Bell Pepper	1 tbsps	15
				Corn Starch	1/2 tsp	2.5
				Soy Sauce	1/2 tsp	2.5
				Sugar	1/2 tsp	2.5
				Oil	1/2 tsp	2.5
	Lunch	Steamed Rice	400 g	Rice	2 cups	133
		Monggo Guisado with Tinapa	200 g cooked	Monggo	1/2 c	75
				Tinapa	15 g	15
				Malunggay	2 tbsps	30
				Kalabasa	2 tbsps	30
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Beef Loaf or Meat Loaf	75 g	Beef Loaf or Meat Loaf	75 g	75
				Oil	1 tsp	5

Day	Meal	Menu	Qty	Ingredients	Row HMM	Row Weight in grams
6	Breakfast	Steamed Rice	400 g	Rice	2 cups	133
		Longganisa	50 g raw	Longganisa	50 g	50
	Lunch	Steamed Rice	400 g	Rice	1 tsp	5
		Vegetable Adobo with Meat	200 g cooked	Sitaw	2 cups	133
				Kalabasa	2 tbsp	30
				Pork	15 g	15
				Soy Sauce	1 tbsp	15
				Vinegar	1/2 tbsp	7.5
				Onion	1 tsp	5
				Garlic	1 tsp	5
		Oil	1 tsp	5		
7	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Dried Daging	25 g raw	Dried Fish	25 g	25
	Breakfast	Chicken Arroz Caldo	200 g cooked	Oil	1 tsp	5
				Rice	1 cup	50
				Chicken	15 g	15
				Ginger	1/2 tsp	2.5
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
		Pepper	1/4 tsp	1.25		
	Lunch	Boiled Egg	55 g raw	Egg	1 pc	55
		Steamed Rice	400 g	Rice	2 cups	133
	Fish Tinola		70 g raw	Fish	70 g	70
				Malunggay	2 tbsp	30
				Sayote	2 tbsp	30
				Ginger	1/2 tsp	2.5
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
		Pepper	1/4 tsp	1.25		
	Dinner	Banana	1 pc.	Banana	1 pc	140
		Steamed Rice	400 g	Rice	2 cups	133
	Breakfast	Sardines in Tomato Sauce	77.5 g	Sardines	1/2 can	77.5
		Bread	1 pc / 75 g	Bread	1 pc	75
		Brewed Coffee	1 cup	Coffee	1/2 tsp	2.5
				Sugar	1 tbsp	15
				Rice	2 cups	133
				Sayote	2 tbsp	30
				Carrots	2 tbsp	30
				Bagliao Beans	2 tbsp	30
		Cabbage	2 tbsp	30		

Day	Meal	Menu	Qty	Ingredients	Row HMM	Row Weight in grams
				Chicken	15 g	15
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Pepper	1/4 tsp	1.25
				Patis	1 tsp	5
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Chicken Lomi	200 g cooked	Lomi Noodles	1 cup	100
				Chicken	15 g	15
				Sayote	2 tbsps	30
				Carrots	2 tbsps	30
				Bagiyo Beans	2 tbsps	30
				Cabbage	2 tbsps	30
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Pepper	1/4 tsp	1.25
				Patis	1 tsp	5
9	Breakfast	Steamed Rice	400 g	Rice	2 cups	133
		Dried Fish	25 g raw	Dried Fish	25 g	25
				Oil	1 tsp	5
	Lunch	Steamed Rice	400 g	Rice	2 cups	133
		Chicken & Tofu in	80 g raw	Chicken	15 g	15
		Black Bean Sauce		Tofu	45 g	45
				Oil	1 tsp	5
				Black Bean Sauce	1/2 tbsps	7.5
				Corn Starch	1/2 tsp	2.5
				Carrots	1 tbsps	15
	Dinner	Steamed Rice	400 g	Rice	2 cups	133
		Misua Patola with Meat	200 g cooked	Pork	15 g	15
				Misua	1/2 cup	50
				Patola	2 tbsps	30
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
				Pepper	1/4 tsp	1.25
10	Breakfast	Steamed Rice	400 g	Rice	2 cups	133
		Macaroni Soup	200 g cooked	Chicken	15 g	15
				Macaroni	1/2 cup	35
				Carrots	1 tbsps	15
				Cabbage	1 tbsps	15
				Milk	2 tbsps	30
				Onion	1 tsp	5
				Garlic	1 tsp	5

Day	Meal	Menu	Qty	Ingredients	Raw HM	Raw Weight in grams
				Oil	1 tsp	5
				Patis	1 tsp	5
				Pepper	1/4 tsp	1.25
				Rice	2 cups	133
	Lunch	Steamed Rice	400 g	Pork	15 g	15
		Pinakbet with Meat	200 g cooked	Kalabasa	2 tbps	30
				Sitaw	2 tbps	30
				Eggplant	2 tbps	30
				Okra	2 tbps	30
				Onion	1 tsp	5
				Garlic	1 tsp	5
				Oil	1 tsp	5
				Patis	1 tsp	5
				Rice	2 cups	133
	Dinner	Steamed Rice	400 g	Fish	1 pc	70
		Fish Adobo	70 g raw	Onion	1 tsp	5
				Garlic	1 tsp	5
				Soy Sauce	1 tbps	15
				Vinegar	1 tbps	15
				Oil	1 tsp	5