

MENU PLANRECIPES (No. of Servings = 25)	Veggie Mix	Ukoy Makalhi p	Malu-lollipop	Malungay Fish Balls	Country Soup	Picadillo con Moringa	Moringa Shanghai Rolls	Pancit Canton con Moringa	Moringa Shrimps Royale	Egg w/ Misua & Malunggay Leaves	Picadillo	Malu-Patties	Malu-Crispies	Malulai	Guinataa n Munggo con Moringa	Moringa Corn Soup	Moringa Veggie Patties	Malu Supreme	Munggo Sarciado delight	Pinoy Corn Soup	SUMMARY
Total Cost of the Recipe	317.88	319.85	361.77	309.91		384.32	385.50	358.15	362.14			326.90	379.90	203.50	143.39	340.96	450.35	128.75		340.96	
Cost per Serving	12.72	12.79	14.47	12.40		15.37	15.42	14.33	14.49			13.08	15.20	8.14	5.74	13.64	18.01			13.65	
INGREDIENTS	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	Wt. in Grams	

VEGGIES & PERISHABLES

Baui Beans	400							625													1,025	grams	
Banana heart												961										961	grams
Cabbage								1000														1,000	grams
Carrots	250	150		195			250	250			150	292									195	1,732	grams
Coconut meat, grated														1000								1,000	grams
Coconut milk 1st extract														1000	1000							2,000	grams
Corn, fresh					350											1400				200		1,950	grams
Eggplant												197										197	grams
Gabi leaves, whole														590								590	grams
Garlic	50	11	20	23	50	58	150	125	117	100	100	41	24	41	235	82	250	47	60	70		1,654	grams
Ginger														67	36							103	grams
Kangkong					280																	280	grams
Kinchay		50						118														168	grams
Lumpia wrapper								1100														1,100	grams
Malunggay Leaves	235	107		187		535	107	267	161	76		535	535	535	321	321	428	535	107	45		5,037	grams
Munggo, green					115										675					115		905	grams
Mungo sprouted	351																					351	grams
Onion	50	100		150	16	80	150	180	150	100	100	37	150	37	38	75	250	43	38	64		1,808	grams
Salt, rock		20		30	15	25		25		10		30									15	170	grams
Sayote											556											556	grams
Sili haba														36								36	grams
Sili leaves											35											35	grams
Spring onion														38		52						90	grams
Squash		1500							1500						1000		1000		197	55		5,252	grams
Sweet corn, young																	1500					1,500	grams
Sweet potato/kamote		500				786															117	1,403	grams
Toge (newly sprout)												549										549	grams
Tokwa	500															250						750	grams
Tomato						1500				70	70			70	36	71		85	72			1,974	grams

GROCERY ITEMS

Arina (all purpose flour)		500		310			155		930							400		125				2,420	grams
Bread crumbs			475									265	185									925	grams
Bread white loaf																		400				400	grams
Calamansi juice			289																			289	grams

MENU PLANRECIPES (No. of Servings = 25)	Veggie Mix	Ukoy Makalhi p	Malu-lollipop	Malungay Fish Balls	Country Soup	Picadillo con Moringa	Moringa Shanghai Rolls	Pancit Canton con Moringa	Moringa Shrimps Royale	Egg w/ Misua & Malunggay Leaves	Picadillo	Malu-Patties	Malu-Crispies	Malulai	Guinataa n Munggo con Moringa	Moringa Corn Soup	Moringa Veggie Patties	Malu Supreme	Munggo Sarciado delight	Pinoy Corn Soup	SUMMARY		
Total Cost of the Recipe	317.88	319.85	361.77	309.91		384.32	385.50	358.15	362.14			326.90	379.90	203.50	143.39	340.96	450.35	128.75				340.96	
Cost per Serving	12.72	12.79	14.47	12.40		15.37	15.42	14.33	14.49			13.08	15.20	8.14	5.74	13.64	18.01					13.65	
	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk	Mk		
Chicken cubes																40					40	grams	
Coconut oil		125										125										250	grams
Coconut vinegar		200																				200	grams
Cornstarch													200									200	grams
Malunggay powder			20																			20	grams
Milk, evaporated		265																				265	grams
Miswa										250												250	grams
Oil	150		125	125	125	500	375	125	125	75	75		125		140	158	125	50	180	100	2,678	grams	
Pancit canton																						625	grams
Patis	45																					45	grams
Pepper, black		8																				8	grams
Pepper, ground	4	17	15										15	30								104	grams
Raisin																						150	grams
Rice	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	40,000	grams
Salt, iodized	10		30					25		50				45		45	30	50	45	15		345	grams
Sotanghon											100											100	grams
Soy sauce						50		225				20										295	grams
Tomato sauce							250															250	grams
Tuna flakes				1500																		1,500	grams

FISH, MEAT & POULTRY

Bagoong hipon					70										70							140	grams	
Beef, ground						1000																1,000	grams	
Chicken													1000									1,000	grams	
Chicken egg (in pcs)		5	5	5			4		5	5		5	5							5		3	47	pcs
Chicken wings			2000																				2,000	grams
Clam, Halaan shelled										250													250	grams
Dilis					70						50					100							220	grams
Pork	1000																						1,000	grams
Pork liver											100												100	grams
Pork liempo								500															500	grams
Pork, ground							500				215	750						750	412				2,627	grams
Quail eggs																25							25	grams
Shrimp		1000						500	500				500	300		300	500			500	500		4,600	grams

SCHOOL BASED FEEDING PROGRAM
RFQ / MARKET FORM WORKING PAPER

LOT 1 : VEGETABLES AND PERISHABLES

Ingredients	Quantity for 25 servings (in grams)	Quantity per serving (in grams)	No. of pax	No. of repetitions per recipe	Quantity to be procured		Unit Cost	ABC (Approved Budget for Contract)
					(in grams) c x d x e	(in kilos) grams / 1000		
(a)	(b)	(c) c=b/25	(d)	(e)	(f)		(g)	(h)
Baguio Beans	1025	41.00	83	6	20418	20.418	80	1,633
Banana heart	961	38.44	83	6	19143.12	19.14312	40	766
Cabbage	1000	40.00	83	6	19920	19.92	80	1,594
Carrots	1732	69.28	83	6	34501.44	34.50144	100	3,450
Coconut meat, grated	1000	40.00	83	6	19920	19.92	50	996
Coconut milk 1st extract	2000	80.00	83	6	39840	39.84	100	3,984
Corn, fresh	1950	78.00	83	6	38844	38.844	60	2,331
Eggplant	197	7.88	83	6	3924.24	3.92424	60	235
Gabi leaves, whole	590	23.60	83	6	26bundles	26bundles	20	520
Garlic	1654	66.16	83	6	32947.68	32.94768	120	3,954
Ginger	103	4.12	83	6	2051.76	2.05176	140	287
Kangkong	280	11.20	83	6	5577.6	5.5776	30	167
Kinchay	168	6.72	83	6	3346.56	3.34656	150	502
Lumpia wrapper	1100	44.00	83	6	21912	21.912	90	1,972
Malunggay Leaves	5037	201.48	83	6	100337.04	100.33704	30	3,010
Munggo, green	905	36.20	83	6	18027.6	18.0276	100	1,803
Mungo sprouted	351	14.04	83	6	6991.92	6.99192	50	350
Onion	1808	72.32	83	6	36015.36	36.01536	80	2,881
Salt, rock	170	6.80	83	6	3386.4	3.3864	15	51
Sayote	556	22.24	83	6	11075.52	11.07552	25	277
Sili haba	36	1.44	83	6	717.12	0.71712	140	100
Sili leaves	35	1.40	83	6	697.2	0.6972	60	42
Spring onion	90	3.60	83	6	1792.8	1.7928	130	233
Squash	5252	210.08	83	6	104619.84	104.61984	30	3,139
Sweet corn, young	1500	60.00	83	6	29880	29.88	60	1,793
Sweet potato/kamote	1403	56.12	83	6	27947.76	27.94776	30	838
Toge (newly sprout)	549	21.96	83	6	10936.08	10.93608	50	547
Tokwa	750	30.00	83	6	105pcs	105pcs	5	525
Tomato	1974	78.96	83	6	39322.08	39.32208	70	2,753

40,732

Baguio Beans	20.42	kgs.
Banana heart	19.14	kgs.
Cabbage	19.92	kgs.
Carrots	34.50	kgs.
Coconut meat, grated	19.92	kgs.
Coconut milk 1st extract	39.84	kgs.
Corn, fresh	38.84	kgs.
Eggplant	3.92	kgs.
Gabi leaves, whole	26	bundles
Garlic	32.94	kgs.
Ginger	2.05	kgs.
Kangkong	5.57	kgs.
Kinchay	3.34	kgs.
Lumpia wrapper	21.91	kgs.
Malunggay Leaves	100.00	kgs.
Munggo, green	18.00	kgs.
Mungo sprouted	6.99	kgs.
Onion	36.00	kgs.
Salt, rock	3.38	kgs.
Sayote	11.07	kgs.
Sili haba	0.71	kgs.
Sili leaves	0.69	kgs.
Spring onion	1.79	kgs.
Squash	104.61	kgs.
Sweet corn, young	29.88	kgs.
Sweet potato/kamote	27.94	kgs.
Toge (newly sprout)	10.93	kgs.
Tokwa	105	pcs
Tomato	39.32	kgs.

SCHOOL BASED FEEDING PROGRAM
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LOT 2 : GROCERY ITEMS

Ingredients	Quantity for 25 servings (in grams)	Quantity per serving (in grams)	No. of pax	No. of repetitions per recipe	Quantity to be procured		Unit Cost	ABC (Approved Budget for Contract)
					(in grams) c x d x e	(in kilos) grams / 1000		
(a)	(b)	(c) c=b/25	(d)	(e)	(f)		(g)	(h)
Arina (all purpose flour)	2420	96.80	83	6	48206.4	48.2064	35	1,687
Bread crumbs	925	37.00	83	6	18426	18.426	160	2,948
Bread white loaf	400	16.00	83	6	7968	7.968	35	279
Calamansi juice	289	11.56	83	6	5756.88	5.75688	80	461
Chicken cubes	40	1.60	83	6	70pcs	70pcs	5.5	385
Coconut oil	250	10.00	83	6	4980	4.98	70	349
Coconut vinegar	200	8.00	83	6	4bot	4bot	65	260
Cornstarch	200	8.00	83	6	3984	3.984	40	159
Malunggay powder	20	0.80	83	6	398.4	0.3984		0
Milk, evaporated	265	10.60	83	6	19cans	19cans	29	551
Miswa	250	10.00	83	6	4980	4.98	80	398
Oil	2678	107.12	83	6	53345.76	53.34576	70	3,734
Pancit canton	625	25.00	83	6	12450	12.45	100	1,245
Patis	135	5.40	83	6	2689.2	2.6892	20	54
Pepper, black	8	0.32	83	6	159.36	0.15936	550	88
Pepper, ground	104	4.16	83	6	2071.68	2.07168	550	1,139
Raisin	150	6.00	83	6	2988	2.988	100	299
Rice	40000	1600.00	83	6	796800	796.8	40	31,872
Salt, iodized	345	13.80	83	6	6872.4	6.8724	30	206
Sotanghon	100	4.00	83	6	1992	1.992	180	359
Soy sauce	295	11.80	83	6	5876.4	5.8764	65	382
Tomato sauce	250	10.00	83	6	4980	4.98	80	398
Tuna flakes	1500	60.00	83	6	80cans	80cans	35	2,800

50,053

Arina (all purpose flour)	48.2	kgs.
Bread crumbs	18.42	kgs.
Bread white loaf	7.96	kgs.
Calamansi juice	5.75	kgs.
Chicken cubes	70	pcs
Coconut oil	4.98	kgs.
Coconut vinegar	4	bot
Cornstarch	3.98	kgs.
Malunggay powder		
Milk, evaporated	19	cans
Miswa	4.98	kgs.
Oil	53.34	kgs.
Pancit canton	12.45	kgs.
Patis	2.68	kgs.
Pepper, black	0.15	kgs.
Pepper, ground	2.07	kgs.
Raisin	2.98	kgs.
Rice	796	kgs.
Salt, iodized	6.78	kgs.
Sotanghon	1.99	kgs.
Soy sauce	5.87	kgs.
Tomato sauce	4.98	kgs.
Tuna flakes	80	cans

SCHOOL BASED FEEDING PROGRAM
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LOT 3 : FISH, MEAT AND POULTRY

Ingredients	Quantity for 25 servings (in grams)	Quantity per serving (in grams)	No. of pax	No. of repetitions per recipe	Quantity to be procured		Unit Cost	ABC (Approved Budget for Contract)
					(in grams) c x d x e	(in kilos) grams / 1000		
(a)	(b)	(c) c=b/25	(d)	(e)	(f)		(g)	(h)
Bagoong hipon	140	5.60	83	6	2788.8	2.7888	60	167.33
Beef, ground	1000	40.00	83	6	19920	19.92	250	4,980.00
Chicken	1000	40.00	83	6	19920	19.92	150	2,988.00
Chicken egg (in pcs)	47		83	6	990pcs	990pcs	6.25	6,187.50
Chicken wings	2000	80.00	83	6	39840	39.84	160	6,374.40
Clam, Halaan shelled	250	10.00	83	6	4980	4.98	20	99.60
Dilis	220	8.80	83	6	4382.4	4.3824	220	964.13
Pork	1000	40.00	83	6	19920	19.92	190	3,784.80
Pork liver	100	4.00	83	6	1992	1.992	190	378.48
Pork liempo	500	20.00	83	6	9960	9.96	190	1,892.40
Pork, ground	2627	105.08	83	6	52329.84	52.32984	200	10,465.97
Quail eggs	25		83	6	500pcs	500pcs	2.5	1,250.00
Shrimp	4600	184.00	83	6	91632	91.632	230	21,075.36
								60,607.96

151,393.31
151,392.00
1.31

Bagoong hipon	2.78	kgs.
Beef, ground	19.92	kgs.
Chicken	19.92	kgs.
Chicken egg (in pcs)	990	pcs
Chicken wings	39.84	kgs.
Clam, Halaan shelled	4.98	kgs.
Dilis	4.38	kgs.
Pork	19.92	kgs.
Pork liver	1.99	kgs.
Pork liempo	9.96	kgs.
Pork, ground	52.32	kgs.
Quail eggs	500	pcs
Shrimp	91.63	kgs.