

PR 119: Toronto to Manila ECY (July/Aug)

HOT MEAL

Bread Roll and Butter

Quinoa and Turkey Salad

Mains

Pork Provencal Stew

Slow cooked pork stew served with potatoes and vegetable medley

Basa in Escabeche Sauce

Fried basa fish in Filipino-style sweet and sour sauce served with peppers, onions, and turmeric rice

Dessert

Tiramisu

SNACKS

Roast Beef and Swiss Sandwich

BREAKFAST

Bread Roll and butter

Seasonal Fruit Slices

Mains

Prawns Sarciado

Served with mushrooms, tomato, and garlic rice

Scrambled Eggs with Cheddar

Served with hashbrowns, and turkey bacon
