



## JR GAÑENAS CLARONIÑO

 [claroniojr09@gmail.com](mailto:claroniojr09@gmail.com)

 09677587978

 Blk 18 Lot 4 San Antonio Vill. Sitio Maislap  
Brgy. San Isidro Rodriguez Rizal

### OBJECTIVES

- To be able to share my proven knowledge, ideas and capabilities to handle such task and responsibilities given by superior.
- Can adopt quickly the new environment and always ready to listen and understand every instruction by the management.

### PERSONAL INFORMATION

**Age:** 34 years old  
**Birth date:** July 24, 1987  
**Birth Place:** East Ave., Quezon City  
**Gender:** Male  
**Civil Status:** Single  
**Religion:** Roman Catholic  
**Nationality:** Filipino  
**Height:** 5'10"  
**Weight:** 124 lbs.  
**Name of Mother:** Avelina F. Gañenas  
**Name of Father:** Joebert D. Gañenas

### WORK EXPERIENCE

**FOOD HANDLER / WAITER**  
**THE CHEFS AND SAUCES GOURMET CATERING INC.**  
March 1, 2015 – January 20, 2018

**RIDER / MC DONALS**  
Sta, Maria, Bulacan  
March 27 – June 18, 2014

**ATTILA MONGOLIAN GRILL SUSHI MAKER /  
GULF CENTER FOOD STUFFS RESTAURANT**  
June 16, 2010 – July 11, 2012

**GRILLMAN / GULF CENTER FOOD STUFFS RESTAURANT**  
Nov. 11, 2012 – June 1, 2013

**MIESCOR DRIVER TECHIAN GLOBE NARRA /  
MERALCO INDUSTRIAL ENGINEERING SERVICE  
CORPORATION**  
December 2019 – Present

**SERVICE CREW / CHOWKING FOOD CORPORATION**  
NRH Food Center  
June 6, 2005 – No. 6 2005

- Prepare basic food following set recipes
- Reconstitute prepared food items
- Set up kitchen for food preparation activities
- Prepare meat and vegetables for cooking as instructed
- Clean and maintain kitchen equipment and utensils
- Manage food inventory and stocking
- Fill in for servers or kitchen crew when needed

### EDUCATION

**TESDA COURSE**  
Cookery NCII  
2018 – 2019  
Caloocan City Manpower Training Center

**SECONDARY**  
SALVADOR ARANETA MEMORIAL INSTITUTE  
2001 – 2004

**PRIMARY**  
BAGONG BARRIO ELEMENTARY SCHOOL  
1999 – 2000

*I hereby certify that the above information are true and correct to the best of my knowledge and belief.*

---

**JR GAÑENAS CLARONIÑO**

Applicant's Signature