

Rommel Rojero Sabalo



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-  Pagrai Hills Unit 3 Dalanghita st.
Brgy. Mayamot Antipolo City
Philippines, 1870

Personal Info:

Permanent Address : Unit 3 Dalanghita st. Pagrai hills
Brgy. Mayamot Antipolo City

Birthdate : July 05, 1981

Birth Place : Prosperidad Agusan Del sur

Height : 5'5 ft.

Weight : 120 lbs.

Sex : Male

Civil Status : Separated

Religion : Roman Catholic

Nationality : Filipino

Beneficiary

Beneficiary Name : Franchette B. Sabalo

Relationship : Daughter

Permanent Address : Unit 3 Dalanghita st. Pagrai hills
Brgy. Mayamot Antipolo City

Children

Franchette B. Sabalo Birthday: February 06, 2008
Birth Place: Valenzuela city
Civil Status: Single
Occupation: Student

Alexandra Shane B. Sabalo Birthday: October 10, 2006
Birth Place: Valenzuela city
Civil Status: Single
Occupation: Student

Dependents

Father: Alfredo A. Sabalo

Birthday: April 30, 1946
Birth Place: Surigao Del sur
Occupation: Driver

Mother: Josefina R. Sabalo

Birthday: December 13, 1943
Birth Place: Sugod Leyte
Occupation: Housewife

Brothers / Sisters

Brother: Raymond R. Sabalo

Birthday: December 29, 1989
Birth Place: Antipolo city
Civil Status: Married
Occupation: Factory Worker

Sister: Rowena R. Sabalo

Birthday: May 02, 1984
Birth Place: Antipolo city
Civil Status: Married
Occupation: None

Skills & Interest

- Skilled in food preparation of different assigned dishes. (American, Italian, Mexican, Indian
European Mediterinian Internationl, and Filipino Cuissine)
- Skilled in relevant computer applications like MS Word, MS Excel.

Educational Background

Elementary

School: Bagong Nayon 1 Elementary School
Antipolo Rizal, Philippines | 1988-1994

Secondary

School: Laspinas National Highschool
Las pinas, Philippines | 1994-1999

College

Course: Bachelor of Science Hotel Restaurant management (undergrad)

Arellano University | 2001-2002
Pasay City, Philippines

Philippine Merchant Marine School
Course. Basic seaman course (unfinish)| 200-2001
Las pinas city, Philippines

Employment History

PTC /MSC

Position: Chief Cook
Name Vessel: MSC ELLEN
Makati Metro Manila Philippines
Date: Sept 30, 2022 to June 30,2023

Job Description / Duties and Responsibilities:

- Responsible for providing quality cook food preparation of different dishes.
- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw Materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley

F/A Vinnen. Mv. kyparissia ship World Wide

Position: Chief cook
Alscophil Building F.2053 Edison Makati
Date: June.2021 March.2022
Reason for leaving: Finish contract

Job Description / Duties and Responsibilities:

- Responsible for providing quality cook food preparation of different dishes.
- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw Materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley

F/A Vinnen. Mv. Mistral Container ship World Wide

Position: Chief cook
Alscophil Building F.2053 Edison Makati
Date: Jan,2020- Oct,2020
Reason for leaving: Finish contract

Job Description / Duties and Responsibilities:

- Responsible for providing quality cook food preparation of different dishes.
- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley

F/A Mv. CMA,CGM Letoile Container ship World Wide

Position: Chief cook

Alscophil Building F.2053 Edison Makati

Date: Oct. 2018- July. 2019

Reason for Leaving: Finish Contract

Job Description / Duties and Responsibilities:

- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley
- Responsible for providing cook food preparation of different dishes.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in approving / rejecting delivered raw materials.

F/A Vinnen Mv. Mercur Harbour Container ship World Wide

Position: Chief cook

Alscophil Building F.2053 Edison Makati

Date: April. 2017- February 2018

Reason for Leaving: Finish Contract

Job Description / Duties and Responsibilities:

- Responsible in weekly Menu
- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley
- Responsible for providing quality cook food preparation of different dishes.

F/A Vinnen. Zim Istanbul Container ship World Wide

Position: Chief cook

Alscophil Building F.2053 Edison Makati

Date: Jan. 2016 Nov. 2016

Reason for Leaving: Finish Contract

Job Description / Duties and Responsibilities:

- Responsible for preparing the monthly / daily inventory of all store stocks
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley
- Responsible for providing quality cook food preparation of different dishes.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in Weekly Menu
- Responsible for preparing the monthly / daily inventory of all store stocks
- Responsible in dispatching food
- Responsible cleanliness and hygiene in a galley

F/A Mv. CMA,CGM Letoile Container ship World Wide

Position: Chief cook

Alscophil Building F.2053 Edison Makati

Date: Oct. 2018- July. 2019

Reason for Leaving: Finish Contract

- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley
- Responsible for providing cook food preparation of different dishes.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in approving / rejecting delivered raw materials.

- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in galley
- Responsible for providing cook food preparation of different dishes.
- Responsible in Weekly Menu
- Responsible in dispatching food.
- Responsible in approving / rejecting delivered raw materials.

JTC Group of Companies Chowking Foods Corporation

Position: Head Cook

Ortigas Pasig

Date: November 2005- July 2011

Reason for Leaving: Resigned

Job Description / Duties and Responsibilities:

- Responsible for preparing the monthly / daily inventory of all store stocks.
- Responsible in dispatching food.
- Responsible in inspecting, assessing and evaluating the quality of newly delivered raw materials.
- Responsible in approving / rejecting delivered raw materials.
- Responsible in Budgeting and monthly requisition of all store stock in kitchen
- Responsible in approving / rejecting delivered raw materials.

TRAININGS / SEMINARS ATTENDED

Training Center: Philcamsat
 Duration: November 16-November 27,2015
 Address: 2 nd Floor First Maritime Place,7458 Bagtikan st. San Antonio Village Makati city
 Title: Ships Catering Services NC2

Training Center: TESDA
 Valid Until: January 20, 2026
 Address: E. Service Road Taguig, 1630 Metro Manila
 Title: Ships Catering (Ships Cook) NC3

Training Center: United Maritime Training Center
 Duration: April 10-April 19, 2018
 Address: First Floor UMTC Building 2120 Leon Guinto st. Malate Manila
 Title: European Cuissine

Training Center: The Maya Kitchen Culinary Arts Center
 Duration: February 01-03,2017
 Address:8 Floor , Liberty Building . 835 A Arnaiz Ave. Legazpi Village Makati
 Title: Fundamentals Of Bakery Production

CHARACTER REFERENCES

Ms. Andrea Nunes. Pedroso
 Manager President
 F/A Vinnen Philippines
 Tel. No.: (02)8438919

Katrina Marayag
 Crewing Manager
 F/A Vinnen Philippines
 Tel No.: (02)8438919
 Address: Alscophil Building F.2053 Edison Makati city

Applicant Signature.