



MARCH

General Food

	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
DRINKS	CHCOLISTO CHCOLISTO	AGUA DE PANELA CON LECHE PANELA WATER WITH MILK	BATIDO DE MORA BLACKBERRY SMOOTHIE	JUGO DE FRESA STRAWBERRY JUICE	YOGURTH YOGURTH
SNACK	PALITO DE QUESO CHEESE STICK	AREPA DE QUESO AREPA WITH CHEESE	MUFINS MUFFINS	PASTEL GLORIA CARAMEL GLORIA CAKE	MANTECADA SHORTCAKE
FRUIT		PATILLA WATERMELON		BANANO BANANA	
SOUP	CUCHUCO DE TRIGO WHEAT CUCHUCO	CREMA DE AHUYAMA AHUYAMA CREAM	SPAGUETIS SPAGHETTI	AVENA OAT	ARROZ RICE
PROTEIN	CHOP SUEY CHOP SUEY (PORK CHUNKS, CARROT STRIPS, YELLOW ZUCCHINI, SOY SAUCE)	ARROZ CAUCANO CAUCANO RICE	ALAS EN SALSA BBQ WINGS IN BBQ SAUCE	LENTEJAS CON ALBONDIGAS LENTILS WITH MEATBALLS	POLLO AL HORNO BAKED CHICKEN
CEREAL	ARROZ BLANCO WHITE RICE		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	PASTA GUISADA STEWED PASTA
LEGUME	PAPA CRIOLLA YELLOW POTATO	PAPA CHIPS CHIPS	PURE DE PAPA MASHED POTATO	CILINDROS DE PLATANO PLANTAIN	INCLUDED IN THE SALAD
SALAD	INCLUDED IN THE PROTEIN	RODAJA DE TOMATE TOMATO SLICES	ENSALADA FRESCA FRESH SALAD (TOMATO, LETTUCE, GRATED CARROT, SWEET CORN WITH TRADITIONAL VINAIGRETTE)	ENSALADA FRIA COLD SALAD (LETTUCE, CARROTS, TOMATO) WITH TRADITIONAL VINAIGRETTE	ENSALADA RUSA RUSSIAN SALAD (MIX, MAYO MUSTAIN, PARSLEY, SABANERA POTATO)
FRUIT JUICE					



MARCH

Vegan Food

	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
DRINKS	CHOCOLISTO CHOCOLISTO	AGUA DE PANELA CON LECHE PANELA WATER WITH MILK	BATIDO DE MORA BLACKBERRY SMOOTHIE	JUGO DE FRESA STRAWBERRY JUICE	YOGURTH YOGURTH
SNACK	PALITO DE QUESO CHEESE STICK	AREPA DE QUESO AREPA WITH CHEESE	MUFINS MUFFINS	PASTEL GLORIA CARAMEL GLORIA CAKE	MANTECADA SHORTCAKE
FRUIT		PATILLA WATERMELON		BANANO BANANA	
SOUP	CUCHUCO DE TRIGO WHEAT CUCHUCO	CREMA DE AHUYAMA AHUYAMA CREAM	SPAGUETIS SPAGHETTI	AVENA OAT	ARROZ RICE
PROTEIN	ESPAGUETI CON CHAMPIÑONES SPAGHETTI WITH MUSHROOMS (SPAGHETTI, CHOPPED ONION, RED PEPPER IN STRIPS, SAUTÉED MUSHROOMS, BROCCOLI, ZUCCHINI, SOY SAUCE))	CREPES DE ESPINACA Y CHAMPIÑONES SPINACH AND MUSHROOM CREPES	PIPERRADA PIPERRADA (SCRAMBLED EGGS, WHITE ONION, RED PEPPER, GREEN PEPPER, PARSLEY)	CAZUELA DE LENTEJAS CON PAPA LENTIL CASSEROLE WITH POTATO	SOUFLE DE QUESO CHEESE SOUFFLE
CEREAL			ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	PASTA GUISADA STEWED PASTA
LEGUME	PAPA CRIOLLA YELLOW POTATO	PAN TOSTADO Y PAPA CHIPS TOASTED BREAD AND CHIPS	PURE DE PAPA MASHED POTATO	CILINDROS DE PLATANO PLANTAIN	INCLUDED IN THE SALAD
SALAD	INCLUDED IN THE PROTEIN	RODAJA DE TOMATE TOMATO SLICES	ENSALADA FRESCA FRESH SALAD (TOMATO, LETTUCE, GRATED CARROT, SWEET CORN WITH TRADITIONAL VINAIGRETTE)	ENSALADA FRIA COLD SALAD (LETTUCE, CARROTS, TOMATO) WITH TRADITIONAL VINAIGRETTE	ENSALADA RUSA RUSSIAN SALAD (MIX, MAYO MUSTAIN, PARSLEY, SABANERA POTATO)

FRUIT JUICE

MARCH

Modified Menu

	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
FRUIT	MANGO Y PAPAYA MANGO AND PAPAYA	MOUSSE DE FRESA Y DULCE DE MORA STRAWBERRY AND BLACKBERRY MOUSSE	PATILLA, MELON, UVA ISABELLINA WATERMELON, MELON, ISBELINA GRAPE	FRESA, PAPAYA, MELON STRAWBERRY, PAPAYA, MELON	MOUSSE DE MANGO Y NARANJA MANGO AND ORANGE MOUSSE
SNACK	YOGURT DIETETICO DIET YOGURY	QUESO CHEESE	AREPA DE AVENA OAT AREPA	GALLETAS DE AVENA OATMEAL COOKIE	QUESO CHEESE
PROTEIN	FIDEOS TAILANDES THAI NOODLES (NOODLES, BREAST LOINS, SLICED ONION, GRATED GINGER, RED PEPPER IN STRIPS, SAUTEED MUSHROOMS, CHARD, SOY SAUCE)	WRAPS DE POLLO Y AGUACATE WRAPS (AVOCADO SLICE, SHREDDED CHICKEN, ROASTED TOMATO, GOLDEN QUINOA, CILANTRO, SAUCE)	PECHUGA A LA PLANCHA GRILLED BREAST	CARNE ASADA GRILLED BEEF	LASAGNA AL HORNO BAKED LASAGNA (PASTA, CHICKEN, CARROT, ZUCCHINI, BECHAMEL SAUCE, CHEESE)
CEREAL	INCLUDED IN THE PROTEIN	PAPA CHIPS CHIPS	PAPA CRIOLLA YELLOW POTATO	YUCA VAPOR STEAM CASSAVA	
SALAD	FRUTA FRUIT	RODAJA DE TOMATE TOMATO SLICES	TORTA DE VERDURAS VEGETABLE CAKE (BEANS, CHARD, CARROT, CHEESE, EGG)	POTECAS DE AHUYAMA AHUYAMA POT	FRUTA FRUIT

WATER OF LIFE