

MARCH

General Food



10

Monday

11

Tuesday

12

Wednesday

13

Thursday

14

Friday

DRINKS

AGUA DE PANELA
PANELA WATER

FLORINETA (MELON, PIÑA, FRESA, QUESO)
FLORINETA (MELON, PINEAPPLE,
STRAWBERRY, CHEESE)

JUGO MARACU - MANGO
PASSION FRUIT - MANGO

CHOCOLATE
CHOCOLATE

SNACK

ALMOJABANA
ALMOJABANA

GALLETA
COOKIE

CHORIPAN
CHORIPAN

SANDWICH DE JAMON Y QUESO
SANDWICH HAM AND CHEESE

FRUIT

MANZANA
APPLE

SOUP

CONCHITAS
CONCHITAS

CREMA DE VERDURAS
VEGETABLE CREAM

PATACON
PATACON

SOPA DE LA ABUELA
GRANDMA'S SOUP

PROTEIN

CARNE EN BISTECK
STEAK BISTEC

ARROZ CON ATUN
RICE WITH TUNA

PECHUGA EN SALSA DE QUESO
BREAST IN CHEESE SAUCE

GOULASH DE CERDO
PORK GOULASH

CEREAL

ARROZ BLANCO
WHITE RICE

ARROZ BLANCO
WHITE RICE

ARROZ BLANCO
WHITE RICE

LEGUME

AREPA
AREPA

CASCOS DE PAPA
POTATO WEDGES

PAPA FRANCESA
FRIES

PAPA CRIOLLA
YELLOW POTATO

SALAD

ENSALADA HAWAIANA
HAWAIIAN SALAD (POACHED
CABBAGE, PINEAPPLE, MILK
CREAM, PINEAPPLE PULP)

ENSALADA SOL
SOL SALAD (CARROT, RAISIN
GRAPES, ORANGE)

ENSALADA MIXTA
MIXED SALAD (LETTUCE, GRATED
CARROT, TOMATO)

TORTA DE VERDURAS
VEGETABLES CAKE

SPECIAL
MENU

FRUIT JUICE



MARCH

Vegan Food

	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
DRINKS	AGUA DE PANELA PANELA WATER	FLORINETA (MELON, PIÑA, FRESA, QUESO) FLORINETA (MELON, PINEAPPLE, STRAWBERRY, CHEESE)	JUGO MARACU - MANGO PASSION FRUIT - MANGO	CHOCOLATE CHOCOLATE	SPECIAL MENU
SNACK	ALMOJABANA ALMOJABANA	GALLETA COOKIE	WRAPS DE QUESO Y VEGETALES WRAPS OF CHEESE AND VEGETABLES	SANDWICH DE QUESO SANDWICH CHEESE	
FRUIT	MANZANA APPLE				
SOUP	CONCHITAS CONCHITAS	CREMA DE VERDURAS VEGETABLE CREAM	PATACON PATACON	SOPA DE LA ABUELA GRANDMA'S SOUP	
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	
CEREAL	ARROZ BLANCO WHITE RICE		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	
LEGUME	PAPA CRIOLLA YELLOW POTATO	PAPA CHIPS CHIPS	PURE DE PAPA MASHED POTATO	CILINDROS DE PLATANO PLANTAIN	
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	
FRUIT JUICE					

MARCH

Modified Menu

	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
FRUIT	PARFAIT PARFAIT (OATMEAL, FLAKES, PAPAYA, MELON, APPLE, DIET YOGURT)	PATILLA, KIWI, MELON WATERMELON, KIWI, MELON	CREPES DE FRESA Y MANGO STRAWBERRY AND MANGO CREPES (CHEESE, PINEAPPLE SWEET)	RODAJA DE PIÑA ROASTED PINEAPPLE SLICE	SPECIAL MENU
SNACK		BARRA DE CEREAL CEREAL BAR		QUESO CHEESE	
PROTEIN	ROULETTE DE POLLO CHICKEN ROULETTE	COLOMBINA DE POLLO CHICKEN LEG	TORTILLA DE PAPA A LA JARDINERA POTATO OMELETTE A LA JARDINERA (PEA, BROCCOLI, SLICED POTATO, OCAÑERA ONION, EGGS, SALT CHICKEN)	PESCADO ASADO ROASTED FISH	
CEREAL	PURE DE PAPA MASHED POTATO	ARROZ CON VERDURAS RICE WITH VEGETABLES	ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	
SALAD	TOMATE CAPRESSE CAPRESSE TOMATO	ESPINACA A LA CREMA CREAMY SPINACH	INCLUDED IN THE PROTEIN	PEPINO GUISADO STEWED CUCUMBER, PEAS, WHITE ONION	

WATER OF LIFE