

SCHOOL MENU

FEBRUARY

General Food

	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
					
DRINKS	POMY CEREAL POMY CEREAL	AGUA DE PANELA PANELA DRINK	WAFLES + DULCE MORA+ QUESO RALLADO + BANANO WAFFLES + BLACKBERRY JAM + GRATED CHEESE + BANANA	JUGO DE FRESA STRAWBERRY JUICE	LECHE MILK
SNACK		AREPA DE QUESO CHEESE AREPA		PASTEL GLORIA GLORIA PASTRY	DONA DONUTS
FRUIT	DURAZNO PEACH				
SOUP	SOPA DE PASTA PASTA SOUP	CREMA DE VERDURAS VEGETABLE CREAM SOUP	SOPA DE COLICERO COLICERO SOUP	SOPA DE LENTEJAS LENTIL SOUP	SOPA DE VERDURAS VEGETABLE SOUP
PROTEIN	BONDIOLA AL HORNO ROASTED PORK SHOULDE	ARROZ PAISA PAISA-STYLE RICE (SWEET CORN, RED BEANS, PORK GOULASH, CHORIZO)	POLLO HAWAIANO ESTA MINUTA PUEDE CONTENER ALÉRGENOS	SUDADO DE MORRILLO SHANK STEW	ESPAGUETTI CREMOSO CON ATUN EN SALSA POMODORO CREAMY SPAGHETTI WITH TUNA IN POMODORO SAUCE
CEREAL	ARROZ AJONJOLI SESAME RICE		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	
LEGUME	PAPA LYONESA LYONNAISE POTATOES (WITH ONION AND BACON)	PAPA RUSTICA RUSTIC POTATO WEDGES	PAPA FRANCESA FRENCH FRIES	PAPA CHALECA CHALECA POTATOES	PAN TOSTADO TOASTED BREAD
SALAD	ENSALADA TURCA TURKISH SALAD (LENTILS, LETTUCE, CUCUMBER, CORIANDER, DICED TOMATO, RED ONION, LEMON AND OIL VINAIGRETTE)	CASCOS DE TOMATE TOMATO WEDGES	ENSALADA COLESLAW COLESLAW SALAD (BLANCHED WHITE CABBAGE, CARROT, CREAM, SUGAR, VINEGAR)	CASCOS DE TOMATE TOMATO WEDGES	FRUTA DE MANO FRUIT

FRUIT JUICE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS

	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
DRINKS	POMY CEREAL POMY CEREAL	AGUA DE PANELA PANELA DRINK	WAFLES + DULCE MORA+ QUESO RALLADO + BANANO WAFFLES + BLACKBERRY JAM + GRATED CHEESE + BANANA	JUGO DE FRESA STRAWBERRY JUICE	LECHE MILK
SNACK		AREPA DE QUESO CHEESE AREPA		PASTEL GLORIA GLORIA PASTRY	DONA DONUTS
FRUIT	DURAZNO PEACH				
SOUP	SOPA DE PASTA PASTA SOUP	CREMA DE VERDURAS VEGETABLE CREAM SOUP	CREMA ITALIANA ITALIAN CREAM SOUP WITH CHEESE CROUTONS (LEEK. ONION. GARLIC. ESTA MINUTA PUEDE CONTENER ALÉRGENOS	SOPA DE LENTEJAS LENTIL SOUP	SOPA DE VERDURAS VEGETABLE SOUP
PROTEIN	HUEVO COCIDO (2) BOILED EGGS (2)	KIBBE KIBBE (CARVE, EGG, CHEESE)		ALBONDIGAS DE CARVE CON SIN CREOLE SAUCE	ESPAGUETTI CREMOSO CON ATUN EN SALSA POMODORO CREAMY SPAGHETTI WITH TUNA IN POMODORO SAUCE
CEREAL	ARROZ AJONJOLI SESAME RICE	ARROZ CON MAIZ CORN RICE	ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	
LEGUME	PAPA ENCEBOLLADA ONIONED POTATOES	PAPA RUSTICA POTATO WEDGES	PAPA FRANCESA FRENCH FRIES	PAPA CHALECA CHALECA POTATOES	PAN TOSTADO TOASTED BREAD
SALAD	ENSALADA TURCA TURKISH SALAD (LENTILS, LETTUCE, CUCUMBER, CORIANDER, DICED TOMATO, RED ONION, LEMON AND OIL VINAIGRETTE)	CASCOS DE TOMATE TOMATO WEDGES	ENSALADA COLESLAW COLESLAW SALAD (BLANCHED WHITE CABBAGE, CARROT, CREAM, SUGAR, VINEGAR)	CASCOS DE TOMATE TOMATO WEDGES	FRUTA DE MANO FRUIT

FRUIT JUICE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS



16
Monday

17
Tuesday

18
Wednesday

19
Thursday

20
Friday

FRUIT

CREPES DE FRESA Y MANGO
STRAWBERRY AND
MANGO CREPES (CHEESE,
PINEAPPLE JAM)

GALLETA DE AVENA Y
FRUTOS ROJOS
OAT AND RED BERRY COOKIES

INFUSION DE VERDURAS Y FRUTAS
CUCUMBER, APPLE AND
ORANGE INFUSION

PAPAYA Y MELON
PAPAYA AND MELON

PERA Y UVAS
PEAR AND GRAPES

SNACK

YOGURT DIETETICO
DIET YOGURT

SANDWICH DE AGUACATE Y QUESO
AVOCADO AND GRILLED
CHEESE SANDWICH

GALLETA DE AVENA Y
GRANOLA
OAT AND GRANOLA COOKIES

TRIANGULOS DE QUESO
CHEESE TRIANGLES

PROTEIN

WRAPS DE POLLO
CHICKEN WRAPS

ARROZ LIBANES
LEBANESE-STYLE RICE
(CREAM, MUSHROOM,
SHREDDED CHICKEN,
RICE, ALMOND)

CREMA ITALIANA
ITALIAN CREAM SOUP WITH
CHEESE CROUTONS (LEEK, ONION,
GARLIC, PARSLEY, FLOUR, MILK)

CANASTA DE SUKINI CON
POLLO Y QUESO
ZUCCHINI BASKET WITH
CHICKEN AND CHEESE

ESPAGUETTI CREMOSO
CON VEGETALES Y POLLO
EN CUBOS
CREAMY SPAGHETTI
WITH VEGETABLES
AND DICED CHICKEN

ESTA MINUTA PUEDE CONTENER ALÉRGENOS

CEREAL

PAPA BLANCA
PAPA BLANCA

PAN TOSTADO
TOASTED BREAD

ARROZ BLANCO
WHITE RICE

SALAD

TAJADA DE AGUACATE
AVOCADO SLICE

TOMATE ASADO
ROASTED TOMATO

TAJADA DE AGUACATE
AVOCADO SLICE

TOMATE CAPRESE
CAPRESE TOMATO

FRUTA PICADA
DICED FRUIT

WATER OF LIFE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS

