

	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
					
<b>DRINKS</b>	JUGO DE LULO LULO JUICE	KUMIS KUMIS (FERMENTED MILK DRINK)	PARFAIT DE FRUTAS (MELON, PAPAYA, MANGO, YOGURT, ZUCARITAS) FRUIT PARFAIT (MELON, PAPAYA, MANGO, YOGURT, CEREAL FLAKES)	BATIDO DE MORA BLACKBERRY SMOOTHIE	YOGURT YOGURT
<b>SNACK</b>	MUFIN DE CHOCOLATE CHOCOLATE MUFFIN	MANTECADA POUND CAKE		TORTA CAKE	MUFIN DE FRUTOS ROJOS RED FRUIT MUFFIN
<b>FRUIT</b>	MANZANA APPLE				
<b>SOUP</b>	CREMA DE POLLO CREAM OF CHICKEN	SOPA DE VERDURAS VEGETABLE SOUP	SOPA DEL CHEF CHEF'S SOUP	CREMA DE AHUYAMA AHUYAMA CREAM	AJIACO AJIACO
<b>PROTEIN</b>	ALAS CON SALSA DE TOMATE WINGS IN TOMATE DE ARBOL SAUCE	ARROZ GUAJIRO GUAJIRO-STYLE RICE (PEAS, PORK GOULASH, CHORIZO, MINT)	CERDO SALSA MARACUYA PORK IN PASSION FRUIT SAUCE	PASTA VESUBIO VESUVIUS-STYLE PASTA	POLLO CHICKEN
<b>CEREAL</b>	ARROZ BLANCO WHITE RICE		ARROZ ESPINACA SPINACH RICE		ARROZ BLANCO WHITE RICE
<b>LEGUME</b>	PLATANO PLATAIN	CROQUETA DE YUCA CASSAVA CROQUETTE	PAPA CRIOLLA CREOLE POTATO	PAN TOSTADO TOASTED BREAD	BANANO BANANA
<b>SALAD</b>	ENSALADA FRESCA FRESH SALAD (TOMATO, PEANUT, CARROT, LETTUCE)	ENSALADA DEL CHEF CHEF'S SALAD (MIXED LETTUCE, TOMATO, CUCUMBER, MUSTARD VINAIGRETTE)	ENSALADA CON UCHUVAS GOLDEN BERRY SALAD (LETTUCE, CARROT, GOLDEN BERRY, MANGO, GOLDEN BERRY AND PANELA VINAIGRETTE)	FRUTA DE MANO FRUIT	GUACAMOLE GUACAMOLE

FRUIT JUICE

	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
					
<b>DRINKS</b>	JUGO DE LULO LULO JUICE	KUMIS KUMIS (FERMENTED MILK DRINK)	PARFAIT DE FRUTAS (MELON, PAPAYA, MANGO, YOGURT, ZUCARITAS) FRUIT PARFAIT (MELON, PAPAYA, MANGO, YOGURT, CEREAL FLAKES)	BATIDO DE MORA BLACKBERRY SMOOTHIE	YOGURT YOGURT
<b>SNACK</b>	MUFIN DE CHOCOLATE CHOCOLATE MUFFIN	MANTECADA POUND CAKE		TORTA CAKE	MUFIN DE FRUTOS ROJOS RED FRUIT MUFFIN
<b>FRUIT</b>	MANZANA APPLE				
<b>SOUP</b>	CREMA DE POLLO CREAM OF CHICKEN	SOPA DE VERDURAS VEGETABLE SOUP	SOPA DEL CHEF CHEF'S SOUP	CREMA DE AHUYAMA AHUYAMA CREAM	AJIACO AJIACO
<b>PROTEIN</b>	ALAS CON SALSA DE TOMATE WINGS IN TOMATE DE ARBOL SAUCE	WRAPS DE AGUACATE, QUESO, QUINUA, TOMATE AVOCADO, CHEESE, QUINOA AND TOMATO WRAPS	BERENJENA RELLENA STUFFED EGGPLANT (EGGPLANT, MUSHROOM, PEAS, CARVE, CHEESE)	RAMEN RAMEN (NOODLES, BOILED EGG, SPINACH, MUSHROOM, SOY SAUCE)	HAMBURGUESA DE BROCOLI CON QUESO BROCCOLI BURGER WITH CHEESE
<b>CEREAL</b>	ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	ARROZ ESPINACA SPINACH RICE		ARROZ BLANCO WHITE RICE
<b>LEGUME</b>	PLATANO PLATAIN	CROQUETA DE YUCA CASSAVA CROQUETTE	PAPA CRIOLLA CREOLE POTATO	PAN TOSTADO TOASTED BREAD	BANANO BANANA
<b>SALAD</b>	ENSALADA FRESCA FRESH SALAD (TOMATO, PEANUT, CARROT, LETTUCE)	INCLUDED IN THE PROTEIN	ENSALADA CON UCHUVAS GOLDEN BERRY SALAD (LETTUCE, CARROT, GOLDEN BERRY, MANGO, GOLDEN BERRY AND PANELA VINAIGRETTE)	FRUTA DE MANO FRUIT	GUACAMOLE GUACAMOLE

FRUIT JUICE



**2**

Monday

**3**

Tuesday

**4**

Wednesday

**5**

Thursday

**6**

Friday

**FRUIT**

PIÑA CUBOS Y MANZANA  
PINEAPPLE AND APPLE

PERA ASADA  
BAKED PEAR

CANASTA DE FRUTAS  
FRUIT BASKET (PAPAYA,  
MELON, KIWI WITH GRATED  
CHEESE)

MOUSSE DE FRESA Y DULCE DE MORA  
STRAWBERRY MOUSSE WITH  
BLACKBERRY JAM

PARFAIT  
PARFAIT (ROLLED OATS,  
PAPAYA, MELON, APPLE,  
DIET YOGURT)

**SNACK**

CUBOS DE QUESO  
CHEESE DICED

QUESO CAMPESINO  
CHEESE

QUESO RALLADO  
GRATED CHEESE

**PROTEIN**

AREPA CON QUESO Y CARNE  
ASADA  
AREPA WITH CHEESE AND  
GRILLED BEEF

ROLLO GRIEGO DE POLLO  
GREEK-STYLE CHICKEN ROLL  
(GREEN AND YELLOW ZUCCHINI,  
CELERY) WITH MUSHROOM  
SAUCE

DEDITOS DE PESCADO  
FISH FINGERS

RAMEN  
RAMEN (NOODLES, BOILED  
EGG, DICED CHICKEN, SPINACH,  
MUSHROOM, SOY SAUCE)

SUPREMA DE POLLO  
CHICKEN SUPREME

**CEREAL**

INCLUDED IN THE PROTEIN

ARROZ BLANCO  
WHITE RICE

ARROZ ESPINACA  
SPINACH RICE

PAN TOSTADO  
TOASTED BREAD

ARROZ BLANCO  
WHITE RICE

**SALAD**

TAJADA DE AGUACATE  
AVOCADO SLICE

INCLUDED IN THE PROTEIN

TORTA DE VERDURAS  
VEGETABLE CAKE (BEANS,  
CHARD, CARROT, CHEESE,  
EGG)

FRUTA DE MANO  
FRUIT

POTECA DE AHUYAMA  
PUMPKIN STEW

WATER OF LIFE

