

SCHOOL MENU

MARCH

General Food



23

Monday

24

Tuesday

25

Wednesday

26

Thursday

27

Friday

DRINKS

SNACK

FRUIT

SOUP

PROTEIN

CEREAL

LEGUME

SALAD

**FESTIVO
HOLIDAY**

JUGO DE FRESA
STRAWBERRY JUICE

CHEESE SANDWICH
SANDWICH DE QUESO

CREMA DE VERDURAS
VEGETABLE CREAM SOUP

SALTEADO DE RES
BEEF STIR-FRY

ARROZ CON ARVEJA
RICE WITH PEAS

CROQUETA DE YUCA
CASSAVA CROQUETTE

ENSALADA DEL CHEF
CHEF'S SALAD (MIXED LETTUCE, TOMATO,
CUCUMBER, MUSTARD VINAIGRETTE: MUSTARD,
HONEY, VINEGAR, GARLIC, CORIANDER)

ARROZ CON LECHE Y
BARQUILLO
HOT RICE PUDDING WITH
DOUBLE CREAM CHEESE AND
BARQUILLO

DURAZNO
PEACH

SOPA DE ARROZ
RICE SOUP

PASTA CON POLLO
PASTA WITH CHICKEN

PAN TOSTADO
TOASTED BREAD

CUCHAREABLE
CUCHAREABLE

AGUA DE PANELA
PANELA DRINK

AREPA CON HUEVO PERICO
AREPA WITH SCRAMBLED EGGS
AND TOMATO

CAZUELA DE LENTEJAS
LENTIL STEW

ARROZ BLANCO
WHITE RICE

PLATANO
PLANTAIN

ENSALADA FRESCA
FRESH SALAD (TOMATO, PEANUT,
CARROT, LETTUCE, CORIANDER
VINAIGRETTE)

**JORNADA
PEDAGOGICA
PEDAGOGICAL
DAY**

FRUIT JUICE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS



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**FESTIVO
HOLIDAY**

JUGO DE FRESA
STRAWBERRY JUICE

ARROZ CON HUEVO
RICE WITH EGG

CREMA DE VERDURAS
VEGETABLE CREAM SOUP

WRAPS
AVOCADO, CHEESE, QUINOA
AND TOMATO WRAPS

ARROZ CON ARVEJA
RICE WITH PEAS

CROQUETA DE YUCA
CASSAVA CROQUETTE

ENSALADA DEL CHEF
CHEF'S SALAD (MIXED LETTUCE, TOMATO,
CUCUMBER, MUSTARD VINAIGRETTE: MUSTARD,
HONEY, VINEGAR, GARLIC, CORIANDER)

ARROZ CON LECHE Y
BARQUILLO
HOT RICE PUDDING WITH
DOUBLE CREAM CHEESE AND
BARQUILLO

DURAZNO
PEACH

SOPA DE ARROZ
RICE SOUP

LASAGNA DE VEGETALES
Y CARVE
VEGETABLE AND CARVE
LASAGNA

PAN TOSTADO
TOASTED BREAD

CUCHAREABLE
CUCHAREABLE

AGUA DE PANELA
PANELA DRINK

AREPA CON HUEVO PERICO
AREPA WITH SCRAMBLED EGGS
AND TOMATO

HAMBURGUESA DE LENTEJA
LENTIL BURGER

ARROZ BLANCO
WHITE RICE

TAJADAS DE PLATANO
PLANTAIN SLICES

ENSALADA FRESCA
FRESH SALAD (TOMATO, PEANUT,
CARROT, LETTUCE, CORIANDER
VINAIGRETTE)

**JORNADA
PEDAGOGICA
PEDAGOGICAL
DAY**

FRUIT JUICE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS



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**FESTIVO
HOLIDAY**

PERA ASADA
BAKED PEAR

QUESO
CHEESE

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

ARROZ BLANCO
WHITE RICE

INCLUDED IN THE
PROTEIN

CREPES DE FRESA Y MANGO
STRAWBERRY AND MANGO
CREPES (PLAIN CREPE,
CHEESE, SUGAR-FREE
PINEAPPLE JAM)

PASTA ASIATICA CON POLLO
(CHAMPIÑON, BROCOLI,
POLLO CUBOS, SOYA)
ASIAN-STYLE PASTA WITH
CHICKEN (MUSHROOM,
BROCCOLI, DICED CHICKEN,
SOY SAUCE)

FRUTA DE MANO
FRUIT

PANCAKE DE MANGO Y FRESA
MANGO AND STRAWBERRY
PANCAKE

QUESO
CHEESE

CARNE ASADA
BEEF

ARROZ BLANCO
WHITE RICE

BERENJENA APANADA
BREADED EGGPLANT IN
NAPOLITAN SAUCE

**JORNADA
PEDAGOGICA
PEDAGOGICAL
DAY**

WATER OF LIFE