

MARCH

General Food

	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
					
DRINKS	KUMIS KUMIS (FERMENTED MILK DRINK)	BEBIDA ACHOCOLATADA CHOCOLATE DRINK	JUGO DE MANGO MANGO JUICE	JUGO DE LULO LULO JUICE	YOGURT YOGURT
SNACK	BROWNIE BROWNIE	ARROZ CON HUEVO RICE WITH EGG	PALITO DE QUESO CHEESE STICK	EMPANADA DE POLLO CHICKEN EMPANADA	CEREAL CEREAL
FRUIT	MANDARINA TANGERINE				BANANO BANANA
SOUP	CREMA DE CALABAZA SQUASH CREAM SOUP	SOPA DE COLICERO COLICERO SOUP	SOPA DE VEGETALES VEGETABLES SOUP	LENTEJAS CON CARNE MOLIDA LENTILS WITH GROUND BEEF	POLLO EN SALDA BBQ CHICKEN IN BBQ SAUCE
PROTEIN	FRICASSE DE POLLO CON VERDURAS CHICKEN FRICASSEE WITH VEGETABLES	BONDIOLA EN SALSA DE DURAZNO PORK SHOULDER IN PEACH SAUCE	ALAS EN SALSA DE TOMATE ARBOL WINGS IN TAMARILLO SAUCE		
CEREAL	ARROZ CON FIDEOS RICE WITH NOODLES	ARROZ PAJARITO PAJARITO RICE	ARROZ PEREJIL PARSLEY RICE	ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE
LEGUME	PAPA VAPOR STEAMED POTATO WITH BUTTER AND CORIANDER	PURE DE PAPA MASHED POTATOES	PAPA CRIOLLA PARSLEY RICE	TAJADAS DE PLATANO PLANTAIN SLICES	PAPA CHORREADA DRIPPED POTATO
SALAD	INCLUDED IN THE PROTEIN	ENSALADA RUSTICA RUSTIC SALAD (CHAYOTE, LIME, MANGO)	CASCOS DE TOMATE TOMATO WEDGES	ENSALADA NATURAL NATURAL SALAD (CABBAGE SALAD (PURPLE CABBAGE, CARROT, TOMATO, MAYONNAISE	ENSALADA DE AGUACATE AVOCADO SALAD

FRUIT JUICE

	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday
					
DRINKS	KUMIS KUMIS (FERMENTED MILK DRINK)	BEBIDA ACHOCOLATADA CHOCOLATE DRINK	JUGO DE MANGO MANGO JUICE	JUGO DE LULO LULO JUICE	MENU ESPECIAL DIA DEL GENERO SPECIAL MENU FOR GENDER DAY (STRAWBERRY MILKSHAKE AND COOKIES)
SNACK	BROWNIE BROWNIE	ARROZ CON HUEVO RICE WITH EGG	PALITO DE QUESO CHEESE STICK	SANDWICH DE QUESO CHEESE SANDWICH	
FRUIT	MANDARINA TANGERINE				MENU ESPECIAL DIA DEL GENERO SPECIAL MENU FOR GENDER DAY (SPECIAL BURRITO: TORTILLA, AVOCADO SAUCE, SWEET CORN, SHREDDED PORK SHOULDER, REFRIED BLACK BEANS) CHIPS, PANELA LEMONADE
SOUP	CREMA DE CALABAZA SQUASH CREAM SOUP	SOPA DE COLICERO COLICERO SOUP	SOPA DE VEGETALES VEGETABLES SOUP	HAMBURGUESA DE LENTEJA LENTIL BURGER	
PROTEIN	LASAGNA DE CARVE Y VEGETALES VEGETABLES AND CARVE LASAGNA	CANASTA DE SUKINI CON QUINUA ZUCCHINI BASKET WITH QUINOA AND CHEESE	ROLLO GRIEGO DE QUINUA GREEK-STYLE QUINOA ROLL		
CEREAL		ARROZ PAJARITO PAJARITO RICE	ARROZ PEREJIL PARSLEY RICE	ARROZ BLANCO WHITE RICE	
LEGUME	PAPA CHIPS CHIPS	PURE DE PAPA MASHED POTATOES	PAPA CRIOLLA PARSLEY RICE	TAJADAS DE PLATANO PLANTAIN SLICES	
SALAD	INCLUDED IN THE PROTEIN	ENSALADA RUSTICA RUSTIC SALAD (CHAYOTE, LIME, MANGO)	CASCOS DE TOMATE TOMATO WEDGES	ENSALADA NATURAL NATURAL SALAD (CABBAGE SALAD (PURPLE CABBAGE, CARROT, TOMATO, MAYONNAISE)	

FRUIT JUICE

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FRUIT	FRUTA PICADA Y QUESO DICED FRUIT (PINEAPPLE, PAPAYA, MANGO) AND CHEESE	FRESA Y SANDIA STRAWBERRY AND WATERMELON	INFUSION DE FRESAY MENTA STRAWBERRY AND MINT INFUSION	NARANJA Y FRESA ORANGE AND STRAWBERRY	MENU ESPECIAL DIA DEL GENERO SPECIAL MENU FOR GENDER DAY (BLUEBERRY, LEMON, MINT INFUSION) AREPA LIGHT (OATS + CHICKEN + SPINACH)
SNACK		BARRA DE CEREAL CEREAL BAR	TORTILLA DE MAZORCA Y QUESO CORN TORTILLA WITH CHEESE	QUESO CHEESE	
PROTEIN	CREMA ITALIANA CON CRUTONES DE QUESO Y POLLO ITALIAN CREAM SOUP WITH CHEESE CROUTONS AND DICED CHICKEN	CARNE ASADA GRILLED BEEF	FILETE PECHUGA AL CILANTRO CHICKEN BREAST WITH CORIANDER	CANASTA DE ZUCHINI CON QUINOA Y QUESO ZUCCHINI BASKET WITH QUINOA AND CHEESE	MENU ESPECIAL DIA DEL GENERO SPECIAL MENU FOR GENDER DAY (CAULIFLOWER CREAM + CHEESE CROUTONS + SHERDDED CHICKEN + BASIL TOAST+ WATERMELON AND STRAWBERRY INFUSION)
CEREAL	TOSTADA DE PAN TOASTED BREAD	PASTA GUISADA STEWED PASTA	PURE DE PAPA MASHED POTATOES	ARROZ BLANCO WHITE RICE	
SALAD	TAJADA DE AGUACATE AVOCADO SLICE	ARVEJA VERDE GREEN PEAS	PEPINO DE RELLENO STUFFED CUCUMBER	TOMATE ASADO ROASTED TOMATO	

WATER OF LIFE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS