

## SEPTEMBER

## General Food

|         | 31<br>Monday                                         | 1<br>Tuesday                                            | 2<br>Wednesday                                                                     | 3<br>Thursday                                                           | 4<br>Monday                                       |
|---------|------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------|
| DRINKS  | AGUA DE PANELA<br>PANELA DRINK                       | AGUA DE PANELA<br>PANELA DRINK                          | PIÑA, MANGO,<br>BANANO + QUESO EN<br>CUBOS Y BARQUILLO<br>FRUIT MIX WITH<br>CHEESE | CHOCOLATE<br>HOT CHOCOLATE                                              | JUGO DE LULO<br>LULO JUICE                        |
| SNACK   | SANDWICH JAMON Y QUESO<br>SANDWICH HAM AND<br>CHEESE | QUESO Y PAN<br>CHEESE AND BREAD                         |                                                                                    | CALENTADO<br>FARMERS' MIX                                               | EMPANADA DE CARNE<br>BEEF EMPANADA                |
| FRUIT   |                                                      |                                                         |                                                                                    | MANDARINA<br>TANGERINE                                                  |                                                   |
| SOUP    | CREMA DE AHUYAMA<br>PUMPKIN CREAM SOUP               | FRIJOL CON CARNE<br>BEANS WITH<br>GROUND BEEF           | PATACON<br>FRIED PLANTAIN                                                          | CEBADA<br>PEARL BARLEY                                                  | CREMA AHUYAMA<br>PUMPKIN CREAM                    |
| PROTEIN | ARROZ CAUCANO<br>CAUCANO RICE                        |                                                         | COCHINITA<br>PIBILL<br>COCHINITA PIBILL                                            | CARNE CHIMICHURRI<br>BEEF CUBES WITH<br>CHIMICHURRI                     | POLLO CHAMPIÑONES<br>CHICKEN IN<br>MUSHROOM SAUCE |
| CEREAL  |                                                      | ARROZ BLANCO<br>WHITE RICE                              |                                                                                    | ARROZ BLANCO<br>WHITE RICE                                              | ARROZ AJONJOLI<br>SESAME RICE                     |
| TUBERS  | PAPA CHIPS<br>CHIPS                                  | PLATANO<br>PLANTAIN                                     | PAPA RUSTICA<br>RUSTIC POTATO WEDGES                                               | PAPA SALADA<br>SALTED POTATO                                            | PAPA FRANCESA<br>FRENCH FRIES                     |
| SALAD   | ENSALADA FRESCA<br>FRESH SALAD                       | ENSALADA CON AGUACATE<br>SALAD WITH AVOCADO<br>DRESSING | CASCOS DE TOMATE<br>TOMATO WEDGES                                                  | ENSALADA ARCOIRIS (LECHUGA,<br>ESPINACA, MANGO, FRESA)<br>RAINBOW SALAD | ENSALADA WALDORF<br>WALDORF SALD                  |

FRUIT JUICE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS

|             | 31<br>Monday                                   | 1<br>Tuesday                                            | 2<br>Wednesday                                                                     | 3<br>Thursday                                                           | 4<br>Monday                                  |
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| DRINKS      | AGUA DE PANELA<br>PANELA DRINK                 | AGUA DE PANELA<br>PANELA DRINK                          | PIÑA, MANGO,<br>BANANO + QUESO EN<br>CUBOS Y BARQUILLO<br>FRUIT MIX WITH<br>CHEESE | CHOCOLATE<br>HOT CHOCOLATE                                              | JUGO DE LULO<br>LULO JUICE                   |
| SNACK       | SANDWICH DE QUESO<br>SANDWICH CHEESE           | QUESO Y PAN<br>CHEESE AND BREAD                         |                                                                                    | CALENTADO<br>FARMERS' MIX                                               | OMELETTE DE QUESO<br>CHEESE OMELETTE         |
| FRUIT       |                                                |                                                         |                                                                                    | MANDARINA<br>TANGERINE                                                  |                                              |
| SOUP        | CREMA DE AHUYAMA<br>PUMPKIN CREAM SOUP         | CAZUELA FRIJOL<br>Y HUEVO<br>BEAN STEW AND EGG          | PATACON<br>FRIED PLANTAIN                                                          | CEBADA<br>PEARL BARLEY                                                  | CREMA AHUYAMA<br>PUMPKIN CREAM               |
| PROTEIN     | CREMA MEXICANA<br>MEXICAN TOMATO<br>CREAM SOUP |                                                         | NUGETS DE GARBANZO<br>BREADED CHICKPEA NUGGETS<br>WITH HONEY MUSTARD               | ALBONDIGAS DE CARVE<br>CARVE MEATBALLS                                  | CHAMPIÑONES GRATINADOS<br>MUSHROOM AU GRATIN |
| CEREAL      | ARROZ PAJARITO<br>RICE WITH PLANTAIN           | ARROZ BLANCO<br>WHITE RICE                              | ARROZ BLANCO<br>WHITE RICE                                                         | ARROZ BLANCO<br>WHITE RICE                                              | ARROZ AJONJOLI<br>SESAME RICE                |
| TUBERS      | PAPA CHIPS<br>CHIPS                            | PLATANO<br>PLANTAIN                                     | PAPA RUSTICA<br>RUSTIC POTATO WEDGES                                               | PAPA SALADA<br>SALTED POTATO                                            | PAPA FRANCESA<br>FRENCH FRIES                |
| SALAD       | ENSALADA FRESCA<br>FRESH SALAD                 | ENSALADA CON AGUACATE<br>SALAD WITH AVOCADO<br>DRESSING | CASCOS DE TOMATE<br>TOMATO WEDGES                                                  | ENSALADA ARCOIRIS (LECHUGA,<br>ESPINACA, MANGO, FRESA)<br>RAINBOW SALAD | ENSALADA WALDORF<br>WALDORF SALD             |
| FRUIT JUICE |                                                |                                                         |                                                                                    |                                                                         |                                              |

|               | 31<br>Monday                                                                           | 1<br>Tuesday                          | 2<br>Wednesday                                                                                                        | 3<br>Thursday                                                                    | 4<br>Monday                                                                                |
|---------------|----------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| FRUIT         | CALDO<br>CHICKEN, POTATO AND<br>CORIANDER BROTH                                        | QUESO CUBOS<br>CHEESE DICED           | QUESO CAMPESINO<br>FARMHOUSE CHEESE                                                                                   | CANASTA DE FRUTAS<br>FRUIT BASKET (PAPAYA,<br>MELON, KIWI WITH<br>GRATED CHEESE) | MOUSSE FRESA Y<br>QUESO<br>STRAWBERRY MOUSSE<br>WITH BLACKBERRY JAM<br>AND CHEESE          |
| SNACK         | MANDARINA<br>TANGERINE                                                                 | PIÑA Y MANZANA<br>PINEAPPLE AND APPLE | MELON<br>MELON                                                                                                        |                                                                                  |                                                                                            |
| PROTEIN       | PASTA CREMOSA<br>CON POLLO<br>CREAMY SPAGHETTI<br>WITH VEGETABLES AND<br>DICED CHICKEN | CARNE ASADA<br>BEEF                   | ROLLO GRIEGO DE<br>POLLO<br>GREEK-STYLE CHICKEN<br>ROLL (GREEN AND YELLOW<br>ZUCCHINI, CELERY) WITH<br>MUSHROOM SAUCE | DEDITOS DE PESCADO<br>FISH FINGERS                                               | RAMEN<br>RAMEN (NOODLES, BOILED<br>EGG, DICED CHICKEN,<br>SPINACH, MUSHROOM,<br>SOY SAUCE) |
| CEREAL        |                                                                                        | ARROZ BLANCO<br>WHITE RICE            |                                                                                                                       | ARROZ ESPINACA<br>SPINACH RICE                                                   |                                                                                            |
| VEGETABLES    | FRUTA<br>FRUIT                                                                         | TAJADA AGUACATE<br>AVOCADO            | ARROZ BLANCO<br>WHITE RICE                                                                                            | BERENJENA RELLENA<br>STUFFED EGGPLANT                                            | MANZANA VERDE<br>GREEN APPLE                                                               |
| WATER OF LIFE |                                                                                        |                                       |                                                                                                                       |                                                                                  |                                                                                            |