

OCTOBER

General Food



12

Monday

13

Tuesday

14

Wednesday

15

Thursday

16

Friday

DRINKS

SNACK

FRUIT

SOUP

PROTEIN

CEREAL

TUBERS

SALAD

**FESTIVO
HOLIDAY**

**FESTIVO
HOLIDAY**

AGUA DE PANELA
PANELA DRINK

QUESO Y PAN
BREAD AND CHEESE

CREMA DE AHUYAMA
PUMPKIN CREAM SOUP

CARNE DEMIGLACE
BEEF GOULASH WITH
DEMI-GLACE SAUCE

ARROZ CON VERDURAS
VEGETABLE RICE

CROQUETA YUCA
CASSAVA CROQUETTES

COHOMBRO, TOMATE,
LECHUGA, MAIZ
GARDEN SALAD

MANGO, MELON,
PATILLA+ CUBOS DE
QUESO Y BARQUILLO
FRUIT SALAD WITH
CHEESE AND WAFER
ROLL

CREMA VERDURAS
CREAMY VEGETABLE SOUP

ARROZ CON POLLO
CHICKEN AND
RICE

PAPA CHIPS
POTATOE CHIPS

INCLUDED IN THE
SOUP

CHOCOLATE
HOT CHOCOLATE

SANDWICH JAMON Y QUESO
HAM AND CHEESE SANDWICH

SOPA DE CUCHUCO
CUCHUCO SOUP

BONDIOLA AL HORNO
ROASTED PORK SHOULDER

ARROZ AJONJOLI
SESAME RICE

PAPA LYONESA
LYONNAISE POTATOES

LECHUGA, TOMATE,
COHOMBRO
FRESH SALAD

JUGO DE LULO
LULO JUICE

GALLETAS CRAKEÑAS
CRACKERS

CREMA ARVEJA
PEA SOUP

CARNE BISTECK
BEEF STEAK

ARROZ PAJARITO
PAJARITO RICE

PAPA RUSTICA
RUSTIC POTATO WEDGES

CASCOS DE TOMATE
TOMATO WEDGES

FRUIT JUICE

OCTOBER

Vegan Food



12

Monday

**FESTIVO
HOLIDAY**

13

Tuesday

AGUA DE PANELA
PANELA DRINK

QUESO Y PAN
BREAD AND CHEESE

14

Wednesday

MANGO, MELON ,
PATILLA+ CUBOS DE
QUESO Y BARQUILLO
FRUIT SALAD WITH
CHEESE AND WAFER
ROLL

15

Thursday

CHOCOLATE
HOT CHOCOLATE

SANDWICH DE QUESO
CHEESE SANDWICH

16

Friday

JUGO DE LULO
LULO JUICE

GALLETAS CRAKEÑAS
CRACKERS

DRINKS

SNACK

FRUIT

SOUP

PROTEIN

CEREAL

TUBERS

SALAD

**FESTIVO
HOLIDAY**

CREMA DE AHUYAMA
PUMPKIN CREAM SOUP

HAMBURGUESA DE LENTEJA
LENTIL BURGER

ARROZ CON VERDURAS
VEGETABLE RICE

CROQUETA YUCA
CASSAVA CROQUETTES

COHOMBRO, TOMATE,
LECHUGA, MAIZ
GARDEN SALAD

WRAPS DE QUINUA,
AGUACATE, QUESO, TOMATE
AVOCADO, CHEESE,
QUINOA AND
TOMATO WRAPS

PAPA CHIPS
POTATOE CHIPS

CREMA VERDURAS
CREAMY VEGETABLE SOUP

SOPA DE CUCHUCO
CUCHUCO SOUP

QUIBE VEGETARIANO
KIBBEH (BEEF, EGG,
AND CHEESE)

ARROZ AJONJOLI
SESAME RICE

PAPA VAPOR
STEAMED POTATOES

LECHUGA, TOMATE,
COHOMBRO
FRESH SALAD

CREMA ARVEJA
PEA SOUP

BERENJENA RELLENA
STUFFED EGGPLANT

ARROZ PAJARITO
PAJARITO RICE

PAPA RUSTICA
RUSTIC POTATO WEDGES

CASCOS DE TOMATE
TOMATO WEDGES

FRUIT JUICE

OCTOBER

Modified Menu



12
Monday

13
Tuesday

14
Wednesday

15
Thursday

16
Friday

FRUIT

SNACK

PROTEIN

CEREAL

VEGETABLES

FESTIVO
HOLIDAY

FESTIVO
HOLIDAY

QUESO
CHEESE

PIÑA Y MANZANA
PINEAPPLE AND APPLE

CARNE ASADA
GRILLED BEEF

ARROZ BLANCO
WHITE RICE

TAJADA AGUCATE
AVOCADO

QUESO ASADO
GRILLED CHEESE

MELON
MELON

ROLLO GRIEGO DE POLLO
GREEK-STYLE
CHICKEN ROLL

ARROZ BLANCO
WHITE RICE

SERVED WITH THE
PROTEIN

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

DEDITOS DE PESCADO
FISH FINGERS

ARROZ ESPINACA
SPINACH RICE

BERENJENA RELLENA
STUFFED EGGPLANT

MOUSSE DE FRESA
CON QUESO
STRAWBERRY
MOUSSE WITH
BLACKBERRY JAM

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

MANZANA VERDE
GREEN APPLE

WATER OF LIFE