



Week 1 Menu: October 1-2

MONDAY

MARTES

WEDNESDAY

THURSDAY

FRIDAY

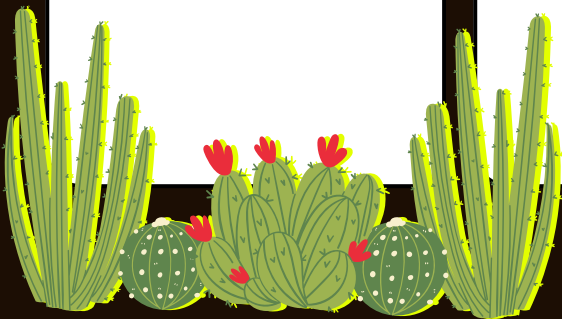
CREAM OF
SPINACH,
BAKED
CHICKEN
THIGH, PORK
WITH ORANGE
SAUCE, WHITE
RICE

CHICKPEAS,
HOT ZUCCHINI

SALAD BAR
FRUIT
MANGO -
GRANADILLA
JUICE
LULO
DESSERT
PIAZZA

BEEF
CONSOMMÉ,
LASAGNA WITH
CHICKEN AND
MUSHROOMS,
BOLOGNESE OR
VEGETARIAN,
GARLIC BREAD

SALAD BAR
FRUIT
MELON -
MANDARINA
JUICE
LEMONADE
DESSERT
COPELIA





Menu week 3: October 12 - 16

MONDAY

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Y

MARTES

MINI
SANCOCHITO
BBQ RIBS
BAKED CHICKEN
LEGS
RICE WITH
CARROTS

STEAMED
CUCUMBER
LENTILS

SALAD BAR FRUIT
MELON -
GRANADILLAS
JUICE
MORA
DESSERT
MINI BROWNIES

WEDNESDAY

BEAN CASSEROLE
GROUND BEEF
WHITE RICE
PORK RIND,
CHORIZO,
PLANTAN
BEANS, SAUTÉED
MUSHROOMS

SALAD BAR FRUIT
PAPAYA -
DURAZNO

JUICE
LULO
DESSERT
COPELIA

THURSDAY

AJIACO
SHREDDED
CHICKEN WHITE
RICE

AVOCADO -
CAPERS
SAUTÉED PEAS

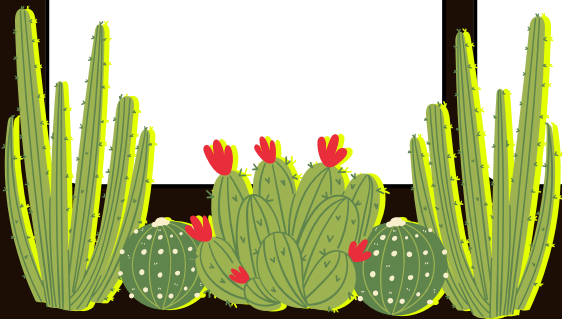
SALAD BAR FRUIT
PINEAPPLE-
PLUM

JUICE
CURUBA
DESSERT
MINI PASTRIES

FRIDAY

MEXICAN SOUP,
CHICKEN OR BEEF
BURRITO WITH
CHEESE, NACHOS
WITH CHEESE SAUCE,
VEGETARIAN
BURRITO
CHICKPEAS

SALAD BAR FRUIT
DRAGON FRUIT -
PAPAYA
JUICE
FRESH HIBISCUS
WATER
DESSERT
MOSAIC JELLO





Menu week 4: October 19 - 23

MONDAY

LETTER SOUP
GRILLED MEAT,
BREADED
CHICKEN LEGS,
RICE WITH
NOODLES,
PUMPKIN CAKE
LENTILS

SALAD BAR FRUIT

PINEAPPLE -
PLUM

JUICE

LULO
DESSERT
COPELIA

MARTES

NOODLE SOUP,
GRILLED CHICKEN
BREAST,
BREADED FISH
STEAK
RICE.

SAUTÉED
VEGETABLES IN
BUTTER
BEANS

SALAD BAR FRUIT

MELON -
GRANADILLA

JUICE

PASSION FRUIT
DESSERT
MINI PASTRIES

WEDNESDAY

CUCHUCO SOUP,
MEATBALLS,
BAKED POTATO
CUBES
WHITE RICE,
CREAMED
ZUCCHINI,
PEAS

SALAD BAR FRUIT

WATERMELON-
PEACH

JUICE

STRAWBERRY
DESSERT
CURD WITH
MOLASSES

THURSDAY

MINI SANCOCHITO,
NAPOLITANA
CHICKEN BREAST,
GRILLED PORK
CHOP,
WHITE RICE

SAUTÉED LENTILS
ZUCCHINI

SALAD BAR FRUIT

MANGO -
TANGERINE

JUICE

LULO
DESSERT
MINI DONUTS

FRIDAY

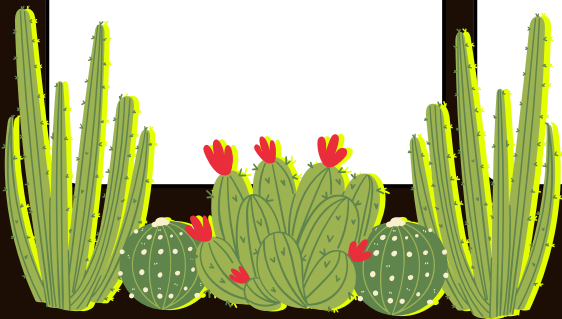
VEGETABLE CREAM
SOUP
AREPA STUFFED
WITH CHICKEN, BEEF
OR VEGETARIAN,
CHEESE AND QUAIL
EGGS, SAUTÉED
MUSHROOMS

SALAD BAR FRUIT

CURUBA WITH
BANANA

JUICE

LEMONADE
DESSERT
ICE CREAM





Menu week 5: October 26-30

MONDAY

OATMEAL SOUP,
FISH FILLET,
GRILLED PORK,
SESAME RICE,
CREAMED
SPINACH,
PEAS

SALAD BAR FRUIT

WATERMELON -
BANANA
JUICE
GUAVA
DESSERT
COPELIA

MARTES

WHEAT STEW,
BAKED CHICKEN
LEGS,
STEAK,
WHITE RICE,
CREOLE-STYLE
CAIGUA
LENTILS

SALAD BAR FRUIT

PAPAYA -
MANDARIN
JUICE
MORA
DESSERT
CHOCOLATE
CREAM

WEDNESDAY

VEGETABLE
CREAM SOUP,
SPAGHETTI
BOLOGNESE OR
WITH CHICKEN.
SPAGHETTI WITH
VEGETABLES

GARLIC BREAD

SALAD BAR FRUIT

STRAWBERRY -
GRAPE
JUICE
PINEAPPLE
DESSERT
MINI DONUTS

THURSDAY

PUMPKIN CREAM
SOUP,
JULIENNED PORK,
BBQ WINGS,
RICE WITH SWEET
PLANTAIN.

MASHED
POTATOES,
CHICKPEAS,
VEGETABLES WITH
HOGAO SAUCE

SALAD BAR FRUIT
MELON -
PEAR

JUICE
TAMARILLO
DESSERT
JELLO OF
DIFFERENT
COLORS

FRIDAY

MEXICAN NOODLE
SOUP,
BIRRIA TACOS
WITH BEEF,
CHICKEN OR
VEGETARIAN WITH
CHEESE,
REFRIED BEANS,
PICO DE GALLO,
CORN

SALAD BAR FRUIT
GUACAMOLE,
MANGO, PEACH
JUICE
FRESH TAMARIND
WATER
DESSERT
RICE PUDDING

