

DATE	STARTER	MAIN COURSE	SIDE DISH	VEGETARIAN	DESSERT	DRINKS
MONDAY 2	POTATO SOUP	GRILLED STEAK	RICE	VEGETARIAN FLAUTAS	JELLO	LEMONADE
		FISH NUGGETS	TOMATO AND CUCUMBER SALAD		FRUIT OF THE SEASON	
TUESDAY 3	CORN AND PUMPKIN CREAM SOUP	CHICKEN LEGS IN TERIYAKI SAUCE	MASHED POTATO	MUSHROOM EMPANADA	MINI BROWNIE	STRAWBERRY JUICE
		PORK STEW	PEA AND CARROT SALAD		FRUIT OF THE SEASON	
WEDNESDAY 4	CHICKEN BROTH	MACARONI WITH CHEESE AND MEAT	RICE	RICOTTA AND SPINACH CREPE	FRUIT OF THE SEASON	PASSION FRUIT JUICE
		BREADED CALAMARI	LETTUCE AND TOMATO SALAD			
THURSDAY 5	POTATO SOUP	HOT DOG	POTATO TORTILLA / WHITE CORN	FALAFEL	MINI CARAMEL COOKIE	WATERMELON JUICE
		GRILLED CHICKEN	SWEET CORN AND CELERY SALAD		FRUIT OF THE SEASON	
FRIDAY 6	VEGETABLE CREAM SOUP	GRILLED FISH	FRENCH FRIES	LENTIL BURGER	FRUIT OF THE SEASON	LEMONADE
		BREADED MEAT	CARROT AND CUCUMBER SALAD			
MONDAY 9	AJIACO SOUP (potato, corn & chicken)	CHICKEN FINGERS	CREOLE POTATO	STUFFED AVOCADO WITH HEART OF PALM	FRUIT ICE CREAM	BLACKBERRY JUICE
		PASTA WITH TUNA	BROCCOLI AND APPLE SALAD		FRUIT OF THE SEASON	
TUESDAY 10	JULIANNE SOUP	LOIN MEDALLION IN CHIMICHURRI	AU GRATIN POTATOES	VEGETARIAN CHOP SUEY		STRAWBERRY JUICE
		CAPRESE LASAGNE / GARLIC BREAD	COLESLAW			
WEDNESDAY 11	CELERY AND APPLE CREAM SOUP	GRILLED PORK BBQ	BAKED POTATO	POTATO STUFFED WITH SOY AND VEGETABLES	CARAMEL FLAN	LEMONADE
		CHICKEN BURRITO	CAULIFLOWER AND TOMATO SALAD		FRUIT OF THE SEASON	
THURSDAY 12	QUINOA SOUP	BEEF AND CHORIZO SKEWER	RICE	GRATINATED TOMATO	FRUIT OF THE SEASON	TAMARILLO JUICE
		PIZZA	LUPINI BEAN AND PEA SALAD			
FRIDAY 13	CORN CREAM SOUP	GRILLED FISH	GREEN RICE	BREADED EGGPLANT	APPLE PIE	PASSION FRUIT JUICE
		MIXED CHOP SUEY	CELERY AND CARROT SALAD		FRUIT OF THE SEASON	
MONDAY 16	VEGETABLE SOUP	CHICKEN NUGGETS	FRENCH FRIES	STEW CHICKPEA	FRUIT OF THE SEASON	GUAVA JUICE
		MEAT BISTEK	BEEF AND LETTUCE SALAD			
TUESDAY 17	GAZPACHO	MIXED PAELLA (seafood and chicken)	BEAN AND TOMATO SALAD	VEGETARIAN LASAGNE	MINI CARROT CAKE	MANGO JUICE
		PASTA WITH POMODORO / PESTO			FRUIT OF THE SEASON	
WEDNESDAY 18	SPINACH CREAM SOUP	STUFFED TURKEY	AU GRATIN POTATOES	SPRING RICE WITH DRY FUNGI	FRUIT OF THE SEASON	BLACKBERRY JUICE
		CRISPY FISH	CUCUMBER AND BEET SALAD			
THURSDAY 19	VEGETABLE BROTH SOUP	SHRIMP RISOTTO	MASHED POTATO	QUINOA RISOTTO	FRUIT OF THE SEASON	PASSION FRUIT JUICE
		HAMBURGUER	TOMATO AND HEART OF PALM SALAD			
FRIDAY 20	SEAFOOD SOUP	EMPANADA DE MOROCHO		STUFFED ZUCCHINI WITH TOFU	YOGURT PARFAIT W/ GRANOLA & FRUIT	LEMONADE
		SPAGHETTI WITH ALFREDO SAUCE	CAPRESE SALAD		FRUIT OF THE SEASON	
MONDAY 23	PUMPKIN AND CORN CREAM SOUP	BREADED FISH	RICE	HUMUS AND PITA BREAD	STRAWBERRY CHEESECAKE	TAMARILLO JUICE
		ECUADORIAN FRIED RICE	CARROT AND BROCCOLI SALAD		FRUIT OF THE SEASON	
TUESDAY 24	PLANTAIN SOUP	FISH FINGERS	FRENCH FRIES	BEAN TACO	FRUIT OF THE SEASON	AGUA DE JAMAICA
		MEAT BALLS	TOMATO AND LETTUCE SALAD			
WEDNESDAY 25	LENTIL SOUP	HAM AND CHEESE TOASTED SANDWICH	RICE AND BEAN STEW	QUINOA BALLS	FRUIT ICE CREAM	GUAVA JUICE
		CALAMARI IN TOMATO SAUCE	COLESLAW		FRUIT OF THE SEASON	
THURSDAY 26	REPE LOJANO	TURKEY MEDALLIONS IN PRUNE SAUCE	AU GRATIN POTATOES	VEGETARIAN CEVICHE	FRUIT OF THE SEASON	STRAWBERRY JUICE
		FISH NUGGETS	PEA AND SWEET CORN SALAD			
FRIDAY 27	TOMATO AND BASIL CREAM SOUP	ROAST BEEF	RICE	CORNBREAD WITH BEAN AND AVOCADO	CHOCOLATE CHIP COOKIES	BLACKBERRY JUICE
		PASTA W/ POMODORO	CUCUMBER AND PEPPER SALAD		FRUIT OF THE SEASON	
MONDAY 30	CRACKED CORN SOUP	CARAMELIZED PORK LOIN	MASHED POTATO	PASTA WITH PESTO	CHOCO BANANA	LEMONADE
		CHICKEN LASAGNE / GARLIC BREAD	CELERY AND CARROT STICKS		FRUIT OF THE SEASON	

Guia de Color

- Carbohidratos complejos y ultraprocesados
- Vegetales
- Proteinas que incluyen cárnicos y de origen vegetal
- Productos lácteos
- Carbohidratos simples (glucosa, fructosa, galactosa) y azúcares refinadas