

FEBRUARY

General Food

	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
					
DRINKS	AGUA DE PANELA PANELA WATER	GALLETA CAPRI CAPRI COOKIE	SORBETE DE MORA BLACKBERRY SMOOTHIE	CHOCOLATE CHOCOLATE	KUMIS KOUMISS
SNACK	ALMOJABANA ALMOJABANA	FLORINETA (MELON.PIÑA CALADA, FRESA, QUESO) FLORINETA (MELON, PINEAPPLE STRAWBERRY, CHESSE)	SANDWICH DE QUESO CHEESE SANDWICH	AREPA DE QUESO AREPA WITH CHEESE	BROWNIE BROWNIE
FRUIT	MANZANA APPLE				
SOUP	SOPA DE ARROZ RICE SOUP	CREMA DE VERDURAS VEGETABLE CREAM	SOPA DE CONCHITAS SHELL SOUP	CREMA DE CHAMPIÑONES MUSHROOM CREAM	SANCOCHO CON CARNE CRIOLLA SANCOCHO WITH CREOLE BEEF
PROTEIN	CARNE BISTECK STEAK BISTEC		PECHUGA EN SALSA QUESO BREAST IN CHEESE SAUCE		
CEREAL	ARROZ BLANCO WHITE RICE	ARROZ CON ATUN RICE WITH TUNA	ARROZ BLANCO WHITE RICE	ARROZ CAUCANO CAUCANO RICE	ARROZ BLANCO WHITE RICE
LEGUME	AREPA AREPA	CASCOS DE PAPA POTATO WEDGES	PAPA FRANCESA FRIES	PAPA CHIPS CHIPS	BANANO BANANA
SALAD	HAWAIIAN SALAD (POACHED CABBAGE, PINEAPPLE, MILK CREAM, PINEAPPLE PULP)	ENSALADA SOL SOL SALAD	ENSALADA MIXTA MIXED SALAD (LETTUCE, GRATED CARROT, TOMATO)	RODAJA DE TOMATE TOMATO SLICES	ENS. FRESCA FRESH SALAD (LETTUCE,GRATED CARROT, SPINACH, PINEAPPLE)

FRUIT JUICE

FEBRUARY

Vegan Food

🕒	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
DRINKS	AGUA DE PANELA PANELA WATER	GALLETA CAPRI CAPRI COOKIE	SORBETE DE MORA BLACKBERRY SMOOTHIE	CHOCOLATE CHOCOLATE	KUMIS KOUMISS
SNACK	ALMOJABANA ALMOJABANA	FLORINETA (MELON.PIÑA CALADA, FRESA, QUESO) FLORINETA (MELON, PINEAPPLE STRAWBERRY, CHESSE)	SANDWICH DE QUESO CHEESE SANDWICH	AREPA DE QUESO AREPA WITH CHEESE	BROWNIE BROWNIE
FRUIT	MANZANA APPLE				
SOUP	SOPA DE ARROZ RICE SOUP	CREMA DE VERDURAS VEGETABLE CREAM	SOPA DE CONCHITAS SHELL SOUP	CREMA DE CHAMPIÑONES MUSHROOM CREAM	SANCOCHO SANCOCHO
PROTEIN	LASAGNA LASAGNA (WITH CARVE, GREEN ZUCCHINI, YELLOW ZUCCHINI IN SLICES, CARROT, CHEESE, PASTA)	CHEESE AND CORN PUDDING (CORN, CHEESE, BUTTER, EGG, WHEAT FLOUR, SUGAR, SALT)	JARDINERA POTATO OMELETTE (PEA, BROCCOLI, POTATO, OCAÑERA ONION, EGGS, SALT AND PEPPER)	CREPES DE ESPINACA Y CHAMPIÑONES SPINACH AND MUSHROOM CREPES	ARROZ BLANCO WHITE RICE
CEREAL		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	PAN TOSTADO TOASTED BREAD	
LEGUME	AREPA AREPA	CASCOS DE PAPA POTATO WEDGES	PAPA FRANCESA FRIES	PAPA CHIPS CHIPS	BANANO BANANA
SALAD	HAWAIIAN SALAD (POACHED CABBAGE, PINEAPPLE, MILK CREAM, PINEAPPLE PULP)	ENSALADA SOL SOL SALAD	ENSALADA MIXTA MIXED SALAD (LETTUCE, GRATED CARROT, TOMATO)	RODAJA DE TOMATE TOMATO SLICES	ENS. FRESCA FRESH SALAD (LETTUCE, GRATED CARROT, SPINACH, PINEAPPLE)
	FRUIT JUICE				

FEBRUARY

Modified Menu

🕒	3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
FRUIT	PARFAIT PARFAIT (OATMEAL, FLAKES, PAPAIA, MELON, APPLE, DIET YOGURT)	CREPES DE FRUTAS STRAWBERRY AND MANGO CREPES (CHEESE, PINEAPPLE SWEET)	PATILLA, KIWI, MELON WATERMELON, KIWI, MELON	MOUSSE DE FRESA Y DULCE DE MORA STRAWBERRY AND BLACKBERRY MOUSSE	TOSTADA FRANCESA FRENCH TOAST
SNACK			BARRA DE CEREAL CEREAL BAR	TRIANGULOS DE QUESO CHEESE TRIANGLES	ROLLOS DE QUESO ASADOS ROASTED CHEESE ROLLS
PROTEIN	ROULETTE DE POLLO CHICKEN ROULETTE	COLOMBINA DE POLLO CHICKEN LEG	TORTILLA A LA JARDINERA JARDINERA POTATO OMELETTE (PEA, BROCCOLI, POTATO, OCAÑERA ONION, EGGS, SALT AND PEPPER)	WRAPS WRAPS (AVOCADO SLICE, SHREDDED CHICKEN, ROASTED TOMATO, GOLDEN QUINOA, CILANTRO SAUCE)	MOLDE DE PESCADO A LA CREMA CREAM FISH MOLD (BASA FISH, POTATO SLICES, BECHAMEL SAUCE, CHEESE)
CEREAL	PURE DE PAPA MASH POTATOES	ARROZ CON VEGETALES RICE WITH VEGETABLES			
SALAD	TOMATE CAPRESSE CAPRESSE TOMATO	ENSALADA SOL SOL SALAD	ARROZ BLANCO WHITE RICE		MANZANA APPLE

WATER OF LIFE