

MENÚ MARZO

LUNES 2

Sopa
Opción 1
Opción 2 (Vegetariano)
Menú dietas
Carbohidratos
Jugo
Fruta
Postre

Sopa campesina
Carne en bisteck
Tortilla de plátano maduro
Pollo a la plancha
Arroz blanco
Limonada
Mango tommy
Cocadas Copelia

MARTES 3

Sopa de arroz
Pollo oriental
Poteca de ahuyama, espárragos y berenjena
Carne de res
Arroz con frijol negro
Mandarina
Ciruella
Tiramisú

MIÉRCOLES 4

Consomé de costilla
Sobrebarriga al horno
Canelones rellenos de ricota y espinaca
Pescado a la plancha
Papa criolla
Mora
Manzana
Brownie

JUEVES 5

Crema de garbanzos española
Cochinita pibil
Guiso de caraoas
Piema de pollo
Patacón con suero
Piña
Uva
Chocolatina jet

VIERNES 6

Crema de brócoli
Tilapia en salsa de cilantro
Ensalada de trigo burgol
Atún
Ensalada rusa
Maracuyá
Sandía
Galleta de mantequilla

LUNES 9

Sopa
Opción 1
Opción 2 (Vegetariano)
Menú dietas
Carbohidratos
Jugo
Fruta
Postre

Sopa de avena
Estofado de carne
Fritata
Pollo a la plancha
Arroz blanco
Lulo
Kiwi
Waffer jet

MARTES 10

Crema de arracacha
Lentejas hindú
Lentejas hindú vegetarianas
Pescado a la plancha
Arroz con fideos
Fresa
Piña
Queso con salsa de frutos rojos

MIÉRCOLES 11

Crema de maíz y tocineta
Festival italiano(cuatro salsas para acompañar la pasta)
Festival italiano (dos salsa para acompañar la pasta)
Cerdo a la plancha
Tostones de pan baguette
Uva
Pera
Panacota de lulo

JUEVES 12

Sancochito
Arroz con pollo
Jambalaya
Ternera
Chips de arracacha
Naranja con panela
Durazno
Suspiro limeño

VIERNES 13

Sopa de tortilla mexicana
Pollo al horno
Totoπος
Limonada
Banano
Leche asada

LUNES 16

Sopa
Opción 1
Opción 2 (Vegetariano)
Menú dietas
Carbohidratos
Jugo
Fruta
Postre

Sopa de cebada perlada
Res con verduras salteadas
Torta de espinacas y zanahoria
Pescado a la plancha
Arroz
Mango
Papaya
Cocadas Copelia

MARTES 17

Crema de calabaza y zanahoria
Alitas de pollo en salsa BBQ
Quinua chaufa con tofu
Res a la plancha
Puré de papa
Naranja piña
Melón
Flan de vainilla

MIÉRCOLES 18

Sopa de verduras
Chuleta valluna
Fajitas vegetarianas
Pollo al horno
Plátano al horno con bocadillo y queso
Frutos rojos
Naranja
Repollitas

JUEVES 19

Frijolada
Frijolada vegetariana
Atún
Arroz pajarito
Mora
Ciruella
Trufas de hierbabuena

VIERNES 20

Ravioles de pollo y espinaca en salsa roja
Ravioles de espinaca
Pollo a la plancha
Pan chapata petit
Limonada verde
Uva
Cono de helado

LUNES 23

Sopa
Opción 1
Opción 2 (Vegetariano)
Menú dietas
Carbohidratos
Jugo
Fruta
Postre

FESTIVO	
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MARTES 24

Sopa de pollo al curry
Encocado de tilapia
Estofado tailandés
Res a la plancha
Arroz con coco
Piña
Mango

MIÉRCOLES 25

Sopa de mute
Pollo a la naranja
Pepino relleno
Cerdo a la plancha
Papa criolla
Fresa
Feijoa
Cono de helado

JUEVES 26

Sopa de cuhuco de trigo
Filetes rusos
Guiso de garbanzos con brocoli
Pollo al horno
Torta de arroz
Mandarina
Manzana
Galletas con chocolate

VIERNES 27

Crema de champiñones
Hamburguesa de atún
Veggi sloppy joe
Pollo a la plancha
Papa a la francesa
Té
Mango
Churros

LUNES 30

Sopa
Opción 1
Opción 2 (Vegetariano)
Menú dietas
Carbohidratos
Jugo
Fruta
Postre

Caldo de pollo
Arroz tres delicias
Arroz tres delicias vegetariano
Atún
Torta de espinacas
Limonada de panela
Piña
Chocolatina jet

MARTES 31

Crema de verduras
Carne de res en salsa BBQ de tamarindo
Wrap vegetariano
Pollo a la plancha
Puré de papa
Naranja piña
Melón
Obleas

Barra de ensaladas:

Mix De Lechugas, Tomate Cherry, Zanahoria, Apio, Tomate Milano, Pepinos Encurtidos, Pepino En Vichys, Ajonjolí, Remolacha, Miga De Huevo, Mayonesa, Vinagre Blanco, Aguacate, Pepino Cohombro, Carambolo, Guacamole, Aceitunas Negras, Garbanzos Crunch, Lentejas Crunch.

- * En las bebidas se da opción de consumir: Té de Limón / durazno, agua o leche deslactosada.
- * Todos los jugos ofrecidos en el menú son elaborados con pulpa de fruta natural.
- * A los menús de dieta se les ofrece porción de fruta de temporada, galletas multicereal, barra de cereal con proteínas, queso, bebidas sin azúcar.

REFRIGERIO PREESCOLAR

LUNES 2

A.M.

Jugo de manzana y sandwich de pollo

P.M.

Banano y fresas

MARTES 3

Avena y buñuelo

Jugo de piña y mantecada

MIÉRCOLES 4

Jugo de naranja con panela y tequeños

Alpinito y limoncitas

JUEVES 5

Jugo mandarina y pizza

Fruta picada

VIERNES 6

Mini palito de queso con milo

LUNES 9

A.M.

Chocolate con pan pítufo y queso

P.M.

Parfait

MARTES 10

Jugo de pera con rollito de jamón y queso

Galleta oreo y leche

MIÉRCOLES 11

Tortilla española y jugo de mora

Ensalada de frutas con queso y crema

JUEVES 12

Nuggets de pollo y jugo de fresa

Mosaico de gelatina y fruta

VIERNES 13

Palomita de maíz con salchicas y té

LUNES 16

A.M.

Milo con torilla de huevo y maíz

P.M.

Banano con fresa y queso rayado

MARTES 17

Crema de guanábana y brownie

Jugo de papaya y naranja galleta Integral

MIÉRCOLES 18

Tostadas francesas y jugo de lulo

Compota de manzana y Piazza Jirafa

JUEVES 19

Chocolate caliente y torta de mazorca

Salpicón de frutas

VIERNES 20

Yogurt con mini palito de queso

LUNES 23

A.M.

FESTIVO

P.M.

Chocolate y arepa de Choco

Jugo de guanábana y roscón

MARTES 25

Crema de mora con sandwich de jamón y queso

Jugo de guanábana con roscón

MIÉRCOLES 26

Avena y arepa de queso

Kumis con cereal

JUEVES 27

Jugo de mandarina y deditos de queso

Paleta de agua

VIERNES 28

Alpinito con galletas limoncitas

LUNES 30

A.M.

Chocolate y arepa de Choco

P.M.

Jugo de guanábana y roscón

MARTES 31

Sandwich de pavo y jugo de naranja

Jugo de maracuyá y pastel gloria

* En las bebidas se da opción de consumir: Té de Limón / durazno, agua o leche deslactosada.

* Todos los jugos ofrecidos en el menú son elaborados con pulpa de fruta natural.

* A los menús de dieta se les ofrece porción de fruta de temporada, galletas multicereal, barra de cereal con proteínas, queso, bebidas sin azúcar.

MARCH MENU

MONDAY 2

Soup	Peasant soup
Option 1	Steak meat
Option 2 (Vegetarian)	Tortilla de plátano maduro
Diets menu	Grilled chicken
Carbohydrates	White rice
Juice	Lemonade
Fruit	Mango
Dessert	Cocadas Copelia

TUESDAY 3

Rice soup	Rice soup
Oriental chicken	Oriental chicken
Ahuyama, asparagus and aubergine poteca	Ahuyama, asparagus and aubergine poteca
Grilled beef	Grilled beef
Black bean with rice	Black bean with rice
Tangerine	Tangerine
Plum	Plum
Tiramisú	Tiramisú

WEDNESDAY 4

Rib broth	Rib broth
Flank steak	Flank steak
Ricota and spinach cannellone	Ricota and spinach cannellone
Grilled fish	Grilled fish
Yellow potato	Yellow potato
Blackberry	Blackberry
Apple	Apple
Brownie	Brownie

THURSDAY 5

Spain chickpea cream	Spain chickpea cream
Pibil Pork	Pibil Pork
Carraotas stew	Carraotas stew
Chicken drumsticks	Chicken drumsticks
Patacon with sour cream	Patacon with sour cream
Pineapple	Pineapple
Grape	Grape
Jet chocolate	Jet chocolate

FRIDAY 6

Broccoli cream	Broccoli cream
Tilapia with coriander sauce	Tilapia with coriander sauce
Burgol wheat salad	Burgol wheat salad
Tuna	Tuna
Russian salad	Russian salad
Passion fruit	Passion fruit
Watermelon	Watermelon
Butter cookie	Butter cookie

MONDAY 9

Soup	Oats soup
Option 1	Meat stew
Option 2 (Vegetarian)	Fritata
Diets menu	Grilled chicken
Carbohydrates	White rice
Juice	Lulo
Fruit	Kiwi
Dessert	Waffer Jet

TUESDAY 10

Arracacha soup	Arracacha soup
Hindú lentil	Hindú lentil
Vegetarian hindu lentil	Vegetarian hindu lentil
Grilled fish	Grilled fish
Rice with noodles	Rice with noodles
Strawberry	Strawberry
Pineapple	Pineapple
Cheese with strawberry	Cheese with strawberry

WEDNESDAY 11

Corn and bacon cream	Corn and bacon cream
Italian's festival (four sauce for past)	Italian's festival (four sauce for past)
Italian's festival (two sauce for past)	Italian's festival (two sauce for past)
Grilled pork	Grilled pork
Baguette bread tostones	Baguette bread tostones
Grape	Grape
Pear	Pear
Lulo panacota	Lulo panacota

THURSDAY 12

Stew soup	Stew soup
Rice with Chicken	Rice with Chicken
Jambalaya	Jambalaya
Grilled Veal	Grilled Veal
Arracacha chips	Arracacha chips
Orange with panela	Orange with panela
Peach	Peach
Suspiro limeño	Suspiro limeño

FRIDAY 13

Mexican tortilla soup	Mexican tortilla soup
Baked chicken	Baked chicken
Totopos	Totopos
Lemonade	Lemonade
Banana	Banana
Roast milk	Roast milk

MONDAY 16

Soup	Barley soup
Option 1	Meat with sauteed vegetables
Option 2 (Vegetarian)	Spinach and carrot cake
Diets menu	Grilled fish
Carbohydrates	Rice
Juice	Mango
Fruit	Papaya
Dessert	Cocadas copelia

TUESDAY 17

Pumpkin y carrot cream	Pumpkin y carrot cream
Chicken wings with BBQ sauce	Chicken wings with BBQ sauce
Peruvian quinoa with tofu	Peruvian quinoa with tofu
Grilled beef	Grilled beef
Mashed potatoes	Mashed potatoes
Pineapple orange	Pineapple orange
Watermelon	Watermelon
Vanilla flan	Vanilla flan

WEDNESDAY 18

Vegetable soup	Vegetable soup
Pork Milanese	Pork Milanese
Vegetarian fajitas	Vegetarian fajitas
Baked chicken	Baked chicken
Baked platano with bocadillo and cheese	Baked platano with bocadillo and cheese
Strawberry	Strawberry
Orange	Orange
Repollitas	Repollitas

THURSDAY 19

Frijolada	Frijolada
Pork rind and meat	Pork rind and meat
Frijolada vegetarian	Frijolada vegetarian
Tuna	Tuna
Rice with plantains	Rice with plantains
Blackberry	Blackberry
Plum	Plum
Mint chocolate truffle	Mint chocolate truffle

FRIDAY 20

Chicken and spinach ravioli in red sauce	Chicken and spinach ravioli in red sauce
Thai stew	Thai stew
Grilled chicken	Grilled chicken
Rice with coconut	Rice with coconut
Pineapple	Pineapple
Grape	Grape
Ice cream	Ice cream

MONDAY 23

Soup	HOLIDAY
Option 1	
Option 2 (Vegetarian)	
Diets menu	
Carbohydrates	
Juice	
Fruit	
Dessert	

TUESDAY 24

Spinach Soup	Spinach Soup
Neapolitan Chicken Ravioli	Neapolitan Chicken Ravioli
Mashed arepa and vegetarian stew	Mashed arepa and vegetarian stew
Grilled beef	Grilled beef
Ciabatta petit bread	Ciabatta petit bread
Passion fruit	Passion fruit
Tangerin	Tangerin
Smore	Smore

WEDNESDAY 25

Mute Soup	Mute Soup
Chicken with orange	Chicken with orange
Stuffed cucumber	Stuffed cucumber
Grilled pork	Grilled pork
Yellow potato	Yellow potato
Strawberry	Strawberry
Fejoa	Fejoa
Ice cream	Ice cream

THURSDAY 26

Cuchuco de trigo soup	Cuchuco de trigo soup
Salisbury steak	Salisbury steak
Chickpea and broccoli stew	Chickpea and broccoli stew
Baked chicken	Baked chicken
Rice cake	Rice cake
Tangerine	Tangerine
Apple	Apple
Chocolate cookie	Chocolate cookie

FRIDAY 27

Mushroom cream	Mushroom cream
Tuna Hamburger	Tuna Hamburger
Veggi sloppy joe	Veggi sloppy joe
Grilled chicken	Grilled chicken
French fries	French fries
Tea	Tea
Mango	Mango
Churros	Churros

MONDAY 30

Soup	Chicken broth
Option 1	Rice three delicacies
Option 2 (Vegetarian)	Rice three vegetarian delicacies
Diets menu	Tuna
Carbohydrates	Spinach cake
Juice	Limonada de panela
Fruit	Pineapple
Dessert	Jet chocolate

TUESDAY 31

Vegetable cream	Vegetable cream
Meat with tamarindo BBQ sauce	Meat with tamarindo BBQ sauce
Wrap vegetariano	Wrap vegetariano
Grilled chicken	Grilled chicken
Potatoes chips	Potatoes chips
Lulo	Lulo
Peach	Peach
Obleas	Obleas

Salad Bar:

Mixed Greens, Cherry Tomatoes, Carrot, Celery, Cucumber, Pickles, Sesame Seeds, Beet, Boiled Egg Crumble, Mayonaise, White Vinegar, Avocado, Carambolo, Guacamole, Black Olives, Toasted Chickpeas, Toasted Lentils.

*Beverages options: lemon/ peach tea, water, lactose free milk.

*Every juice in the menu are made from natural fruit pulp.

*Special menu are allowed season fruit, multicereal cookies, cereal bar with proteins, cheese and unsweetened beverages.

PRESCHOOL **SNACK**

MONDAY 2

A.M.

Apple juice and chicken sandwich

P.M.

Banana and strawberry

TUESDAY 3

Oatmeal water and sweet fritter

Pineapple juice and mantecada

WEDNESDAY 4

Orange with panela juice and cheese roll

Alpinito and limoncitas cookies

THURSDAY 5

Mandarina juice and pizza

Fruit salad

FRIDAY 6

Milo and mini cheese sticks

MONDAY 9

A.M.

Chocolate and bread and cheese

P.M.

Parfait

TUESDAY 10

Pear juice with ham and cheese roll

Oreo cookie and milk

WEDNESDAY 11

Spanish omelette and blackberry juice

Fruit salad with cheese and cream

THURSDAY 12

Chicken Nuggets and strawberry Juice

Gelatin and fruit mosaico

FRIDAY 13

Popcorn and sausage with tea

MONDAY 16

A.M.

Milo with egg and corn tortilla

P.M.

Banana and strawberry with cheese

TUESDAY 17

Soursop cream and brownie

Papaya and orange juice
Galleta Integral

WEDNESDAY 18

French toast and lulo juice

Apple compote and Piazza Jirafa

THURSDAY 19

Hot chocolate and corn cake

Mixed Fruits

FRIDAY 20

Yogurt and mini cheese sticks

MONDAY 23

A.M.

HOLIDAY

P.M.

TUESDAY 24

Blackberry cream with ham and cheese sandwich

Soursop juice and roscón

WEDNESDAY 25

Oatmeal water and cheese arepa

Kumis with cereal

THURSDAY 26

Tangerine juice and cheese sticks

Popsicle

FRIDAY 27

Alpinito with limoncitas cookies

MONDAY 30

A.M.

Hot chocolate with chόcolo arepa

P.M.

Soursop juice and roscón

TUESDAY 31

Turkey sandwich ando orange juice

Passion juice and gloria cake

*Beverages options: lemon/ peach tea, water, lactose free milk.

*Every juice in the menu are made from natural fruit pulp.

*Special menu are allowed season fruit, multicereal cookies, cereal bar with proteins, cheese and unsweetened beverages.