



MENU MARCH MENÚ MARZO



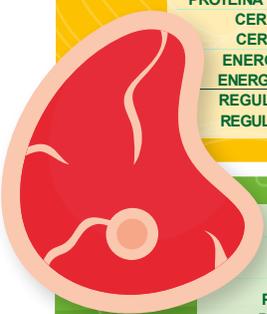
DIA	2 LUNES	3 MARTES	4 MIÉRCOLES	5 JUEVES	6 VIERNES
SOUP SOPA	"PASTA SOUP SOPA DE PASTA "		"CARMELITA SOUP SOPA CARMELITA"		"COLICERO SOUP SOPA DE COLICERO"
PROTEIN PROTEINA	"PORK RIBS COSTILLA DE CERDO"	"CHURRASCO WITH CHIMICHURRI CHURRASCO CON CHIMICHURRI"	"CHICKEN SUPREME SHREKMA DE POLLO"	"ROPA VIEJA ROPA VIEJA"	"MOJARRA MOJARRA"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"BEEF GOULASH CARNE EN GOULASH"	"GRILLED PORK CERDO A LA PLANCHA "	"BEEF IN SAUCE CARNE EN SALSA"	"GRILLED CHICKEN BREAST PECHUGA A LA PLANCHA"	"PORK MILANESA MILANESA DE CERDO"
CEREAL CEREAL	"WHITE RICE ARROZ BLANCO"	"GREEN RICE ARROZ VERDE "	"PRIMAVERA RICE ARROZ PRIMAVERA"	"CARROT RICE ARROZ CON ZANAHERIA"	"WHITE RICE ARROZ BLANCO"
ENERGETIC ENERGÉTICO	"MASHED YELLOW POTATOES PURE DE PAPA CRIOLLA"	"FRIED PLANTAIN SLICES TAJADAS DE PLATANO"	"ROASTED BABY POTATOES CRIOLLITAS"	"COUNTRY-STYLE POTATOES PAPA CAMPESINA"	"ONION RINGS ANILLOS DE CEBOLLA"
REGULATOR REGULADOR	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"



DIA	9 LUNES	10 MARTES	11 MIÉRCOLES	12 JUEVES	13 VIERNES
SOUP SOPA		"BANDEJA PAISA BEANS BANDEJA PAISA - FRIJOLES "	"OATMEAL SOUP SOPA DE AVENA"		"SQUASH CREAM SOUP CREMA DE AHUYAMA "
PROTEIN PROTEINA	"GRILLED CHICKEN BREAST PECHUGA A LA PLANCHA"	"GROUND BEEF CARNE MOLIDA"	"ORIENTAL STYLE BEEF CARNE ORIENTAL"	"SPAGHETTI ALLA CARBONARA SPAGHETTI ALLA CARBONARA "	"TROUT WITH SHRIMPS TRUCHA EN CAMARONES "
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"GRILLED STEAK CARNE A LA PLANCHA"	"CHORIZO CHORIZO"	"COUNTRY-STYLE CHICKEN POLLO CAMPESINO"	"SPAGHETTI WITH CHICKEN SPAGHETTI CON POLLO"	"GRATINATED CHICKEN BREAST PECHUGA GRATINADA "
CEREAL CEREAL	"PARSLEY RICE ARROZ AL PEREJIL"	"WHITE RICE ARROZ BLANCO"	"RICE WITH NOODLES ARROZ FIDEOS"		"GREEN RICE ARROZ VERDE "
ENERGETIC ENERGÉTICO	"BBQ CREOLE POTATOES CRIOLLAS A LA B.B.Q."	"AREPA / PLANTAIN / EGG AREPA/PLATANO/HUEVO "	"PARSLEY POTATOES PAPA PEREJIL"	"CREOLE POTATOES PAPA CRIOLLA "	"PLANTAIN COINS MONEDAS DE PLATANO"
REGULATOR REGULADOR	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"



DIA	16 LUNES	17 MARTES	18 MIÉRCOLES	19 JUEVES	20 VIERNES
SOUP SOPA		"ELBOW PASTA SOUP SOPA DE CODITOS"	"MONDONGO SOUP SOPA DE MONDONGO"	"VEGETABLE SOUP SOPA VERDURAS"	"TORREJAS SOUP SOPA TORREJAS"
PROTEIN PROTEINA	"ROASTED CHICKEN LEG PIERNA PERNIL DORADA"	"(VALLUNA STLYE FRIED PORK CHOPS) CHULETA VALLUNA"	"STEAK IN SAUCE AND EGG BISTEC A CABALLO"	"CHOP SUEY CHOP SUEY"	"GROUPER IN TARTAR SAUCE MERO EN SALSA TARTARA "
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"BEEF IN SAUCE CARNE EN SALSA"	"CHICKEN BREAST PECHUGA "	"TILAPIA HUILENSE HUILENSE STYLE TILAPIA "	"PORK IN SAUCE CERDO EN SALSA "	"CHICKEN IN SAUCE POLLO EN SALSA"
CEREAL CEREAL	"WHITE RICE ARROZ BLANCO"	"VEGETABLE RICE ARROZ CON VERDURA"	"WHITE RICE ARROZ BLANCO"	"WHITE RICE ARROZ BLANCO"	"VEGETABLE RICE ARROZ CON VERDURA"
ENERGETIC ENERGÉTICO	"SLICED POTATOES PAPA OJEADA"	"FRIED PLANTAIN PATACON"	"SALTED POTATOES PAPA SALADA"	"ARRACACHA CHIPS CHIPS DE ARRACACHA"	"CARAMELIZED PLANTAIN PLATANO MELAO"
REGULATOR REGULADOR	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"



DIA	23 LUNES	24 MARTES	25 MIÉRCOLES	26 JUEVES	27 VIERNES
SOUP SOPA		"WHEAT CUCHOCO SOUP CUCHOCO DE TRIGO"	"PEA STEW / SOUP CAZUELA DE ARVEJA"		
PROTEIN PROTEINA		"MIXED STROGANOFF STROGANOFF MIXTO"	"FLANK STEAK IN SAUCE SOBREBARRIGA EN SALSA"		"RICE WITH TUNA ARROZ CON ATÚN"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL		"PARSLEY RICE ARROZ CON PEREJIL"	"FINE HERBS CHICKEN POLLO A LAS FINA HIERBAS "		"RICE WITH CHICKEN ARROZ CON POLLO"
CEREAL CEREAL		"GOLDEN PLANTAIN PLATANO DORADO"			"FRENCH FRIES PAPA FRANCESA"
ENERGETIC ENERGÉTICO		"SALAD BAR BARRA DE ENSALADAS"	"MASHED POTATOES PURE DE PAPA"		"SALAD BAR BARRA DE ENSALADAS"
REGULATOR REGULADOR			"SALAD BAR BARRA DE ENSALADAS"		



DIA	30 LUNES	31 MARTES
SOUP SOPA		
PROTEIN PROTEINA		
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	LUNES SANTO	MARTES SANTO
CEREAL CEREAL		
ENERGETIC ENERGÉTICO		
REGULATOR REGULADOR		



NOTE: THE MENU MAY BE MODIFIED FOR SPECIAL EVENTS

NOTA: EL MENU PUEDE SER MODIFICADO POR EVENTOS ESPECIALES

ALL MENUS INCLUDE

Todos los MENUS INCLUYEN:

SALAD BAR BARRA DE ENSALADA	VARIETY OF FRESH VEGETABLES AND ADDITIONAL VINAIGRETTE VARIEDAD DE VERDURAS FRESCAS Y VINAGRETA ADICIONAL
FRUIT BAR BARRA DE FRUTA	VARIETY OF FRESH FRUIT ACCORDING TO THE SEASON VARIEDAD DE FRUTA SEGÚN COSECHA
DRINK BEBIDA	NATURAL JUICE WITH SUGAR/UNSWEETENED OR WATER JUGO NATURAL CON AZUCAR/ SIN AZUCAR Y AGUA
DESSERT POSTRE	HOMEMADE PREPARATION PREPARACION CASERA