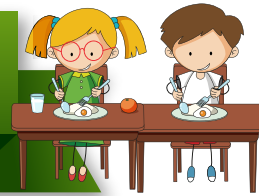




MENU SEPTEMBER MENÚ SEPTIEMBRE



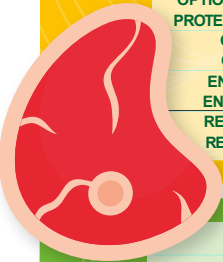
DIA	LUNES	1 MARTES	2 MIÉRCOLES	3 JUEVES	4 VIERNES
SOUP SOPA		"RICE SOUP SOPA DE ARROZ"		"CARMELITA SOUP SOPA CARMELITA"	"FISH SANCOCHO SANCOCHO DE PESCADO"
PROTEIN PROTEÍNA		"ORANGE CHICKEN POLLO A LA NARANJA"	"STEAMED CHICKEN POLLO SUDADO"	"CARTAGENA STEAK POSTA CARTAGENERA"	"BREADED HAKE WITH SEEDS TILAPIA APANADA"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL		"MEAT IN SAUCE CARNE EN SALSA"	"SHREDDED MEAT CARNE MECHADA"	"PORK ON THE GRIDDLE CERDO A LA PLANCHA "	"CHICKEN WITH MUSHROOMS POLLO CON CHAMPIÑON"
CEREAL		"WHITE RICE ARROZ BLANCO"	"WHITE RICE ARROZ BLANCO"	"GREEN RICE ARROZ VERDE"	"SPRING RICE ARROZ PRIMAVERA"
ENERGETIC ENERGÉTICO		"CRIOLLAS POTATOES CRIOLLITAS"	"POTATO WEDGES PAPA CASCOS"	"COUNTRY POTATO PAPA CAMPESINA"	"MASHED PLANTAIN WITH CHEESE PURE DE PLATANO CON QUESO"
REGULATOR REGULADOR		"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"



DIA	7 LUNES	8 MARTES	9 MIÉRCOLES	10 JUEVES	11 VIERNES
SOUP SOPA	"MUTE SOUP SOPA DE MUTE"		"PETO PETO"	"FISH CONSOMMÉ CONSUME DE PESCADO"	
PROTEIN PROTEÍNA	"CURRY PORK LOIN LOMO DE CERDO AL CURRY"	"BBQ WINGS ALITAS BBQ"	"BEEF STROGANOFF BEEF STROGANOFF"	"SHRIMP RISOTTO RISOTTO CON CAMARONES"	"BOLOGNESE SPAGHETTI ESPAGUETTI A LA BOLOÑESA"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"SHREDDED CHICKEN BREAST PECHUGA MECHADA"	"GROUND BEEF CARNE MOLIDA"	"CHICKEN FAJITAS FAJITAS DE POLLO"	"RICE WITH CHICKEN ARROZ CON POLLO"	"SPAGHETTI WITH CHICKEN SPAGUETTI CON POLLO"
CEREAL	"GREEN RICE ARROZ VERDE "	"RICE WITH PEAS ARROZ CON ARVEJA"	"TIGER RICE ARROZ TIGRE"		
ENERGETIC ENERGÉTICO	"BAKED CASSAVA YUCA AL HORNO"	"ARRACHACA CHIPS CHIPS ARRACACHA"	"CRIOLLA POTATOES PAPA CRIOLLA "	"COSTEÑO CASSAVA ENYUCADO COSTEÑO"	"FRENCH FRIES PAPA FRANCESA"
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	14 LUNES	15 MARTES	16 MIÉRCOLES	17 JUEVES	18 VIERNES
SOUP SOPA	"SHELL SOUP SOPA CONCHITAS"				"MONDONGO MONDONGO"
PROTEIN PROTEÍNA	"CHICKEN SUPREME SUPREMA DE POLLO"	"BEEF RIBS IN CRIOLLA SAUCE COSTILLA DE RES EN SALSA CRIOLLA"		"FLANK STEAK IN SAUCE SOBREBARRIGA EN SALSA"	"BROASTER CHICKEN POLLO BROSTER"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"GRILLED PORK CERDO A LA PARRILLA"	"CHICKEN JULIENNES JULIANAS DE POLLO"	REPORT CARD DELIVERY ENTREGA BOLETINES	"GARLIC TROUT TRUCHA AL AJILLO"	"SHREDDED MEAT CARNE EN POLVO"
CEREAL	"WHITE RICE ARROZ BLANCO"	"RICE WITH PARSLEY ARROZ CON PEREJIL"		"RICE PARSLEY ARROZ PEREJIL"	"WHITE RICE ARROZ BLANCO"
ENERGETIC ENERGÉTICO	"CRIOLLA POTATO WITH GARLIC PAPA CRIOLLA AL AJILLO"	"CASSAVA CROQUETTE CROQUETA DE YUCA"		"BAKED PLANTAIN PLATANO HORNO"	"PARSLEY POTATO PAPA PEREJIL"
REGULATOR REGULADOR	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"		"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"



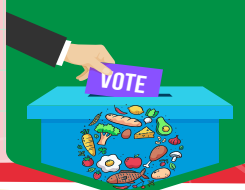
DIA	21 LUNES	22 MARTES	23 MIÉRCOLES	24 JUEVES	25 VIERNES
SOUP SOPA	"RANCHERA SOUP SOPA RANCHERA"	"AJIACO AJIACO "	"LENTIL CASSEROLE CAZUELA DE LENTEJA"	"TOMATO CREAM CREMA DE TOMATE"	"SEAFOOD CASSEROLE CAZUELA DE MARISCOS "
PROTEIN PROTEÍNA	"STEAK IN CRIOLLA SAUCE BISTEC EN SALSA CRIOLLA "	"CHICKEN LEG THIGH PIERNA PERNIL DE POLLO "	"CUBAN OLD CLOTHES. ROPA VIEJA"	"MACARONI WITH CHICKEN MACARRONES CON POLLO"	"GRILLED TILAPIA TILAPIA A LA PLANCHA"
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"PORK MILANESE MILANESE DE CERDO"		"ROASTED CHICKEN POLLO AL HORNO"	"BOLOGNESE MACARONI MACARRONES A LA BOLOGNESE"	"JULIENNE CHICKEN BREAST PECHUGA JULIANAS"
CEREAL	"GREEN RICE ARROZ VERDE "	"WHITE RICE ARROZ BLANCO"	"TIGER RICE ARROZ TIGRE"	"BREAD PAN"	"RICE WITH COCONUT ARROZ CON COCO"
ENERGETIC ENERGÉTICO	"SALTED POTATO PAPA SALADA"	"CORN ON THE COB MAZORCA"	"PLANTAIN BOWLS BOWLS DE PLATANO"	"POTATO CHIPS CHIPS PAPA"	"CASSAVA CROQUETTE CROQUETA DE YUCA "
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	28 LUNES	29 MARTES
SOUP SOPA	"OATMEAL SOUP SOPA AVENA"	"GRATIN TROUT TRUCHA GRATINADA "
PROTEIN PROTEÍNA	"TERIYAKI CHICKEN POLLO TERIYAKI"	"GRILLED CHICKEN BREAST PECHUGA A LA PLANCHA "
OPTIONAL PROTEIN PROTEÍNA OPCIONAL	"SAUTEED BEEF JULIENNES JULIANAS DE RES SALTEADAS"	
CEREAL	"WHITE RICE ARROZ BLANCO"	"YELLOW RICE ARROZ AMARILLO"
ENERGETIC ENERGÉTICO	"HASH BROWNS HASH BROWNS "	"GOLDEN CRIOLLA POTATOES CRIOLLAS DORADAS "
REGULATOR REGULADOR	"SALAD BAR BARRA DE ENSALADAS"	"SALAD BAR BARRA DE ENSALADAS"

MENÚ POR VOTACIÓN

COMMUNITY CHOSEN MENU



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