

JUNE PROGRAMMING MENU 2017.

WEEK	TIME	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	3	4	5	
WEEK 1	SNACK AM	CEREAL	Chomelo	Chomelo		Bañuelo	Almojabanas	
		LACTOSE				blackberry juice (with milk)	Milo	
		FRUIT					grapes	
	LUNCH	SOUPS/CREAM				Pasta soup	Oatmeal soup	
		PROTEIN				Onioned beef	Roasted chicken with honey	
		CEREAL				Rice with vegetables	Rice with parsley	
		LEGUMES				white beans	chickpeas	
		VEGETABLES				cucumber salad	tropical salad	
		SIDES				baked potatoes	corn cake	
		FRUIT				Mango	plums	
DESSERT				Chomelo	frunas			
SNACK PM	CEREAL				chicken sandwich	mini fruit salad with cream milk		
	LACTOSE							
	FRUIT				Mini Yogurt	rondalla cookie		
WEEK 2	SNACK AM	CEREAL	Oatmeal cookie	Roscon de guayaba	Cereal	nutella bread	ham and cheese croissant	
		LACTOSE	Hot milo	milk	yogurt	vanilla flavored oatmeal drink		
		FRUIT	apple	sliced watermelon	pear	strawberries	strawberry juice	
	LUNCH	SOUPS/CREAM	vegetable soup	green plantain soup	rice soup	barley soup	ajiaco	
		PROTEIN	bbq pork	chicken with mushrooms	goulash with vegetables	wined beef	shredded chicken	
		CEREAL	white rice	green rice	white rice	almond rice	white rice	
		LEGUMES	bean mix	lentils	chickpeas	carota beans	green peas	
		VEGETABLES	avocado salad	mixed beet root	green beans and ham	steamed vegetables	avocado	
		SIDES	plantain slices	carrot cake	potato with fine herbs	fried yuca	miniarepa	
		FRUIT	rockmelon	Papaya	pineapple	pear	watermelon	
		DESSERT	gummies	kick	barquillo	Quimbayas	copelia	
		SNACK PM	CEREAL	Mantecada	waffer cookie		pastel gloria	ham and cheese sandwich
	LACTOSE		strawberry milkshake	farm cheese	crackers with butter	oatmeal	blackberry sorbet	
	FRUIT		sliced mango	fruit punch	mini cucharable	mandarine	plums	
	WEEK 3	SNACK AM	CEREAL	chocolate cookie	cheese sticks	mini chicken empanadas	Pastel gloria	Almojabana
			LACTOSE	hulo sorbet	passion fruit juice (with milk)	pineapple juice	natural oatmeal	hot chocolate
			FRUIT	sliced rockmelon		cheese portion		cubed papaya
		LUNCH	SOUPS/CREAM	pea soup	arracacha soup	cucheo	noodle soup	tomato soup
			PROTEIN	beef in creole sauce	garden chicken with vegetables	beef stew	breaded fish	carbonara, napolitan, or chicken with vegetable pasta
CEREAL			tiger rice	rice with carrots	white rice	coconut rice	baguette bread	
LEGUMES			white beans	gargamanto beans	lentils	green peas	red beans	
VEGETABLES			florentine tomatoes	grated broccoli	grated zucchini	russian salad	tomato with basil	
SIDES			pumpkin cake	sliced plantain	potato salad	fried plantain slices		
FRUIT			strawberries	cubed pineapple	watermelon	rockmelon	mandarine	
DESSERT			mmu chocolate cream	nucita	chocobreak	copelia	chocoplash	
SNACK PM			CEREAL	chocolate chip cookies	churro	ham and cheese sandwich	oatmeal cookie	mini meat pizza
		LACTOSE	strawberries with cream milk	low-sugar oatmeal drink		cucharable	mini ponymalta	
		FRUIT			tampico orange juice	Granadilla	sliced mango	
WEEK 4		TIME	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12	13	14	15	16
		SNACK AM	CEREAL					
			LACTOSE					
			FRUIT					
	LUNCH	SOUPS/CREAM						
		PROTEIN						
		CEREAL						
		LEGUMES						
		VEGETABLES						
SIDES								
FRUIT								
DESSERT								
SNACK PM	CEREAL							
	LACTOSE							
	FRUIT							
TIME	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		21	22	23	24	24		
SNACK AM	CEREAL							
	LACTOSE							
	FRUIT							
LUNCH	SOUPS/CREAM							
	PROTEIN							
	CEREAL							
	LEGUMES							
	VEGETABLES							
	SIDES							
	FRUIT							
DESSERT								
SNACK PM	CEREAL							
	LACTOSE							
	FRUIT							
WEEK 5	TIME	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			27	28	29	30	31	
	SNACK AM	CEREAL						
		LACTOSE						
		FRUIT						
	LUNCH	SOUPS/CREAM						
		PROTEIN						
		CEREAL						
		LEGUMES						
		VEGETABLES						
SIDES								
FRUIT								
DESSERT								
SNACK PM	CEREAL							
	LACTOSE							
	FRUIT							

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