


FEBRUARY- PROGRAMMING MENU 2018

WEEK 1	TIEMPO DE COMIDA	GRUPO DE ALIMENTOS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
						1	2		
REFRIGERIO - SNACK AM	CEREAL					Palitos de queso / cheese stick	pan de yuca /cassava bread		
								LACTEO	MILO FRIO /cold chocolate with milk
								FRUTA	Cascos de manzana /sliced apples
	ALMUERZO					SOPAS/ CREMAS	sopa de arracacha/arracacha soup	sopa de platano/plantain soup	
						PROTEINA	carne con chimichurri/ meat with chimichurri	piernitas al horno/ baked chicken legs	
						CEREAL	arroz tigre / rice with noodles	arroz blanco/white rice	
						LEGUMINOSA	arveja / vetch	lentejas/lentils	
						VERDURAS	zucchini con ajonjolí/ zucchini with sesame	ahuyama con queso/ ahuyama with cheese	
						TUBERCULOS / PLATANOS Y RAICES	torta de mazorca / cob cake	papa sover cream/potato with sour cream	
						FRUTA	piña / pineapple	fresa/strawberry	
POSTRE	gomas / gum	frutas en barra/frutas bar							
ONCES - SNACK PM	CEREAL	alpinito	wraps de jamon y queso/ham and cheese wraps						
	LACTEO	galleta quinua / quinoa cookies							
	FRUTA		juugo de mango/mango juice						

WEEK 2	TIEMPO DE COMIDA	GRUPO DE ALIMENTOS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5	6	7	8	9
REFRIGERIO - SNACK AM	CEREAL	Galletas/cookies		Pastel de pollo bechamel/ bechamel chicken pie	pan de chocolate/ chocolate bread	cereal	Mini pizza de jamon y queso / mini cheese and ham pizza
	LACTEO	colada		Porcion de queso, jugo maracuya/ cheese slice, passion fruit juice	Jugo de lulo/ lulo juice	yogurt	
	FRUTA	manzana/apple			queso campesino / partisan cheese	manzana / apple	juugo natural de piña / natural pineapple juice
ALMUERZO	SOPAS/ CREMAS	sopa ajiaquito/ ajiaco soup	cuchuco de maiz/ cuchuco corn soup	sopa de colicero/ plantain soup	sopa de verduras/ vegetables soup	sopa de mazorca / cob soup	
	PROTEINA	fricasse de pollo/ chicken fricassee	cerdo chimichurri/ chimichurri pork	pescado apanado/ breaded fish	ropa vieja/ stripped meat	pechuga con champiñones / chicken breast with mushrooms	
	CEREAL	arroz perejil/parsley rice	arroz blanco/white rice	arroz blanco/ white rice	arroz blanco/ white rice	arroz almendrado / almond rice	
	LEGUMINOSA	lentejas/lentils	garbanzo/chickpea	arveja verde/ green vetch	frijol caraota/caraota bean	frijol rojo / red bean	
	VERDURAS	remolacha mayonesa/beet with mayonnaise	tomate con albaça/tomatoes wit basil leaves	cohombro con tomate/ sea cucumber with tomato	repollo con piña/ cabbage with pine	ensalada cesar / caesar salad	
	TUBERCULOS / PLATANOS Y RAICES	torta de ahuyama/ahuyama cake	papa dorada/broiled potato	torta de mazorca/ cob cake	platano maduro/ripe plantain	totopos	
	FRUTA	patilla/watermelon	fresa/strawberry	ciruela/ plum	guanabana/soursop	naranja/ orange	
	POSTRE	Crema de chocolate/chocolate cream	nucita nugges/nugges nucita sweet	chocomelo/ chocomelo candy	Goma/gum	barrilete/ chewable candy	
	ONCES - SNACK PM	CEREAL	torta de queso/cheese cake	fresas con crema/ strawberry with cream	sandwich jamon y queso / ham and cheese sandhich	ponque lolita/ lolita cake	gelatina con leche condensada / condensed milk with jell
LACTEO				avena/oatmeal			
FRUTA		juugo mora/blackberry juice	Galleta rondalla/ rondalla cookies	fresas/ strawberry	juugo nectar, mandarina / nectar juice, tangerine	fresa/strawberry	

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WEEK 3	TIEMPO DE COMIDA	GRUPO DE ALIMENTOS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	 SAN VALENTIN
			12	13	14	15	
REFRIGERIO - SNACK AM	CEREAL	CEREAL	pancake confitado de frutas / pancake with fruit candies	croissant de jamon y queso/ cheese and ham croissant	almojabana	pastel de carne/ meat tart	perro caliente con queso / hot dog with cheese
		LACTEO				milo/chocolate with milk	
		FRUTA	Sorbete de maracuya/passion fruit ice cream	jugo de mora/ blackberry juice	jugo de mora/ blackberry juice	piña picada/chopped pineapple	
	ALMUERZO	SOPAS/ CREMAS	crema de pollo/chicken cream soup	sopa de avena/ oatmeal soup	sopa de arroz/ rice soup	sopa de cebada/ barley soup	crema de tomate/ tomato cream soup
		PROTEINA	albondigas en salsa napolitana/ Meatball in Napolitan sauce	suprema de pollo/ chicken supreme	bufalo wings	carne en bistec/ beef steak	pechuga a la napolitana / napolitan chicken breast
		CEREAL	arroz verde/green rice	arroz con zanahoria/ rice with carrot	arroz tigre/ rice with noodles	arroz blanco/white rice	arroz con vegetales/ vegetables with rice
		LEGUMINOSA	frijol blanquillo/white bean	garbanzo/ chickpea	frijol blanquillo/ white bean	lentejas/lentils	frijol rojo/ red bean
		VERDURAS	remolacha con zanahoria/beet with carrot	apio con frutas/ celery with fruits	brocoli gratinado/broiled broccoli	ensalada rusa/russian salad	ensalada tropical/ tropical salad
		TUBERCULOS / PLATANOS Y RAICES	plátano maduro/ripe plantain	papa criolla dorada/ broiled creole potato	banano de la abuela/sweet bananas	patacones/fried plantain	pure de papa con pimenton/ potato puree with sweet pepper
		FRUTA	patilla/watermelon	mandarina/ tangerine	coco/coconut	papaya	melon
	POSTRE	gomas feria/ feria chewing gum	quimbaya	frutas/ fruna candy	chocobreak	red velvet	
	ONCES - SNACK PM	CEREAL	galletas de leche/ milk cookies	brownie y malteada de fresa/ strawberry shake with brownie	sandwich de jamon y queso/cheese and ham sandhich	donas/donuts	galletas de helado / ice cream cookies
LACTEO		porcion de queso/ portion of cheese			jugo nectar/ nectar juice		
FRUTA		salpicon/ fruit cocktail	manzana/ apple	tampico	granadilla/ passion fruit		

WEEK 4	TIEMPO DE COMIDA	GRUPO DE ALIMENTOS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			19	20	21	22	23
REFRIGERIO - SNACK AM	CEREAL	roscon/three kings cake	empanadas de pollo con bechamel/ chicken patties with bechamel	palitos de queso/cheese stick	galletas de avena /oatmeal cookies	brochetas de frutas con queso/ fruit skewers with cheese	
	LACTEO	milo/chocolate with milk			sorbete de mango /mango ice cream		
	FRUTA	melon	sorbete de lulo/lulo ice cream	jugo de mora/blackberry juice	manzana/apple		jugo de lulo/ lulo juice
ALMUERZO	SOPAS/ CREMAS	sopa de arroz/rice soup	sopa de ajiaquito/ajiaco soup	sopa de fideos / noodles soup	sopa de arracacha/arracacha soup	sancocho/ sancocho stew	
	PROTEINA	pollo al curry/ curry chicken	pescado tartara / fish with tartara sauce	arroz chino / chinese rice	pollo crispy/ crispy fried chicken	sobrebarriga al horno / baked flank steak	
	CEREAL	arroz blanco/white rice	arroz con coco/ coconut rice		arroz con vegetales/ rice with vegetables	arroz blanco /white rice	
	LEGUMINOSA	lentejas/lentils	arveja verde / green vetch	garbanzo/ chickpea	frijol rojo/red bean	frijol caraota/carrot bean	
	VERDURAS	remolacha/beet	apio/celery	repollo/cabbage	espinaca/spinach	ensalada de aguacate / avocado salad	
	TUBERCULOS / PLATANOS Y RAICES	croquetas de yuca/ cassava croquettes	patacon / fried plantain	springs rolls	plátano y maiz pira/plantain with corn	papa chorreada/sauced tomato	
	FRUTA	papaya	banano/banana	melon	coco/coconut	guanabana/soursop	
POSTRE	gomas/ sweet gum	chocobreak	nucita tradicional	chocosplash	copelias		
ONCES - SNACK PM	CEREAL	mini ensalada de frutas/ mini fruit salad	churros / fritter	ponky	barquillo de vanilla/ vanilla waffer straw	mantecada/ shortbread	
	LACTEO		avena de canela/ cinnamon oatmeal	jugo nectar/ nectar juice	alpinito	malteada/milkshake	
	FRUTA	galleta muu/ muu cookie	mandarina/tangerine	fresa/ strawberry	granilla	pera/pear	

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WEEK 5	TIEMPO DE COMIDA	GRUPO DE ALIMENTOS	MONDAY	TUESDAY	WEDNESDAY	Column2	Column1
			26	27	28		
WEEK 5	REFRIGERIO - SNACK AM	CEREAL	buñuelos/fritter	arepa	pan integral (arandanos, avena,)/ whole bread		
		LACTEO		milo/ chocolate with milk	avena de canela/ cinnamon oatmeal		
		FRUTA	juگو de mora/ blackberry juice	piña/pineapple	sandía / watermelon		
	ALMUERZO	SOPAS/ CREMAS	sopa de cebada/ barley soup	frijolada/ bean soup	sopa de avena/oatmeal soup		
		PROTEINA	pechuga al ajillo/garlic chicken brast	carne molida,chorizo, chicharron / grinded meat, sausage, fried pork skin	pollo a la naranja / orange chicken		
		CEREAL	arroz blanco/white rice	arroz blanco/white rice	arroz verde / green rice		
		LEGUMINOSA	lentejas/lentils	frijol rojo/red bean	frijol cabeza negra/ black bean		
		VERDURAS	remolacha/beet	brocoli/ broccoli	ensalada verde/ green salad		
		TUBERCULOS / PLATANOS Y RAICES	papa dorada/broiled potato	plátano maduro/ ripe plantain	plátano maduro/ ripe plantain		
		FRUTA	patilla/watermelon	melon	melon		
	POSTRE	kick/ kick candy	goleador/ candy	goleador			
	ONCES - SNACK PM	CEREAL	torta de frutos cristalizados y malteada de fresa/ cake with fruit candies and strawberry shake	pie de manzana con crema pastelera/ apple pie with meringue	pastel de pollo/ chicken pie		
LACTEO			juگو de maracuya/ passion fruit juice	kumis			
FRUTA				manzana verde/ green apple			