



APRIL PROGRAMMING MENU 2018



MEAL	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2	3	4	5	6
SNACK AM	CEREAL	Buñuelos	Tortilla de frutas/Fruits tortilla	Arepa con Queso/mini arepa with cheese	Pan con Nutela/bread with nutella	Pan de Yuca/cassava bread
	LACTOSE		milo	Chocolate	Queso Campesino/partisan cheese	Sorbete de Mora/blackberry ice cream
	FRUIT			Piña Picaða/chopped pineapple	Jugo de Lulo/lulo juice	Sandia/watermelon
LUNCH	SOUPS	Sopa de Avena/Oatmeal Soup	Sopa de Cebada/Barley Soup	Crema de Espinaca/spinach cream soup	Sopa de Arroz/rice soup	Ajiaco/Ajiaco soup
	PROTEIN	Pollo con Champiñones/chicken with mushrooms	Sobrebarriga al horno/baked meat	Lomo de Cerdo/pork loin	Carne al Vino/wined meat	Pollo Desmechado/stripped chicken
	CEREAL	Arroz con Espinaca/rice with spinach	Arroz Blanco/white rice	Arroz Con Maiz/rice with corn	Arroz Almendrado/rice with almond	Arroz Blanco/white rice
	LEGUME	lentejas/lentils	Frijol Rojo/red beans	Frijol Caraotas/caraota bean	Frijol Blanquillo/white beans	Garbanzo/chickpea
	VEGETABLE	remolacha/ beet	Habichuelas con Jamon/beans with ham		Tomates con Perejil/tomatoes with parsley	Aguacate/avocado
	PLANTAINS AND ROOTS	Torta de Zanahoria/carrot cake	Papas a las Finas Hierbas/herbed potatoes	Platano al Horno/baked plantain	Vegetales al Vapor/steamed vegetables	Mazorca/cob
	FRUIT	Papaya	Piña Gold/gold pineapple	Melon	Papaya	Banano/banana
	DESSERT	kick	Barquillo/waffer straw	Chocolate	galleta de chocolate (quimbaya)/chocolate cookies	dulce Choco Splash/chocosplash candy
	SNACK PM	CEREAL	Pie de Manzana Crema Pastelera/ apple pie with meringue	Tota de Frutas Citalizada/candied fruit cake	Ponque Lolita/cake	Galletas/cookies
LACTOSE		Jugo de Maracuya/passion fruit juice	Malteada de Vainilla/vanilla shake	Mini pony/ mini malt drink	yogurt mini Cuchareable/mini yogurt	Bebida Achocolatada de Fresa/chocolate strawberry juice
FRUIT			Sandia Picaða/chopped watermelon	Pera/pear	Durazno/peach	Mango



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WEEK 2	MEAL	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9	10	11	12	13
SNACK AM	CEREAL		galleta de avena/oatmeal cookies	Pan integral /whole bread	palito de queso/cheese sticks	Pastel gloria/cake	perro caliente con queso rallado/hot dog with grated cheese
	LACTOSE						
	FRUIT		manzana/apple	jugo de mora en leche/blackberry milkshake	sorbete de fresa/strawberry ice cream	sorbete de maracuya/passion fruit ice cream	jugo de lulo/lulo juice
LUNCH	SOUPS		sopa de cebada/ barley soup	sopa de cuchuco de maíz/corn cuchuco soup	sopa de arracacha/ arracacha soup	sopa de colicero/colicero soup	Rame/noodles
	PROTEIN		carne molida/grinded meat	piernitas al horno/baked chicken legs	Cerdo B.Q.Q./ BBQ pork	Carne con chimichurri/meat with chimichurri	Pollo, jamon , cerdo/chicken, ham, pork
	CEREAL		arroz blanco/white rice	arroz verde/green rice	Arroz con zanahoria/ Rice with carrot	Arroz tigre/rice with noodles	Arroz chino/chinese rice
	LEGUME		lenteja/lentils	frijol blanquillo/white beans	arveja / vetch	garbanzo/chickpea	frijol caraota/caraota bean
	VEGETABLE		ensalada de pepino/cucumber salad	Ensalada rusa/russian salad	Ensalada tropical/tropical salad	Remolacha balsamica/oiled beet	Ensalada oriental/east salad
	PLANTAINS AND ROOTS		tajadas maduras/ripe plantain slices	bananos de la abuela/ Banana Dessert	yuca al perejil/parsleyed cassava	papa salada/salted potato	spring rolls/spring rolls
	FRUIT		papaya	sandia/watermelon	casquitos de mandarina/tangerine sliced	piña en cubos/pineapple cubes	Melon/melon
	DESSERT		chocolatina yet	chocobreak	kit	frutas en barra/fruta bar	dulce chocosplash/chocosplash sweet
SNACK PM	CEREAL		mantecada/shortbread	galleta waffer/waffer cookies	Mini gala	Alpinito con galleta de leche/Milk sweet with cookies	torta de queso/cheese tart
	LACTOSE		malteada de	porcion de queso/portion of cheese			jugo de mora /blackberry juice
	FRUIT		fresa/strawberry shake	mini ensalada de frutas /mini fruit salad	jugo fruttos de pera, pera/pear fruit juice	fresa/strawberries	sandia picada/chopped watermelon



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MEAL	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		16	17	18	19	20
SNACK AM	CEREAL	Pan de Avenas y arándanos/Oatmeal Bread and cranberries	Pastel de Carne/meat tart	Palitos de queso/cheese sticks	Pancake con Frutas/pancake with fruits	Perro Caliente/hot dog
	LACTOSE	Cuajada/curd	Milo	Sorbete de Moras/blackberry ice cream	Jugo de Maracuya/passion fruit juice	Jugo de Uva/grape juice
	FRUIT	Jugo de Lulo	Piña Picada/chopped pineapple	Papaya Picada/chopped papaya	Melon	Manzana/apple
LUNCH	SOUPS	Sopa de Mazorca/cob soup	Sopa de Arvejas/vetch soup	Sopa de Arracaha/arracacha soup	Sopa de Cuchuco de Trigo/Cuchuco wheat soup	Sopas de Fideos/noodles soup
	PROTEIN	Carne en Salsa Criolla/Creole sauced meat	Pollo a la Jardinera con Vegetales/chicken with vegetables	Estofado de Res/beef stew	pescado /fish	Pollo Desmechado/stripped chicken
	CEREAL	Arroz Blanco/white rice	Arroz Blanco/white rice	Arroz Con Fideos/rice with noodles	Arroz con Zanahoria/rice with carrots	Arroz Con Pollo/rice with chicken
	LEGUME	Frijol Caraotas/caraota beans	Frijol Gargamanto/ red bean	Lentejas/lentils	Frijol Blancaquillo/white beans	Arveja Verde/green vetch
	VEGETABLE	Tomate con Albahaca/tomatoes with basil	Brocoli Gratinado/broiled broccoli	Zukini con Ajonjolí/zucchini with sesame	Ensalada de Aguacate/avocado salad	Lechuga con Zanahoria/lettuce with carrot
	PLANTAINS AND ROOTS	Torta de Ahuyama/aiyama cake	Tajadas Maduras/ripe sliced plantain	Papas Cascos/sliced potatoes	Platano al Horno/baked plantains	Papas Chips/potato chips
	FRUIT	Fresas/strawberries	Piña Gold/gold pineapple	Ciruelas/plums	Manqo	Papaya
	DESSERT	Crema de Chocolate/chocolate cream	Nucita Nuggets	Frunas en Barras/fruna candy bar	chocobreak	Gomas/gums
	SNACK PM	CEREAL		Churros/fritter	Donuts	Mini chocoramo
LACTOSE		Galleta Waffer/Waffer cookies	Colada de Fresa/strawberry juice	Jugo Nectar de Durazno/peach nectar juice	Avena de Canela/cinnamon oatmeal	Leche Condensada/condensed milk
FRUIT		salpicon/chopped fruits	Mandarinas/tangerines	fresas/strawberries	Granadilla/passion fruit	Ciruelas Chilenas/chilean plums



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MEAL	FOOD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		23	24	25	26	27
SNACK AM	CEREAL	zucaritas	Roscon de guayaba / quava ring cake	Pancake	Pan de yuca/cassava bread	Mini pizza
	LACTOSE	kumis	leche/milk	Milo caliente/warm milk with chocolate	sorbete de maracuya /passion fruit ice cream	jugo de lulo/lulo juice
	FRUIT	manzana/apple	sandia picada/chopped watermelon	melon picado/chopped melon	piña en cubos/pineapple cubes	durazno/peach
LUNCH	SOUPS	Sopa de Mazorca/cob soup	Sopa de Arvejas/vetch soup	Sopa de Arracaha/arracacha soup	Sopa de Cuchuco de Trigo/Cuchuco wheat soup	Sopas de Fideos/noodles soup
	PROTEIN	Carne en Salsa Criolla/Creole sauced meat	Pollo a la Jardinera con Vegetales/chicken with vegetables	Estofado de Res/beef stew	pescado /fish	Pollo Desmechado/stripped chicken
	CEREAL	Arroz Blanco/white rice	Arroz Blanco/white rice	Arroz Con Fideos/rice with noodles	Arroz con Zanahoria/rice with carrots	Arroz Con Pollo/rice with chicken
	LEGUME	Frijol Caraotas/caraota beans	Frijol Gargamanto/ read bean	Lentejas/lentils	Frijol Blancaquillo/white beans	Arveja Verde/green vetch
	VEGETABLE	Tomate con Albahaca/tomatoes with basil	Brocoli Gratinado/broiled broccoli	Zukini con Ajonjoli/zucchini with sesame	Ensalada de Aguacate/avocado salad	Lechuga con Zanahoria/lettuce with carrot
	PLANTAINS AND ROOTS	Torta de Ahuyama/auyama cake	Tajadas Maduras/ripe sliced plantain	Papas Cascos/sliced potatoes	Platano al Horno/baked plantains	Papas Chips/potato chips
	FRUIT	Fresas/strawberries	Piña Gold/gold pineapple	Ciruelas/plums	Mango	Papaya
	DESSERT	Crema de Chocolate/chocolate cream	Nucita Nuggets	Frunas en Barras/fruna candy bar	chocobreak	Gomas/gums
SNACK PM	CEREAL		Churros/fritter	Donuts	Mini chocoramo	Gelatina/jelly
	LACTOSE	Galleta Waffer/Waffer cookies	Colada de Fresa/strawberry juice	Jugo Nectar de Durazno/ peach nectar juice	Avena de Canela/cinnamon oatmeal	Leche Condensada/condensed milk
	FRUIT	salpicon/chopped fruits	Mandarinas/tangerines	fresas/strawberries	Granadilla/passion fruit	Ciruelas Chilenas/chilean plums