

Cycle Menu XXXXVI –Autumn – May 2008



Monday, April 28, 2008	Tuesday, April 29, 2008	Wednesday, April 30, 2008	Thursday, May 01, 2008	Friday, May 02, 2008
			HOLIDAY INTERNATIONAL LABOR DAY	SCHOOL CLOSED
Monday, May 05, 2008 1	Tuesday, May 06, 2008 2	Wednesday, May 07, 2008 3	Thursday, May 08, 2008 4	Friday, May 09, 2008 5
Soup: Light Minestrone Sorrentinos with White Sauce and Tomato Sauce Optional Salad: Greens Dessert: Fruit Popsicle Beverage: Fresh Orange Juice White, Choco, Strawberry Milk	Soup: Vegetable Noodle Chicken Skewers "Sonso" Corn and Tomato Salad & Golf Sauce Optional Salad: Romaine Lettuce, Cucumber and Green Sweet Peppers Dessert: Fresh Seasonal Fruit Beverage: Fresh Grapefruit Juice White, Choco, Strawberry Milk	Soup: Chopped Yuca "Majadito" Beef Rice Casserole with Fried Egg, & Plantain Optional Salad: Red Lettuce, Tomato & Oregano Dessert: Baked Custard with Caramel Beverage: White Maize White, Choco, Strawberry Milk	Soup: Vegetables I Fried Chicken Pasta Salad Optional Salad: Iceberg Lettuce, Tomato Dessert: Raspberry Jello with Fruits Beverage: Pineapple Juice White, Choco, Strawberry Milk	Soup: Cream of Spinach "FUN FOOD DAY" Hot Dogs Frankfurt or Vienna, Shoestring Potatoes Corn, Tomato, Pickles, Sauerkraut, Onions Cheese Sauce, Dressings Dessert: Special Beverage: Fresh Fruit Punch (Lemon) White, Choco, Strawberry Milk
LIGHT LUNCH Seared Chicken Sandwich Yuca Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Pizza Sandwich Shoestring Fried Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Tuna Salad Sandwich Cubed Fried Sweet Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Sausage Sandwich French Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, May 12, 2008 6	Tuesday, May 13, 2008 7	Wednesday, May 14, 2008 8	Thursday, May 15, 2008 9	Friday, May 16, 2008 10
Soup: Squash Steak and Mushrooms Sauce Mashed Potatoes Green Beans and Tomato (Onions Optional) Optional Salad: Romaine Lettuce, Celery Leaves Dessert: Fresh Seasonal Fruit Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	Soup: Chick Peas and Vegetables Chicken "Fritanga" with Creole Sauce Parsleyed White Rice Optional Salad: Red Lettuce, Chard and Cilantro (Optional) Dessert: Chocolate Mousse Beverage: Fresh Lemonade White, Choco, Strawberry Milk	Soup: Vegetables II Cheese Ravioli with Alfredo Sauce Optional Salad: Iceberg Lettuce, Shredded Carrots and Tomato Dessert: Fruit Popsicle Beverage: Fresh Tangerine Juice White, Choco, Strawberry Milk	Soup: Quinoa and Vegetables "Pique Macho" (Beef strips, vienna links, fried potato strips, tomato), green peppers optional Optional Salad: "Soltero" (Lettuce, tomato, cheese) Dessert: Banana with Caramel Sauce Beverage: Fresh Tamarind Juice White, Choco, Strawberry Milk	Soup: Chard "FUN FOOD DAY" Hard or Soft Tacos Beef or Chicken (Rice and Beans) Pico de Loro, Lettuce, Tomato, Sour Cream Dessert: Special Beverage: Fresh Fruit Punch (Cherry) White, Choco, Strawberry Milk
LIGHT LUNCH Smoked Ham Sandwich Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Beef Milanezza Sandwich Yuca Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Chicken Salad Sandwich Shoestring Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Chicken Salad Sandwich Potato Cubes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, May 19, 2008 11	Tuesday, May 20, 2008 12	Wednesday, May 21, 2008 13	Thursday, May 22, 2008 14	Friday, May 23, 2008 15
Soup: Crepe Consomme Chicken in Creamy Mustard Sauce Rice Pilaf Zucchini Strips Optional Salad: Romaine Lettuce, Sliced Carrots Dessert: Fruit Compote Beverage: Fresh Papaya Juice White, Choco, Strawberry Milk	Soup: Light Cream of Corn "Bolognese" Spaghetti (Spaghetti with Meat Sauce) Cheese Optional Salad: Iceberg Lettuce- Tomato-Fresh Basil Dessert: Creme Brulee Beverage: Fresh Grapefruit Juice White, Choco, Strawberry Milk	Soup: Vegetables IV "Lomo a la Chorrellana Montado" Seared Beef, Fried Egg, Tomato/Onion Au Gratin Au Gratin Potatoes Optional Salad: Red Lettuce, Tomato, Spinach Dessert: Baked Apple Beverage: Fresh Carambola Juice White, Choco, Strawberry Milk	HOLIDAY CORPUS CHRISTI	Soup: Barley and Vegetables "FUN FOOD DAY" Hamburgers Beef or Chicken Potato Chips Lettuce, Tomato, Pickles, Dressings Dessert: Special Beverage: Fresh Fruit Punch (Pineapple) White, Choco, Strawberry Milk
LIGHT LUNCH Ham & Cheese Sandwich Yuca Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Hot Dogs Shoestring Fried Potatoes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Egg Salad Sandwich Fried Sweet Potato Strips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat		NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat		16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat
Monday, May 26, 2008 16	Tuesday, May 27, 2008 17	Wednesday, May 28, 2008 18	Thursday, May 29, 2008 19	Friday, May 30, 2008 20
Soup: Chinese Chinese Fried Chicken Chop Suey Rice Optional Salad: Romaine Lettuce, Chinese Cabbage Salad Dessert: Cream Popsicle Beverage: Fresh Orange Juice White, Choco, Strawberry Milk	Soup: Light Peanut "Silpancho" Breaded Beef, Fried Potato Slices, White Rice, Fried Egg, Creole Sauce Optional Salad: Red Lettuce & Shredded Spinach Dessert: Fresh Seasonal Fruit Beverage: Fresh Lemonade White, Choco, Strawberry Milk	Soup: Vegetable VI "Lasagna" Beef in Ragu Sauce & Cheese Optional Salad: Iceberg Lettuce, Tomato, Chard Dessert: Fresh Fruit Salad Beverage: Fresh Lime Juice White, Choco, Strawberry Milk	Soup: Light Cream of Celery Chicken Milanezza Mashed Potatoes Carrots and Peas Optional Salad: Romaine Lettuce, Shredded Beets & Parsley Leaves Dessert: Caramel Bavaois Beverage: Fresh Grapefruit Juice White, Choco, Strawberry Milk	Soup: Green Beans "FUN FOOD DAY" "Sandwiches" Submarine, Reuben, Ham&Cheese, BLT Lettuce, Tomato (Pickles, Onion, Dressings Optional) Dessert: Special Beverage: Fresh Fruit Punch(Lime) White, Choco, Strawberry Milk
LIGHT LUNCH Sliced Roasted Beef Sandwich French Fries Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Tuna Salad Sandwich Fried Yuca Cubes Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Seared Chicken Sandwich Sweet Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	LIGHT LUNCH Creole Sandwich Potato Chips Soup, Dessert, Juice, Iced Tea, Ice Water, Flavored Milk/LoFat	NO LIGHT LUNCH
16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat	16 OPTION SALAD BAR 2 Dressings: Creamy and Light Soup, Dessert, Juice, Iced Tea, Iced Water, Flavored Milk/LoFat

To contact the Cafeteria > (payments 351-0886 and special diet requests 353-0808 int. 133) or cafeteriasccs@hotmail.com
To contact the Consultant Nutritionist –Dr. Grunbaum > (questions, nutritional information, complaints) 773-53803 or nutritionist@sccs.edu.bo

"Being a non profit Nutrition Education Center, nutritionally balanced and varied meals with multicultural diversity, accompanied by on site nutrition education are a priority"