

Menu Cycle LV – Summer – February 2010

<p>Monday, February 01, 2010 1</p> <p>HOT FOOD LINE Soup: Light Cream of Peanut "Silpancho" Breaded Beef, White Rice, Sliced Seared Potatoes, Fried Egg, Cróele Sauce</p> <p>Optional Salad: Red Lettuce and Spinach Leaves</p> <p>Dessert: Watermelon</p> <p>Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Tuesday, February 02, 2010 2</p> <p>HOT FOOD LINE Soup: Alphabet Soup Chicken Skewers "Sonso" Palm Hearts & Tomato Salad with Golf Sauce</p> <p>Optional Salad: Iceberg Lettuce, Sliced Pickles, Tomato</p> <p>Dessert: Fruit Popsicle</p> <p>Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Wednesday, February 03, 2010 3</p> <p>HOT FOOD LINE Soup: Italian Vegetable II Ricotta Sorrentinos With Alfredo or Marinara Sauce or Butter or Pesto Shredded Cheese</p> <p>Optional Salad: Romaine Lettuce, Tomato and Parsley</p> <p>Dessert: Rainbow Jello with Fruit Sauce</p> <p>Beverage: Fresh Lime Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Thursday, February 04, 2010 4</p> <p>HOT FOOD LINE Soup: Light Cream of Spinach BBQ Chicken Corn on the cob, Baked Potato with Sour Cream & Chives</p> <p>Optional Salad: Red Lettuce, Sliced Carrots, Sliced Tomato</p> <p>Dessert: Fresh Fruit Salad</p> <p>Beverage: Fresh Grapefruit Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Friday, February 05, 2010 5</p> <p>P & P SPECIAL LUNCH</p>
<p>Monday, February 08, 2010 6</p> <p>HOT FOOD LINE Soup: Rice Vegetable "Pique Macho" Beef, Viena sausage, french fries, tomato, (optional-onion), green bell peppers</p> <p>Optional Salad: "Soltero" on Bibb Lettuce</p> <p>Dessert: Fruit Compote</p> <p>Beverage: Fresh Tamarind Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Tuesday, February 09, 2010 7</p> <p>HOT FOOD LINE Soup: Light Cream of Vegetables "Lasagna" Beef in Ragu Sauce & Cheese with Mushrooms</p> <p>Optional Salad: Iceberg Lettuce, Cherry Tomatoes</p> <p>Dessert: Seasonal Fruit - Apple</p> <p>Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Wednesday, February 10, 2010 8</p> <p>HOT FOOD LINE Soup: Vegetables III Chicken Milanezza Saffron Rice Carrots & Peas</p> <p>Optional Salad: Red Lettuce, Radish Slices, Sweet Red Pepper Slices</p> <p>Dessert: Red Jello with Whipped Cream</p> <p>Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Thursday, February 11, 2010 9</p> <p>HOT FOOD LINE Soup: Light Cream of Squash "Steak and Mushroom Sauce" Mashed Potatoes Green Beans and Tomatoes (Optional Onions)</p> <p>Optional Salad: Romaine Lettuce, Shredded Beets</p> <p>Dessert: Caramel Bananas</p> <p>Beverage: Fresh Papaya Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Friday, February 12, 2010 10</p> <p>HOT FOOD LINE "FUN FOOD DAY" Soup: Tomato "Hamburgers" Chicken or beef Bibb Lettuce, Tomato Slices</p> <p>Optionals: Cebolla blanca en anillos, Pepinillo, Aderezo</p> <p>Dessert: Chocolate Mousse</p> <p>Beverage: Fresh Fruit Punch (Lemon) Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>
<p>Monday, February 15, 2010 11</p> <p>HOLIDAY CARNIVAL</p>	<p>Tuesday, February 16, 2010 12</p> <p>HOLIDAY CARNIVAL</p>	<p>Wednesday, February 17, 2010 13</p> <p>HOT FOOD LINE Soup: Light Minestrone Spaghetti Bolognesa Cheese</p> <p>Optional Salad: Bibb Lettuce, Tomato and Basil</p> <p>Dessert: Cream Popsicle</p> <p>Beverage: Fresh Achachairu Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Thursday, February 18, 2010 14</p> <p>HOT FOOD LINE Soup: Crepe Consomme Fried Chicken Potato Salad Pasta Salad</p> <p>Optional Salad: Red Lettuce, Tomato, Cucumber</p> <p>Dessert: Pineapple</p> <p>Beverage: Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Friday, February 19, 2010 15</p> <p>HOT FOOD LINE Soup: Vegetables "FUN FOOD DAY" "Pizza" Pepperoni, Ham, "Margarita" Tomato Sauce and Cheese Adicionals on Choice</p> <p>Optional Salad: Greens</p> <p>Dessert: Lemon Bavaois with Raspberry Sauce</p> <p>Beverage: Fresh Fruit Punch (Orange) Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>
<p>Monday, February 22, 2010 16</p> <p>HOT FOOD LINE Soup: Vegetables IV Beef Milanezza Parsleyed Pilaf Rice "Carbonara"</p> <p>Optional Salad: Bibb Lettuce, Shredded Carrots, Green Bell Pepper Slices</p> <p>Dessert: Lemon Jello with Anglais Sauce</p> <p>Beverage: Fresh Grapefruit Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Tuesday, February 23, 2010 17</p> <p>HOT FOOD LINE Soup: Vegetables Ravioli With Alfredo or Marinara Sauce or Butter or Pesto Shredded Cheese</p> <p>Optional Salad: Iceberg Lettuce, Tomato Slices and Celery Leaf</p> <p>Dessert: Fruit Popsicle</p> <p>Beverage: Pineapple Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Wednesday, February 24, 2010 18</p> <p>HOT FOOD LINE Soup: Chinese Vermicelli Chinese Fried Chicken (Simple or Tamarind Sauce) Chop Suey Rice</p> <p>Optional Salad: Romaine Lettuce, Chinese Cabbage Salad</p> <p>Dessert: Strawberry and Vanilla Pudding with Strawberry Sauce</p> <p>Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Thursday, February 25, 2010 19</p> <p>HOT FOOD LINE Soup: Light Cream of Peanut "Silpancho" Breaded Beef, White Rice, Sliced Seared Potatoes, Fried Egg, Cróele Sauce</p> <p>Optional Salad: Romaine Lettuce and Shredded Chard</p> <p>Dessert: Fresh Fruit Salad</p> <p>Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>	<p>Friday, February 26, 2010 20</p> <p>HOT FOOD LINE "FUN FOOD DAY" Soup: Cream of Carrot "Sandwiches" Submarine, Reuben, Ham&Cheese, BLT Lettuce, Tomato (Pickles, Onion, Dressings Optional)</p> <p>Dessert: Fruit Compote</p> <p>Beverage: Fresh Fruit Punch (Cherry) Iced Tea, Iced Water, Whole/Skim Flavored Milk</p>

Prepared based upon Food Preference Survey and Authorized by Director General

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Being a Non Profit Nutrition Education Center, a nutritionally well- balanced eating pattern with a variety of multicultural foods, accompanied by nutrition education on site, is a priority