

Menu Cycle LV – Summer – February 2010

Monday, February 01, 2010 1	Tuesday, February 02, 2010 2	Wednesday, February 03, 2010 3	Thursday, February 04, 2010 4	Friday, February 05, 2010 5
HOT FOOD LINE Soup: Light Cream of Peanut "Silpancho" Breaded Beef, White Rice, Sliced Seared Potatoes, Fried Egg, Cróele Sauce Optional Salad: Red Lettuce and Spinach Leaves Dessert: Watermelon Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Alfabet Soup Chicken Skewers "Sono" Palm Hearts & Tomato Salad with Golf Sauce Optional Salad: Iceberg Lettuce, Sliced Pickles, Tomato Dessert: Fruit Popsicle Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Italian Vegetable II Ricota Sorrentinos With Alfredo or Marinara Sauce or Butter or Pesto Shredded Cheese Optional Salad: Romaine Lettuce, Tomato and Parsley Dessert: Rainbow Jello with Fruit Sauce Beverage: Fresh Lime Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Light Cream of Spinach BBQ Chicken Corn on the cob, Baked Potato with Sour Cream & Chives Optional Salad: Red Lettuce, Sliced Carrots, Sliced Tomato Dessert: Fresh Fruit Salad Beverage: Fresh Grapefruit Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	P & P SPECIAL LUNCH
SANDWICH LINE Chicken Salad Sandwich Potato Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Seared Beef Sandwich Cubed Sweet Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Chicken Milanezza Sandwich French Fries Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Pizza Sandwich Shoestring Yuca Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	NO SANDWICH LINE
SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk
Monday, February 08, 2010 6	Tuesday, February 09, 2010 7	Wednesday, February 10, 2010 8	Thursday, February 11, 2010 9	Friday, February 12, 2010 10
HOT FOOD LINE Soup: Rice Vegetable "Pique Macho" Beef, Viena sausage, french fries, tomato, (optional-onion), green bell peppers Optional Salad: "Soltero" on Bibb Lettuce Dessert: Fruit Compote Beverage: Fresh Tamarind Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Light Cream of Vegetables "Lasagna" Beef in Ragu Sauce & Cheese with Mushrooms Optional Salad: Iceberg Lettuce, Cherry Tomatoes Dessert: Seasonal Fruit - Apple Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Vegetables III Chicken Milanezza Saffron Rice Carrots & Peas Optional Salad: Red Lettuce, Radish Slices, Sweet Red Pepper Slices Dessert: Red Jello with Whipped Cream Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Light Cream of Squash "Steak and Mushroom Sauce" Mashed Potatoes Green Beans and Tomatoes (Optional Onions) Optional Salad: Romaine Lettuce, Shredded Beets Dessert: Caramel Bananas Beverage: Fresh Papaya Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE "FUN FOOD DAY" Soup: Tomato "Hamburgers" Chicken or beef Bibb Lettuce, Tomato Slices Optionals: Cebolla blanca en anillos, Pepinillo, Aderezo Dessert: Chocolate Mousse Beverage: Fresh Fruit Punch (Lemon) Iced Tea, Iced Water, Whole/Skim Flavored Milk
SANDWICH LINE French Au Grill Ham and Cheese Sandwich Potato Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Hamburger Sandwich Sweet Potato Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Sandwich de Ensalada de Atún Potato Cubes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Sandwich de Pollo a la Plancha Yuca Strips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	NO SANDWICH LINE
SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk
Monday, February 15, 2010 11	Tuesday, February 16, 2010 12	Wednesday, February 17, 2010 13	Thursday, February 18, 2010 14	Friday, February 19, 2010 15
HOLIDAY CARNIVAL	HOLIDAY CARNIVAL	HOT FOOD LINE Soup: Light Minestrone Spaghetti Bolognesa Cheese Optional Salad: Bibb Lettuce, Tomato and Basil Dessert: Cream Popsicle Beverage: Fresh Achachairu Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Crepe Consomme Fried Chicken Potato Salad Pasta Salad Optional Salad: Red Lettuce, Tomato, Cucumber Dessert: Pineapple Beverage: Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Vegetables "FUN FOOD DAY" "Pizza" Pepperoni, Ham, "Margarita" Tomato Sauce and Cheese Adicionals on Choice Optional Salad: Greens Dessert: Lemon Bavarois with Raspberry Sauce Beverage: Fresh Fruit Punch(Orange) Iced Tea, Iced Water, Whole/Skim Flavored Milk
		SANDWICH LINE Hot Dogs Shoestring Fried Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Fine Sliced Beef Sandwich Fried Sweet Potato Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	NO SANDWICH LINE
		SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk
Monday, February 22, 2010 16	Tuesday, February 23, 2010 17	Wednesday, February 24, 2010 18	Thursday, February 25, 2010 19	Friday, February 26, 2010 20
HOT FOOD LINE Soup: Vegetables IV Beef Milanezza Parsleyed Pilaf Rice "Carbonara" Optional Salad: Bibb Lettuce, Shredded Carrots, Green Bell Pepper Slices Dessert: Lemon Jello with Anglais Sauce Beverage: Fresh Grapefruit Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Vegetables Ravioli With Alfredo or Marinara Sauce or Butter or Pesto Shredded Cheese Optional Salad: Iceberg Lettuce, Tomato Slices and Celery Leaf Dessert: Fruit Popsicle Beverage: Pineapple Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Chinese Vermicelli Chinese Fried Chicken (Simple or Tamarind Sauce) Chop Suey Rice Optional Salad: Romaine Lettuce, Chinese Cabbage Salad Dessert: Strawberry and Vanilla Pudding with Strawberry Sauce Beverage: Fresh Orange Juice Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE Soup: Light Cream of Peanut "Silpancho" Breaded Beef, White Rice, Sliced Seared Potatoes, Fried Egg, Cróele Sauce Optional Salad: Romaine Lettuce and Shredded Chard Dessert: Fresh Fruit Salad Beverage: Fresh Lemonade Iced Tea, Iced Water, Whole/Skim Flavored Milk	HOT FOOD LINE "FUN FOOD DAY" Soup: Cream of Carrot "Sandwiches" Submarine, Reuben, Ham&Cheese, BLT Lettuce, Tomato (Pickles, Onion, Dressings Optional) Dessert: Fruit Compote Beverage: Fresh Fruit Punch (Cherry) Iced Tea, Iced Water, Whole/Skim Flavored Milk
SANDWICH LINE Ham and Cheese Sandwich Fried Yuca Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Silpancho Sandwich Fried Sliced Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Tuna Fish Salad Sandwich Fried Sweet Potato Cubes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Chicken Fajita Sandwich Fried Shoestring Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	NO SANDWICH LINE
SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SALAD BAR LINE 2 Dressings: Creamy and Light Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk

Prepared based upon Food Preference Survey and Authorized by Director General

To contact the S.C.C.S. Cafeteria > (payments 351-0886 and special diet requests 353-0808 ext. 133) or cafeteriasccs@hotmail.com
 To contact the Consultant Nutritionist –Dra. Grunbaum > (questions, nutrition info, complaints) 773-53803 or nutritionist@sccs.edu.bo
 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