

Menu Cycle LVI – Autumn – March 2010

Monday, March 01, 2010 1	Tuesday, March 02, 2010 2	Wednesday, March 03, 2010 3	Thursday, March 04, 2010 4	Friday, March 05, 2010 5
HOT FOOD LINE Soup: Quinoa Vegetable Chicken "Frlanga" White Rice Creole Sauce Optional Salad: Bibb Lettuce, Green Bell Peppers and Cucumber Dessert: Baked Apple Beverage: Fresh Tamarind Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Squash "Steak and Mushroom Sauce" Mashed Potatoes Green Beans and Tomatoes (Optional Onions) Optional Salad: Red Lettuce, Shredded Beets Dessert: Orange Jello & Orange Sauce Beverage: Fresh Papaya Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Italian Vegetable II Flat Noodles & Chicken Tomato Sauce Shredded Cheese Optional Salad: Iceberg Lettuce, Parsley Dessert: Fruit Compote Beverage: Fresh Lime Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Vegetables "Feijoadá" Black Beans and Smoked Ham Stew White Rice Cooked Chard/Orange Slices Optional Salad: Romaine Lettuce, Tomato, Chives Dessert: Fresh Fruit Salad Beverage: Fresh Achachairu Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Rice & Vegetables "FUN FOOD DAY" WRAPS Chicken or beef Dressings and lettuce and tomato Garlic Sauce (Macaroni and Cheese) Dessert: Caramel Pudding Beverage: Fresh Fruit Punch (Orange) White, Choco, Strawberry Milk, Iced Tea, Iced Water
SANDWICH LINE Seared Beef Sandwich Cubed Sweet Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Chicken Salad Sandwich Yuca Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Silpancho Sandwich Fried Potato Slices Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Pizza Sandwich Shoestring Sweet 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
Monday, March 08, 2010 6	Tuesday, March 09, 2010 7	Wednesday, March 10, 2010 8	Thursday, March 11, 2010 9	Friday, March 12, 2010 10
HOT FOOD LINE Soup: Barley Vegetable "Pique Macho" Beef, Viena sausage, french fries, tomato, (optional-onion), green bell peppers Optional Salad: "Soltero" on RedLettuce Dessert: Fresh Papaya & Honey Beverage: Fresh Grapefruit Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Tomato Cream of Mustard Chicken Fettuccini Provenzale (Garlic, Parsley and red bell pepper) Italian Zucchini Optional Salad: Iceberg Lettuce with Shredded Carrots Dessert: Fresh Fruit Salad Beverage: Fresh Orange Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Spinach "Lasagna" Beef in Ragu Sauce & Cheese with Mushrooms Optional Salad: Bibb Lettuce, Cherry Tomatoes, and Basil Dessert: Pineapple Jello with Sauce Beverage: Fresh Lemonade White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Mixed Vegetables Chicken Milanezza Saffron Rice Carrots & Peas Optional Salad: Red Lettuce, Radish Slices, Sweet Red Pepper Slices Dessert: Bananas & Caramel Beverage: Fresh Carambola Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	PROFESSIONAL HALF DAY P&P SPECIAL LUNCH
SANDWICH LINE French Au Grill Ham & 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 Hot Dogs Shoestring Fried Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Tuna Salad Sandwich Fried Yuca Cubes 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, March 15, 2010 11	Tuesday, March 16, 2010 12	Wednesday, March 17, 2010 13	Thursday, March 18, 2010 14	Friday, March 19, 2010 15
HOT FOOD LINE Soup: Light Minestrone Ricotta Sorrentinos With Alfredo or Marinara Sauce or Butter Shredded Cheese Optional Salad: Iceberg Lettuce, Tomato and Celery Dessert: Fresh Fruit Compote Beverage: Pineapple Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	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 Spinach Leaves Dessert: Fresh Watermelon Beverage: Fresh Lemonade White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Alfabet Soup Chicken Skewers "Sonsó" Palm Hearts & Tomato Salad with Golf Sauce Optional Salad: Red Lettuce, Sliced Pickles, Tomato Dessert: Fruit Popsicle Beverage: Fresh Achachairu Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Yuca "Majadito" Shredded Beef, Fried Egg, Fried Plantain Strips Optional Salad: Iceberg Lettuce, Tomato & Fresh Oregano Dessert: Custard & Caramel Sauce Beverage: Moco-chinchi White, Choco, Strawberry Milk, Iced Tea, Iced Water	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) White, Choco, Strawberry Milk, Iced Tea, Iced Water
SANDWICH LINE Chicken Milanezza Sandwich Fried Sweet Potato Chips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Seared Chicken Sandwich French Fries Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Ham & Cheese Sandwich Fried Yuca 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
Monday, March 22, 2010 16	Tuesday, March 23, 2010 17	Wednesday, March 24, 2010 18	Thursday, March 25, 2010 19	Friday, March 26, 2010 20
HOT FOOD LINE Soup: Mixed Vegetables 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 White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Chard Spaghetti Bolognesa Cheese Optional Salad: Iceberg Lettuce, Tomato and Basil Dessert: Cream Popsicle Beverage: Fresh Achachairu Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Crepe Consomme Fried Chicken Cold Potato Salad Cold Pasta Salad Optional Salad: Red Lettuce, Tomato, Cucumber Dessert: Fresh Pineapple Beverage: Fresh Orange Juice White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Peanut "Silpancho" Breaded Beef, White Rice, Sliced Seared Potatoes, Fried Egg, Cróele Sauce Optional Salad: BibbLettuce and Spinach Dessert: Cherry Jello with Whipped Cream Beverage: Fresh Lemonade White, Choco, Strawberry Milk, Iced Tea, Iced Water	HOT FOOD LINE Soup: Light Cream of Corn "Chicken Wings" Potato Chips BBQ & Honey Mustard Sauces Tomato, Pickles, Mayonnaise Optional Salad: Bibb Lettuce, Tomato & Celery (White Onion in Rings-optional) Dessert: Fresh Fruit (Pear) Beverage: Fresh Fruit Punch (Pineapple) White, Choco, Strawberry Milk, Iced Tea, Iced Water
SANDWICH LINE Fine Sliced Beef Sandwich Fried Sweet Potato Strips Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Pizza Sandwich Fried Shoestring Potatoes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Seared Beef Sandwich Fried Yuca Cubes Soup, Dessert, Fruit Juice, Iced Tea, Iced Water, Whole/Skim Flavored Milk	SANDWICH LINE Chicken Salad Sandwich 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	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, March 29, 2010	Tuesday, March 30, 2010	Wednesday, March 31, 2010	Thursday, April 01, 2010	Friday, April 02, 2010
HOLY WEEK HOLIDAY	HOLY WEEK HOLIDAY	HOLY WEEK HOLIDAY		

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" education on site, is a priority"