

# Menu Colegio San José Week: November 12<sup>th</sup> - 16<sup>th</sup>

### Snacks

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
AM		BUÑUELO WITH CHOCOLATE MILK	PANCAKES WITH OAT MILK	MEAT FRIED PIE WITH JUICE	PUFF PASTRY HEARTS WITH YOGURT
PM		APPLE	OAT COOKIE	YOGURT	ICE CREAM

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
AM 1		BUÑUELO WITH CHOCOLATE	CHEESE AREPA WITH OAT MILK	MEAT FRIED PIE WITH JUICE	PUFF PASTRY HEARTS WITH YOGURT
AM 2		CHEESE WITH FRUIT AND PEANUT	CHESSE AREPA WITH FRUIT	FRUIT SALAD WITH COOKIE	TORTILLA WITH CHEESE AND FRUIT

#### Lunch

DAY	SOUP	PROTEIN 1	PROTEIN 2	ENERGETIC	FIBRE	FRUIT	VEGETABLES
11							SALAD BAR
12	CUCHUCO DE CEBADA	BEEF GOULASH	CHICKEN WITH HONEY SAUCE	SWEET PLANTAIN (K4-1°) FRIED POTATOE (2°-12°)	WHITE RICE	FRUIT SALAD	
13	AJIACO	AVOCATO	CHICKEN BREAST	POTATOE SABANERA	WHITE RICE	BAR	
14	OAT SOUP	MINI BURGER (K4-1°) BEEF STEAK (2°-12°)	PAN CHICKEN BREAST	FRIED POTATOE	WHITE RICE		

WORLD

15

#### **COLOMBIA**

**PORK RIBS/ BEEF** 

**CHORIZO / MORCILLA** 

**GUACAMILE**/ **BBQ** 

**SWEET PLANTAIN** 

**POTATOE** 



## Vegetarian

RICE OF THE **SALTED SALTED SOUP OF THE CHICKPEA VEGETABLES CHAMPIGNON** BURGER DAY DAY

Beverages

**INFUSION FRUIT JUICE** WATER