



MENU NOVEMBER-DECEMBER 2017 - MENU NOVIEMBRE-DICIEMBRE 2017

VEGETARIAN OPTION AVAILABLE DAILY/OPCION VEGETARIANA DISPONIBLE DIARIAMENTE

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
06 TO 10	ORANGE CHICKEN LIME RICE ORIENTAL SALAD FRESH FRUIT – JUICE ORANGE COLIFLOWER AND BROCCOLI	BAKED ZITI SICILIAN STYLE WITH BROCCOLI AND SPINACH WITH RICOTTA CHEESE ITALIAN BREAD MIXED SALAD DESSERT - JUICE	FISH CASADO WHITE RICE CR STYLE BLACK BEANS TROPICAL SALAD FRUITS – JUICE VEGETARIAN ROASTED EGGPLANT	MEATBALLS AND VEGETABLES STEW SCALLOPED POTATOES GREEN SALAD DESSERT – JUICE VEGETARIAN STEW WITH CHICK PEAS	BEEF BURRITO BAR TORTILLAS BLACK BEANS LETTUCE AND TOMATO VEGETARIAN BURRITOS MELTED CHEESE AND NACHOS BROWNIES - JUICE
13 TO 17	PESTO LINGUINE CUCUMBER TOMATO SHREDDED LETTUCE SALAD OPTIONAL PARMESAN FOCACCIA FRESH FRUIT - JUICE	CHICKEN POP CORN WITH HONEY MUSTARD ROASTED POTATOES COLESLAW VEGGIE POP CORN DESSERT - JUICE	MARINATED BRISQUET WITH CHIMICHURRI QUINOA VEGGIE BURRITOS RICE WITH LENTILS GARDEN SALAD DESSERT - JUICE	BAKED FISH WITH TOMATOES , VEGETABLES AND FRESH HERBS AND FRESH HERBS SHORT PASTA AIOLI FRESH BAKED BREAD BAKED VEGETABLES CUCUMBER SALAD DESSERT - JUICE	BBQ CHICKEN BREASTS TEMPURA VEGGIES BAKED FRIES MIXED SALAD FRESH FRUIT - JUICE
20 TO 24	BROCCOLI AND SPINACH BOWTIE PASTA WITH CREAMY ALFREDO SAUCE OPTIONAL PARMESAN GARLIC BREADSTICKS/ITALIAN SALAD FRESH FRUIT - JUICE	SWEET AND SOUR CHICKEN SWEET AND SOUR VEGGIES ORIENTAL WHITE RICE VEGETABLE ASIAN SALAD DESSERT – JUICE	NO CLASSES	NO CLASSES	NO CLASSES
27 TO 01	PASTA STATION FEATURING OUR FRESH BASIL SPINACH PESTO, NAPOLITAN SAUCE AND FRESH MADE AIOLI OPTIONAL PARMESAN ROSEMARY BREAD BUNS FRESH FRUIT – JUICE	BEEF STROGONOF VEGETARIAN STROGONOF SAFFRON RICE CORN CASSEROLE GREEN SALAD DESSERT - JUICE	CHICKEN TENDERS WITH MAPLE BBQ AND HONEY MUSTARD SAUCE DEHYDRATED SOY QUINOA NUGGETS HOUSE MAC N' CHEESE GARDEN SALAD JELLO – JUICE	GROUND BEEF OR DEHYDRATED GROUNDED SOY SEASONED WITH HERBS, ONIONS AND GARLIC AND FRESH TOMATOES RICE AND BEANS ROASTED CARROTS AND PUMPKINS CINNAMON VANILLA CAKE - JUICE	FISH NUGGETS SERVED WITH TARTAR SAUCE BAKED POTATOES MINI PIZZA (OPTION) COLESLAW FRESH FRUIT - JUICE
04 TO 08	SPAGUETTI CARBONARA (BVAON OPTIONAL – GLUTEN AND LACTO FREE OPTIONAL) OPTIONAL PARMESAN ITALIAN RUSTIC BREADSTICKS/MIXED SALAD WITH HOUSE ITALIAN DRESSING FRESH FRUIT – JUICE	CITRUS HERB ROASTED CHICKEN RICE PILAF CITRUS ROASTED VEGGIES CARROTS AND LETTUCE SALAD WITH ORANGE VINAIGRETTE SEASONAL CAKE - JUICE	MARINATED ROASTED BRISQUET BBQ BBQ QUINOA PATTIES SCALLOPED POTATOES GREEN SALAD DESSERT – JUICE	BREAST OF CHICKEN MARSALA BARLEY RICE QUINOA STUFFED BAKED ZUCCHINI BROCCOLI, CAULIFLOWER, SWEET POTATO SALAD CHOCOLATE ROULADE JUICE	MEXICAN FRIDAY FEATURING ASSORTED TACOS AND BURRITOS SHREDDED LETTUCE AND DICED TOMATOES DESSERT - JUICE
11 TO 14	ZITI WITH BOLOGNESE AND NAPOLITAN SAUCES FOCACCIA (ITALIAN FLAT BREAD) CESAR SALAD FRESH FRUIT – JUICE	ASIAN CHICKEN WITH BROCCOLI VEGETABLE STIR FRY FRIED RICE ORIENTAL SALAD DESSERT - JUICE	ROASTED SWEET AND SOUR PORK SWEET AND SOUR QUINOA PATTIES BAKED POTATOES AND PUMPKINS TOMATO AND CUCUMBER SALAD DESSERT - JUICE	GRILLED CHICKEN GYROS FLATBREAD VEGGIE FALAFEL ZATSIKI YOGURT BASED DIP WITH GREEK SALAD HONEY PASTRY - JUICE'	NO CLASSES