

The LunchBox Cafe

2020 JANUARY MENU - 2020 MENU ENERO DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
13 TO 17	CHICKEN CACCIATORE WHITE RICE TOMATO-CUCUMBER SALAD FRUIT-JUICE	BEEF STROGONOF EV OLIVE OIL AND ROASTED GARLIC FUSILLI MIXED SALAD DESSERT - JUICE	CLASSIC HOMEMADE CHILI SEASONED GROUND BEEFF RED KIDNEY BEANS NACHOS AND CHEESE LETTUCE AND TOMATO FRUIT-JUICE	OLD FASHIONED CREAMY CORN CASSEROLE BUTTERY-HONEY BREAD GREEN SALAD CHOCO BANANO JUICE (ALTERNATIVE OF PASTA W/O CREAM OR SAUCES)	SECRET RECIPE BUTTERMILK BATTERED CHICKEN MINI PIZZAS BROCCOLI PUFFS FRUIT-JUICE
20 TO 24	HERB MARINATED ROASTED CHICKEN OVEN BAKED POTATOES VEGGIE TART FRUITS - JUICE	STRIPS OF BEEF A L' ORANGE ZESTY LIME FRIED RICE CARROTS AND CABBAGE W/CITRUS HONEY DRESSING DESSERT JUICE	FETTUCINE SERVED WITH OR W/O OUR OWN FRESH MADE ALFREDO AND/OR MARINARA SAUCE ITALIAN BREAD ASSRTD. VEGGIE SALAD FRUIT-JUICE	LIGHT CURRY FISH COUSCOUS AND RICE WITH BROCCOLI AND CAULIFLOWER GREEN SALAD JELLO JUICE	MEXICAN FRIDAY CHICKEN FAJITAS CASSEROLE WITH CHEDDAR, SOUR CREAM NACHOS PICO DE GALLO BLACK BEANS FRUIT-JUICE
27 TO 31	COCONUT CHICKEN FRIED WHITE RICE W/CARROTS THAI SALAD FRUIT-JUICE	ATLANTIC SALMON FLAKES AND ROASTED ZUCHINI OVER CREAMY LEMON-BUTTER PENNE PASTA TOMATO FOCACCIA MIXED SALAD DESSERT-JUICE	SLOW COOKED BEEF SERVED WITH CAMELIZED ONIONS AND CARROTS SAUCE GARLIC MASHED POTATOES VEGETABLE SALAD FRUITS-JUICE	FISH AND VEGETABLES SPANISH STYLE PAELLA FRESH BAKED DINNER ROLLS TOMATO CUCUMBER SALAD POP CORN AND CEREAL TREAT JUICE	BBQ CHICKEN TENDERS ROSMARY BAKED POTATOES CARROT AND CELERY STICKS CRUDITES W/RANCH FRUIT-JUICE

(*) ALL OUR LUNCHES INCLUDE THE FOLLOWING:

VEGETARIN OPTION DAILY

ASSORTED VEGETABLES AND SALAD MEDLEYS THAT VARY EVERY DAY

FRESH SEASONAL PRODUCE AND VEGGIES THAT COME FROM OUR CERTIFIED LOCAL PURVEYOR HAND PICKED FRESH CRISPY LETTUCE AND SPINACH, TOMATOES, CUCUMBERS, ZUCHINI, CABBAGE, CARROTS, BEETS, ETC. WE FREQUENTLY USE RED, WHITE OR BLACK BEANS AND QUINOA IN OUR SALADS. WE OFFER CITRUS INSPIRED NATURAL HOUSE DRESSINGS USING EXTRA VIRGIN OLIVE OIL, WITH NO PRESERVATIVES OR MSG AND HANDMADE CROUTONS.

FRESH BAKED BREAD AND BAKERY ITEMS (WHEN INDICATED IN MENU)

ALL OUR BREAD, ROLLS AND PASTRIES ARE BAKED DAILY WITHOUT USING ANY PRESERVATIVES

FRUIT

SEASONAL FRUIT THREE DAYS A WEEK. SLICED OR DICED, ALWAYS FRESH.

DRINKS

FRUITY WATERS, LEMONADE OR ICED TEA MADE WITH WATER FROM OUR FOUR STAGES FILTRATION SYSTEM

WE DO NOT USE ANY PEANUTS OR OTHER NUTS IN OUR PREPARATIONS AND DO NOT OFFER ANY KIND OF NUT PRODUCT IN OUR SNACK BAR. WE FOLLOW HACCP SANITATION AND SAFETY STANDARDS IN OUR KITCHEN. IF YOU ARE FOLLOWING A CELIAC, VEGETARIAN OR VEGAN DIET PLEASE LET US KNOW SO WE CAN OFFER YOU AN ALTERNATIVE TO THE DAILY FEATURED MENU. ALL ALLERGIES NEED TO BE DISCLOSED PLEASE

The LunchBox Cafe

2020 FEBRUARY MENU - 2020 MENU FEBRERO DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERN
03 TO 07	CHICKEN BREAST MARINATED WITH BASIL AND GARLIC SERVED WITH LIGHT PESTO SAUCE HERB CREAMY PARMESAN RICE OR WHITE RICE CHICKPEAS , LETTUCE AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE FRUIT-JUICE	RICOTTA AND MOZARELLA WHITE SPINACH LASAGNA FRESH BAKED BREAD CAPRESSE SALAD (DICED TOMATOES AND CHEESE) DESSERT-JUICE	CLASSIC HOMEMADE BEEF STEW WHITE RICE GREEN SALAD FRUIT-JUICE	SWEET AND SOUR PORK WITH PINEAPPOLE AND GREEN BEANS ORIENTAL NOODLES VEGETABLE SALAD ORIENTAL STYLE DESSERT-JUICE	SOUTHERN STYLE CHICKEN SANDWICH FRESH BAKED BREAD BUN BBQ OR KETCHUP COLD PASTA SALAD LETTUCE – TOMATO FRESH FRUIT JUICE
10 TO 14	OVEN BAKED CHICKEN AND RICE LATIN STYLE (ARROZ CON POLLO) COLESLAW DINNER ROLL FRUIT-JUICE	PASTA STATION FEATURING HOMEMADE MARINARA, BOLOGNESE (MEAT) AND PESTO SAUCES BREADSTICKS MIXED SALAD DESSERT-JUICE	PREMIUM GROUND BEEF PICADILLO FIESTA BAKED POTATOES GREEN SALAD FRUIT-JUICE	CITRUS MARINATED ROASTED CHICKEN RICE AND BARLEY PILAF APPLE AND CARROTS SALAD DESSERT-JUICE	BURRITO BAR WITH CARNITAS AND CHICKEN RED BEANS TORTILLAS NACHOS WITH CHEESE SHREDDED LETTUCE FRUIT-JUICE
17 TO 21	ORIENTAL ORANGE CHICKEN (FRESH ORANGE SAUCE) WITH CARROTS AND PINEAPPLE LIME WHITE RICE PINEAPPLE COLESLAW FRUIT-JUICE	SOUP 'N PASTA SPINACH & CHEESE RAVIOLIS SOUP OF THE DAY FOCACCIA MED SALAD DESSERT-JUICE	FISH FINGERS SERVED W OR W/O TARTAR SAUCE MASHED POTATOES OR YELLOW RICE GREEN SALAD FRUIT-JUICE	BAKED MEAT BALLS PARMIGIANA SPINACH AND COUSCOUS RICE TOMATO-CUCUMBER SALAD FRUIT AND YOGURT PARFAIT JUICE	NO SCHOOL
24 TO 28	NO SCHOOL	FARFALE ALLA CARBONARA WITH PANCETTA, CHICKEN AND BROCCOLI (OPTION OF FARFALE W/O SAUCE) CHEESE BREADSTICKS CESAR SALAD W/H-M CROUTONS DESSERT-JUICE	PORK AND POTATO COCONUT CURRY WHITE LIME RICE MIXED GREENS SALAD FRUIT-JUICE	SLOW COOKED CILANTRO-LIME STEAK FAJITAS LETTUCE TOMATO PICO DE GALLO SOUR CREAM CHEDDAR CHEESE RICE PUDDING JUICE	HONEY GARLIC SESAME CHICKEN ORIENTAL NOODLES OR CARROT RICE BUDDHA VEGGIES FRUIT-JUICE

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FRUIT

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DRINKS

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WE DO NOT USE ANY PEANUTS OR OTHER NUTS IN OUR PREPARATIONS AND DO NOT OFFER ANY KIND OF NUT PRODUCT IN OUR SNACK BAR. WE FOLLOW HACCP SANITATION AND SAFETY STANDARDS IN OUR KITCHEN.

The LunchBox Cafe

2020 MARCH MENU - 2020 MENU MARZO
 DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
02 TO 06	MEDITERRANEAN STYLE CHICKEN WITH HERBS CREAMY VEGETABLE RISOTTO OR REGULAR WHITE RICE TOMATO SALAD FRUIT-JUICE	SPAGUETTI SERVED WITH MARINARA OR BEETS-NEAPOLITAN SAUCES HAWAIIAN BREAD ROLL (PARMESAN CHEESE OPTIONAL) GREEN SALAD DESSERT-JUICE	LATIN STYLE SLOW COOKED SHREDDED BEEF WHITE RICE BLACK BEANS LETTUCE & TOMATO FRUIT-JUICE	FISH CROQUETTES POTATOES A LA CREME CUCUMBER SALAD WITH YOGURT AND MINT BEET DARK CHOC COOKIES JUICE	OVEN ROASTED LEMON CHICKEN CAULIFLOWER RICE PILAF TROPICAL COLESLAW SALAD WITH CITRUS HONEY DRESSING FRUIT-JUICE
09 TO 13	GRANNY'S CHICKEN STEW YELLOW TURMERIC RICE GARDEN SALAD FRUIT-JUICE	SOUP 'N PASTA PENNE MARINARA AND MINESTRONE SOUP CESAR SALAD BREADSTICKS DESSERT-JUICE	SOUTH OF THE BORDER BBQ RIBS ROASTED POTATOES GREEN APPLE COLESLAW FRUIT-JUICE	BEEF AND VEGETABLES ITALIAN DISH SPINACH RICE CUCUMBER TOMATO SALAD DESSERT-JUICE	CHICKEN TENDERS BBQ OR KETCHUP MINI PIZZAS NACHOS WITH CHEESE FRUIT-JUICE
16 TO 20	CHICKEN PARMIGIANA WITH SPINACH DISH CARROT-TURMERIC RICE PILAF CESAR SALAD FRUIT-JUICE	MARINATED TRADITIONAL ROAST BEEF OVEN ROASTED POTATOES OR MASHED POTATOES MIXED SALAD DESSERT-JUICE	FUSILLI PASTA WITH AIOLI AND WHITE CREAM Y SAUCE (OR WITHOUT IT) GARLIC PARMESAN BREAD TOMATO & FRESH WHITE CHEESE SALAD FRUIT-JUICE	INDIAN LIGHT CURRY FISH WITH COCONUT MILK GOLDEN BARLEY RICE THAI CARROT ORANGE SALAD DESSERT-JUICE	CHICKEN STIR FRY ORIENTAL NOODLES AND VEGETABLES PINEAPPLE ORANGE THAI SALAD FRUIT-JUICE
23 TO 27	CLASSIC ITALIAN BEEF LASAGNA FRESH BAKED BREAD ROLL GREEN SALAD FRUIT-JUICE	EARLY RELEASE NO LUNCH	HAWAIIAN BEEF TERIYAKI FRIED RICE WITH VEGGIES ORANGE CABBAGE AND CARROT SALAD DESSERT-JUICE	GARLIC CITRUS ROASTED PORK CHEDDAR MASHED POTATOES MIXED SALAD FRUIT-JUICE	OVEN FRIED CHICKEN DRUMSTICKS MACARRONI AND CHEESE OR BAKED PASTA MARINARA CUCUMBER SALAD DESSERT-JUICE
30 TO 31	-0-	-0-	-0-	-0-	-0-

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The LunchBox Cafe

2020 APRIL MENU - 2020 MENU ABRIL
 DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
01 TO 03	-0-	-0-	-0-	-0-	-0-
06 TO 10	-0-	-0-	-0-	-0-	-0-
13 TO 17	BAKED TERIYAKI GLAZED CHICKEN FRIED RICE VEGETABLE SALAD W/ORIENTAL FRUITY DRESSING FRUIT-JUICE	SPAGUETTI AL POMODORO OR MAC AND CHEESE TOMATO FOCACCIA (PARMESAN CHEESE OPTIONAL) CESAR SALAD W/H-M CROUTONS DESSERT-JUICE	BEEF STEW WITH GREEN BEANS AND CARROTS WHITE RICE BAKED RED BEANS GARDEN SALAD FRUIT-JUICE	FISH 'N CHIPS FISH FINGERS MINI PIZZAS POTATO CHIPS GREEN SALAD DESSERT-JUICE	CHICKEN BBQ ROASTED POTATOES TRADITIONAL COLESLAW FRUIT-JUICE
20 TO 24	BREAST OF CHICKEN WITH CREAMY LEEK AND BACON SAUCE GOLDEN RICE GARLIC BUTTER ZUCCHINI AND CAULIFLOWER FRUIT-JUICE	MED STYLE PORK STEW SHORT PASTA AIOLI & ROSEMARY CUCUMBER -TOMATO SALAD DESSERT-JUICE	MEAT LOAF WITH GRAVY (CHICKEN OPTION) MASHED POTATOES OR WHITE RICE GREEN SALAD FRUIT-JUICE	PESTO OR MARINARA LINGUINI (OPTIONAL GRILLED CHEESE SAND.) FLAT BREAD WITH VEGGIES ITALIAN SALAD DESSERT-JUICE	CHICKEN SANDWICHES FRESH BAKED BREAD BUN ROASTED CHICKEN LETTUCE SLICED TOMATOES FRUIT-JUICE
27 TO 30	CHICKEN CACCIATORE WHITE RICE TOMATO CUCUMBER SALAD FRUIT-JUICE	SOUP AND PASTA SPINACH RAVIOLI CREAM OF VEGGIES TOMATO FOCACCIA MED SALAD DESSERT-JUICE	MEATBALLS PARMIGIANA COUSCOUS, SPINACH RICE PILAF GREEN SALAD FRUIT-JUICE	BBQ PORK RIBS ROASTED POTATOES OR MASHED POTATOES NUTLESS WALDORF SALAD DESSERT-JUICE	NO SCHOOL

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The LunchBox Cafe

2020 MAY MENU - 2020 MENU MAYO
DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
1	-0-	-0-	-0-	-0-	NO SCHOOL
04 TO 08	CHICKEN BREAST MARINATED WITH BASIL AND GARLIC SERVED WITH LIGHT PESTO SAUCE CREAMY RICE WITH VEGETABLES AND PARMESAN OR REGULAR WHITE RICE (FOR TODDLERS) MIXED VEGETABLES SALAD BALSAMIC FRUIT-JUICE	PENNE PASTA ALLA CARBONARA (PARMESAN CHEESE OPTIONAL) FRESH BAKED ROLL GREEN SALAD DESSERT-JUICE	LIGHT CURRY FISH STEW MASHED OR ROASTED POTATOES CUCUMBER SALAD DESSERT-JUICE	BEEF STROGONOF EV OLIVE OIL AND ROASTED GARLIC FUSSILI MIXED SALAD FRUIT – JUICE	SWEET AND SOUR CHICKEN WHITE RICE VEGETABLE ORIENTAL NOODLES FRUIT-JUICE
11 TO 15	CHICKEN AND RICOTTA ITALIAN LASAGNA FOCACCIA ITALIAN SALAD FRUIT-JUICE	BEEF STEW WITH VEGETABLES WHITE RICE MAPLE BAKED RED BEANS CARROT SALAD DESSERT-JUICE	CHICKEN PARMIGIANA OR EGGPLANT PARMIGIANA SPAGUETTI AIOLI GARLIC BREAD TOMATO AND CUCUMBER SALAD DESSERT-JUICE	FISH FINGERS WITH TARTAR SAUCE (OPTIONAL) HASH BROWNS CESAR SALAD FRUIT-JUICE	GREEK FRIDAY WITH CHICKEN GYROS VEGETABLES PITA BREAD ZATZIKI LETTUCE-TOMATO FRUIT-JUICE
18 TO 22	SPAGUETTI BOLOGNESE OR MARINARA FRESH BAKED FOCACCIA CESAR SALAD W/HOMEMADE CROUTONS DESSERT-JUICE	FISH STEW MEDITERRANEAN STYLE YELLOW TURMERIC RICE SWEET POTATOES SALAD DESSERT-JUICE	MARINATED ROASTED BRISQUET W/CHIMICHURRI MASHED OR ROASTED POTATOES GARDEN SALAD FRUIT-JUICE	BBQ PULLED PORK FIESTA RICE TRADITIONAL COLESLAW DESSERT-JUICE	CHICKEN BURRITOS TORTILLA BLACK BEANS WHITE RICE TOMATO LETTUCE SOUR CREAM (OPT) FRUIT-JUICE
25 TO 29	CHICKEN POP CORN WITH HONEY MUSTARD ROASTED POTATOES COLESLAW FRUIT-JUICE	EARLY RELEASE NO LUNCH	ATLANTIC SALMON FLAKES AND ROASTED ZUCHINI OVER CREAMY LEMON-BUTTER PENNE PASTA TOMATO FOCACCIA MIXED SALAD DESSERT-JUICE	PHILLY CHEESE STEAKS FRESH BAKED HOAGIE ROLL CARAMELIZED ONIONS MELTED CHEESE GREEN SALAD DESSERT-JUICE	GRILLED CHICKEN WITH HOUSE CHIMICHURRI ROSEMARY BAKED POTATOES GARDEN SALAD FRUIT-JUICE

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The LunchBox Cafe

2020 JUNE MENU - 2020 MENU JUNIO
 DAILY VEGETARIAN OPTION OPCION VEGETARIANA DIARIA

WEEK/SEMANA	MONDAY/LUNES	TUESDAY/MARTES	WEDNESDAY/MIERCOLES	THURSDAY/JUEVES	FRIDAY/VIERNES
01 TO 05	PREMIUM GROUND BEEF PICADILLO WHITE RICE VEGGIE CAKES FRUIT-JUICE	CHICKEN BBQ MASHED OR ROASTED POTATOES MIXED SALAD FRUIT-JUICE	FISH 'N CHIPS MINI PIZZAS VEGETABLE SALAD POTATO CHIPS FRUIT-JUICE	PASTA BAR FEATURING MARINARA AND PESTO LINGUINE TOMATO FOCACCIA CESAR SALAD DESSERT-JUICE	SOUTHERN STYLE CHICKEN SANDWICH FRESH BAKED BREAD BUNS GARDEN SALAD FRUIT-JUICE
08 TO 09	CURRY CHICKEN AND VEGETABLES YELLOW TURMERIC RICE GARDEN SALAD FRUIT-JUICE	SHREDDED BEEF LATIN STYLE WHITE RICE BLACK BEANS GREEN SALAD DESSERT-JUICE	-EARLY RELEASE NO LUNCH	-0-	-0-

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KID GOURMET / LUNCHBOX CAFE

PRICE LIST / LISTA DE PRECIOS

GRADE/ GRADO	PRICE/ PRECIO	MONTH / MES						TOTAL SEMESTER (92)
		JANUARY ENERO (15)	FEBRUARY FEBRERO (18)	MARCH MARZO (19)	APRIL ABRIL (14)	MAY MAYO (19)	JUNE JUNIO (7)	

M-K	4,50	67.5	81	85.5	63	85.5	31.5	414
1st-5th	5,50	82.5	99	104.5	77	104.5	38.5	506
6th-12th	6,50	97.5	117	123.5	91	123.5	45.5	598
TEACHERS/ STAFF	C2,500	37500	45000	47500	35000	47500	17500	230000
GUESTS/ VOLUNTEERS	C3,000	45000	54000	57000	42000	57000	21000	276000

* PRICE INCLUDES VAT- IVA TAX

+++ PAY FOR THE WHOLE SEMESTER AND GET A 5% DISCOUNT +++
• (OFFER VALID UNTIL JANUARY 27th)

PAYMENT OPTIONS

VIA BANK DEPOSIT OR TRANSFER

BANK: BANCO DE COSTA RICA
BENEFICIARY: EDEN GROUP DOS MIL QUINCE LTDA.
ACCOUNT (\$) # : 001-0321245-9
IBAN CR15015201001032124597
CEDULA JURIDICA : 3-102-697291

VIA PAYPAL

YOU CAN TRANSFER FUNDS VIA PAYPAL EASILY :
kidgourmetcr@gmail.com

WALK- INS

WE GLADLY ACCEPT WALK-INS AT NO EXTRA CHARGE
YOU CAN PAY IN CASH AT THE REGISTER
JUST PAY, GRAB YOUR LUNCH AND ENJOY!

PRE-PAID MEAL PASS

FOR YOUR CONVENIENCE WE HAVE AVAILABLE FIVE DAYS PRE-PAID PAYMENT CARDS
(MEAL PASSES)
USE IT WHEN YOU WANT IT WITH NO EXPIRATION DATE

IMPORTANT NOTICE

WHEN MAKING A PAYMENT, PLEASE WRITE THE STUDENT(S) NAME, GRADE AND ANY ALLERGIES INFORMATION.

NOTICIA IMPORTANTE

AL EFECTUAR EL PAGO, POR FAVOR INDICAR EL NOMBRE DEL ESTUDIANTE(S), GRADO E INFORMACION DE ALERGIAS.

