

# LINCOLN - MENU

| 2025 MAY            | Monday 5  | Tuesday 6  | Wednesday 7   | Thursday 8   | Friday 9   |
|---------------------|---|--|---|--|--|
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>RAVIOLIS, NOODLES, SPAGHETTIS<br>TOMATO, PARISIEN AND BECHAMEL SAUCES | SOUP / SALAD BAR<br>BREADED VEAL<br>WITH RICE AND WHOLE RICE   | SOUP / SALAD BAR<br>VARIETY OF PIZZAS<br>MOZZARELLA, WITH TOMATO, WITH EGGS,<br>WITH VEGGIES    | SOUP / SALAD BAR<br>CHICKEN RISOTTO<br>(chicken, rice, zaffron, vegetables, spices)                          | SOUP / SALAD BAR<br>BREADED FISH<br>TWO COLOURS PUREÉ                        |
| <b>Other Course</b> | BREADED SOY WITH NAPOLITAN SAUCE<br>VEGGIE TORTILLA                                       | SPANISH<br>LENTILS   | BAKED LOIN PORK<br>BITTERSWEET SAUCE<br>CARROTS CHIPS AND SWEET POTATOES<br>CHIPS               | VEAL BROCHETTE<br>CHARD WITH CREAM SAUCE   | VARIETY OP PIES<br>HAM AND CHEESE, ZUCCHINIS, LEEK                           |
| <b>Veggie menú</b>  | SOUP / SALAD BAR<br>VEGGIE LASAGNA<br>TOMATO SAUCE  | SOUP / SALAD BAR<br>SPANISH LENTILS<br>WITHOUT MEAT  | SOUP / SALAD BAR<br>VARIETY OF PIZZAS<br>WITHOUT HAM  | SOUP / SALAD BAR<br>CHICKPEA CROQUETTES<br>WITH CREAMED CHARD  | SOUP / SALAD BAR<br>VARIETY OF PIES<br>ZUCCHINIS, LEEK                       |
| <b>Gluten free</b>  | GLUTEN FREE SOUP<br>BAKED CHICKEN<br>GLUTEN FREE SAUCE<br>POTATOES TORTILLA<br>FRUITS     | GLUTEN FREE SOUP<br>BREADED VEAL WITH GLUTEN FREE FLOUR<br>WITH RICE<br>FRUITS                             | GLUTEN FREE SOUP<br>GLUTEN FREE PIZZA<br>OR GRILLED STEAK<br>WITH VEGGIES<br>FRUITS             | GLUTEN FREE SOUP<br>GLUTEN FREE PASTA<br>GLUTEN FREE HOME MADE SAUCE<br>FRUITS                               | GLUTEN FREE SOUP<br>FISH ROULETTE<br>TWO COLOURS PURÉE<br>FRUITS             |
|                     | Monday 12   | Tuesday 13   | Wednesday 14  | Thursday 15  | Friday 16  |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>BAKED CHICKEN<br>SAFFRON RICE AND WHOLE RICE                          | SOUP / SALAD BAR<br>BREADED FISH<br>WITH POTATOES AND PUMPKINS PURÉE                                       | SOUP / SALAD BAR<br>SORRENTINOS, RINGLETS SPAGHETTIS<br>MEAT, TOMATO AND FOUR CHEESES<br>SAUCES | SOUP / SALAD BAR<br>BREADED MEAT<br>WITH BAKED VEGETABLES  | SOUP / SALAD BAR<br>MEXICAN TACOS<br>(meat, chicken veggies)<br>FRENCH FRIES |
| <b>Other Course</b> | BREADED SOY WITH FLORENTINE SAUCE<br>SQUASH SOUFFLÉE                                      | SPANISH STEW VEAL<br>WITH SWEET POTATOES   | BAKED LOIN PORK<br>MUSTARD AND HONEY SAUCE<br>VEGGIE TORTILLA                                   | CHAW FAN<br>(rice sauteed with vegetables and soy sauce)   | FISH ROULETTE<br>VEGGIE TORTILLA   |
| <b>Veggie menú</b>  | SOUP / SALAD BAR<br>BREADED SOY WITH FLORENTINE SAUCE<br>VEGGIE TORTILLA                  | SOUP / SALAD BAR<br>BREADED EGGPLANTS<br>WITH POTATOES AND PUMPKINS PURÉE                                  | SOUP / SALAD BAR<br>VARIETY OF PASTAS<br>SAUCES WITHOUT MEAT                                    | SOUP / SALAD BAR<br>CHAW FAN<br>(rice sauteed with vegetables and soy sauce)                                 | SOUP / SALAD BAR<br>VEGGIES TACOS<br>FRENCH FRIES                            |
| <b>Gluten free</b>  | GLUTEN FREE SOUP<br>GRILLED CHICKEN<br>WITH RICE AND WHOLE RICE<br>FRUITS                 | GLUTEN FREE SOUP<br>FISH ROULETTE<br>BAKED POTATOES AND VEGETABLES<br>FRUITS                               | GLUTEN FREE SOUP<br>GLUTEN FREE PASTA<br>GLUTEN FREE HOMEMADE SAUCE<br>FRUITS                   | GLUTEN FREE SOUP<br>BREADED MEAT<br>WITH GLUTEN FREE FLOUR<br>WITH BAKED VEGETABLES<br>FRUITS                | GLUTEN FREE SOUP<br>GRILLED CHICEKN<br>VEGGIE TORTILLA<br>FRUITS             |
|                     | Monday 19   | Tuesday 20   | Wednesday 21  | Thursday 22  | Friday 23  |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>MEAT AND POTATOES PIE<br>(Meat cut with knife and mashed potatoes)    | SOUP / SALAD BAR<br>GNOCCIS, SHORT NOODLES AND<br>MACARONIS<br>TOMATO, BECHAMEL AND FOUR CHEESES<br>SAUCES | SOUP / SALAD BAR<br>BREADED CHICKEN<br>OPTION WITH NAPOLITAN SAUCE                              | SOUP / SALAD BAR<br>BAKED LOIN PORK<br>MUSTARD AND HONEY SAUCES<br>WITH BAKED POTATOES AND SWEET<br>POTATOES | SOUP / SALAD BAR<br>BREADED FISH FILET<br>TWO COLOURS PURÉE                  |

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| <b>Other Course</b> | BREADED SOY WITH NAPOLITAN SAUCE<br>WOK OF VEGGIES   | BAKED LOIN PORK<br>WITH CARROTS   | TRADITIONAL<br>LOCRO  | VEAL BROCHETTE<br>VEGGIE TORTILLA   | VARIETY OF PIES<br>ZUCCHINIS LEEK, HAM AND CHEESE  |
| <b>Veggie Menu</b>  | SOUP / SALAD BAR<br>BREADED SOY WITH<br>WOK OF VEGETABLES  | SOUP / SALAD BAR<br>VARIETY OF PASTAS<br>SAUCES WITHOUT MEAT                  | SOUP / SALAD BAR<br>VEGETARIAN<br>LOCRO                                       | SOUP / SALAD BAR<br>CHICKPEA MEATBALLS<br>VEGGIE TORTILLA                       | SOUP / SALAD BAR<br>LEEK PIE<br>ZUCCHINIS PIE  |
| <b>Gluten free</b>  | GLUTEN FREE SOUP<br>GRILLED STEAK<br>GLUTEN FREE MASHED POTATOES<br>FRUITS                           | GLUTEN FREE SOUP<br>GLUTEN FREE PASTA<br>HOMEMADE GLUTEN FREE SAUCE<br>FRUITS | GLUTEN FREE SOUP<br>GRILLED CHICKEN<br>WITH POTATOES AND VEGETABLES<br>FRUITS | GLUTEN FREE SOUP<br>LOIN PORK STEAK GRILL<br>WITH SWEET POTATOES<br>FRUITS      | GLUTEN FREE SOUP<br>BAKED FISH FILET<br>POTATOES AND PUMPKIS<br>FRUITS                               |
|                     | <b>Monday 26</b>   | <b>Tuesday 27</b>   | <b>Wednesday 28</b>   | <b>Thursday 29</b>  | <b>Friday 30</b>   |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>SORRENTINOS, RINGLETS NOODLES,<br>SPAGHETTIS<br>TOMATO, PARISIEN AND PINK SAUCES | SOUP / SALAD BAR<br>BAKED MEAT<br>MUSTARD SAUCE<br>WOK OF VEGETABLES          | SOUP / SALAD BAR<br>CHICKEN STEW WITH<br>MUSHRHOOMS AND RICE                  | SOUP / SALAD BAR<br>BREADED VEAL<br>SQUASH PURÉE<br>FRITTERS SQUASH WITH CHEESE | SOUP / SALAD BAR<br>BURGER'S DAY<br>(burger sandwich with tomato, lettuce,<br>onion)<br>FRENCH FRIES |
| <b>Other Course</b> | BREADED SOY WITH NAPOLITAN SAUCE<br>VEGGIE TORTILLA  | VARIETY OF PIES<br>LEEK, ZUCCHINIS AND ONION, HAM AND<br>CHEESE               | STUFFED BAKED LOIN PORK<br>WITH CARROTS AND SWEET POTATOES                    | LENTILS<br>STEW   | BUFFALO CHICKEN WINGS<br>AND CHICKEN NUGGET'S<br>WITH CARROTS AND SWEET POTATOES                     |
| <b>Veggie Menu</b>  | SOUP<br>BREADED SOY<br>VEGGIE TORTILLA   | SOUP<br>VARIETY OF PIES<br>LEEK, ZUCCHINIS AND ONION, HAM AND<br>CHEESE       | SOUP<br>RICE AND VEGGIES<br>STEW  | SOUP<br>CHICKPEAS BURGER<br>WOK OF VEGGIES                                      | SOUP<br>CHOP SUEY WITH<br>VEGETABLES AND VEGGIES   |
| <b>Gluten free</b>  | GLUTEN FREE SOUP<br>GRILLED CHICKEN<br>RICE SAUTÉED WITH VEGGIES<br>FRUITS                           | GLUTEN FREE SOUP<br>BAKED MEAT<br>WOK OF VEGETABLES<br>FRUITS                 | GLUTEN FREE SOUP<br>GRILLED CHICKEN<br>RICE SAUTÉED WITH VEGGIES<br>FRUITS    | GLUTEN FREE SOUP<br>GLUTEN FREE BREADED VEAL<br>WITH PUMPKINS<br>FRUITS         | GLUTEN FREE SOUP<br>GRILLED STEAK<br>FRENCH FRIES<br>FRUITS  |

**NOTES**

\*Mail address, [info@cookssrl.com.ar](mailto:info@cookssrl.com.ar) / [calidadynutricion@cookssrl.com.ar](mailto:calidadynutricion@cookssrl.com.ar)

\*Special salad bar, Waldorf, spinach, Capresse, eggplants, etc.

\*Classic salad bar, tomato, carrots, lettuce, fennel, onion, etc.

\*Variety of desserts every day, jelly, mousse, cakes, pies, etc.

Every day seasonal fruits

\*Medical diet and special diets

\*Nutritional consulting

\*Degree in nutrition Lic. Luz Vieyra Capdeport

# LINCOLN - KINDERGARDEN MENU

| 2025 MAY            | Monday 5   | Tuesday 6   | Wednesday 7  | Thursday 8  | Friday 9   |
|---------------------|--|---|--|---|--|
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>NOODLES<br>TOMATO, BECHAMEL OR PINK HOMEMADE SAUCES<br>PEACHES IN SYRUP<br>FRUITS  | SOUP / SALAD BAR<br>BREADED VEAL<br>WITH RICE AND WHOLE RICE<br>BANANA PUDDING<br>FRUITS      | SOUP / SALAD BAR<br>VARIETY OF PIZZAS<br>MOZZARELLA, HAM, TOMATO<br>FRUIT SALAD<br>FRUITS                          | SOUP / SALAD BAR<br>BAKEN CHICKEN WITH<br>RICE AND FRITTERS WITH VEGETABLES<br>JELLY<br>FRUITS                | SOUP / SALAD BAR<br>HOMEMADE NUGGET'S FISH<br>TWO COLOURS PUREÉ<br>VANILLA CUSTARD<br>FRUITS   |
| <b>Other Course</b> | BREADED EGGPLANTS WITH CHEESE<br>VEGGIE TORTILLA   | SPANISH<br>LENTILS  | BAKED LOIN PORK<br>CARROTS CHIPS AND SWEET POTATOES<br>CHIPS   | BAKED CHICKEN<br>WITH FRITTERS CHARD  | VARIETY OF PIES<br>HAM AND CHEESE, ZUCCHINIS, LEEK   |
|                     | Monday 12  | Tuesday 13  | Wednesday 14   | Thursday 15   | Friday 16  |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>BAKED CHICKEN<br>RICE AND SQUASH / SQUASH SOUFFLÉE<br>PEACHES IN SYRUP<br>FRUITS   | SOUP / SALAD BAR<br>FISH NUGGETS<br>WITH POTATOES AND PUMPKINS PURÉE<br>GELLY<br>FRUITS       | SOUP / SALAD BAR<br>RINGLETS NOODLES<br>TOMATO, BECHAMEL AND WHITE<br>HOMEMADE SAUCES<br>VANILLA CUSTARD<br>FRUITS | SOUP / SALAD BAR<br>BREADED MEAT<br>WITH BAKED VEGETABLES<br>ALFAJORITOS<br>FRUITS                            | SOUP / SALAD BAR<br>BAKED CHICKEN AND VEAL WITH<br>FRENCH FRIES AND CARROTS<br>MOUSSE<br>FRUITS  |
| <b>Other Course</b> | BREADED SOY WITH FLORENTINE SAUCE<br>SQUASH SOUFFLÉE   | SPANISH STEW VEAL<br>WITH SWEET POTATOES  | BAKED LOIN PORK<br>VEGGIE TORTILLA   | CHAW FAN<br>(rice sauteed with vegetables and soy sauce)  | FISH ROULETTE<br>VEGGIE TORTILLA   |
|                     | Monday 19  | Tuesday 20  | Wednesday 21   | Thursday 22   | Friday 23  |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>BAKED TENDERIZED VEAL<br>MASHED POTATOES<br>YOGURT<br>FRUITS                       | SOUP / SALAD BAR<br>MACCARONIS<br>WITH TOMATO, BECHAMEL AND PINK<br>SAUCES<br>JELLY<br>FRUITS | SOUP / SALAD BAR<br>BREADED CHICKEN<br>RICE AND FRITTERS RICE WITH SQUASH<br>FRUIT SALAD<br>FRUITS                 | SOUP / SALAD BAR<br>BAKED LOIN PORK<br>WITH BAKED POTATOES AND SWEET<br>POTATOES<br>VANILLA PUDDING<br>FRUTIS | SOUP / SALAD BAR<br>HOMEMADE BREADED NUGGET'S FISH<br>TWO COLOURS PURÉE<br>BAKED APPLE<br>FRUITS   |
| <b>Other Course</b> | BREADED EGGPLANTS<br>WITH WOK OF VEGGIES   | BAKED LOIN PORK<br>WITH CARROTS   | TRADITIONAL<br>LOCRO   | BAKED VEAL<br>VEGGIE TORTILLA   | VARIETY OF PIES<br>HAM AND CHEESE, LEEK AND ZUCCHINIS  |
|                     | Monday 26  | Tuesday 27  | Wednesday 28   | Thursday 29   | Friday 30  |
| <b>Main Menu</b>    | SOUP / SALAD BAR<br>RINGLETS NOODLES<br>TOMATO, BECHAMEL AND PINK SAUCES<br>PEACHES IN SYRUP<br>FRUITS | BAKED VEAL<br>WOK OF VEGETABLES<br>FRUIT SALAD<br>FRUITS                                      | SOUP / SALAD BAR<br>BAKED CHIVKEN<br>RICE AND FRITTERS RICE WITH VEGGIES<br>YOGURT<br>FRUITS                       | SOUP / SALAD BAR<br>BREADED VEAL<br>SQUASH PURÉE<br>FRITTERS SQUASH WITH CHEEDE<br>JELLY<br>FRUITS            | SOUP / SALAD BAR<br>ARGENTINE CREOLES<br>(Sandwiches with tenderized meat, tomato,<br>letucce)<br>FRENCH FRIES AND BREADED ONION<br>RINGLET<br>VANILLA CUSTARD<br>FRUITS |
| <b>Other Course</b> | BREADED EGGPLANTS<br>WITH VEGGIES  | VARIET OF PIES<br>HAM AND CHEESE, LEEK CHARD  | BAKED LOIN PORK<br>WITH CARROTS AND SWEETS POTATOES  | LENTILS<br>STEW   | CHICKEN NUGGET'S WITH<br>CARROTS AND SWEET POTATOES  |