



LINCOLN - MENU

2024 MARCH					FRIDAY 1º OF MARCH
Main Menu					SALAD BAR HOMEMADE BREADED FISH FILET ROASTED POTATOES AND PUMPKINS
Other Course					MACARRONES WITH BACON AND CHEDDAR CHEESE SAUCE
Veggie menú					VEGGIE SALAD MACARONIS SAUTÉED WITH VEGETABLES
Gluten free					GLUTEN FREE SALAD BAKED GLUTEN FREE FISH FILET WITH POATOES AND PUMPKINS FRUITS
	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THIRSDAY 7	FRIDAY 8
Main Menu	SALAD BAKED CHICKEN MASHED POTATOES AND PUMPKINS PUREÉ	SALAD MEXICAN TACOS (meat, chicken, veggies) FRENCH FRIES / CHEEDAR	SALAD SHORT NOODLES, CAPELETTIS, FUSSILES BECHAMEL, NAPOLITAN, FOUR CHEESE SAUCES	SALAD BREADED FISH FILET POTATOES AND VEGGIES TORTILLAS	SALAD BREADED VEAL ZAFFRON RICE
Other Course	NOODLES WITH CHEESES SAUCE	BREADED SOY WITH NAPOLITAN SAUCE VEGGIE TORTILLA	BAKED CHICKEN WITH HONEY AND MUSTARD SAUVE ROASTED SWEET POTATOES AND CARROTS	WOK OF VEGGIES, SEEDS AND CHICKEN	VEGGIE AND RICOTTA CREPES WITH PINK SAUCE
Veggie menú	CARROTS AND SPINACH PUDDING VEGGIES BROCHETTE	BREADED SOY WITH TOMATO VEGGIE TORTILLA	BREADED EGGPLANTS CARROTS CHIPOS	SPINACH AND CARROTS TORTILLA CHICKPEA MEATBALLS	SPECIAL STEW OF LENTILS AND VEGGIES
Gluten free	BAKED CHICKEN, GLUTEN FREE SAUCE WITH POTATOES AND PUMPKINS FRUITS	GRILLED CHICKEN WITH POTATOES AND VEGETABLES FRUITS	GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE BAKED FISH ROLL WITH VEGGIE AND POTATOES TORTILLA FRUITS	BREADED VEAL, GLUTEN FREE FLOUR WITH RICE FRUITS
	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THIRSDAY 14	FRIDAY 15
Main Menu	SALAD BAKED VEAL DEMIGLACE SAUCE POTATOES AND BACON TORTILLA	SALAD RAVIOLIS, NOODLES, MACCARONIS TOMATO, PARISIEN, BECHAMEL SAUCES	SALAD VARIETY OF PIZZAS PEPPERONI, TOMATO, MOZZARELLA, EGGS, VEGGIES	SALAD BREADED CHICKEN OPTIÓN, NAPOLITAN SAUCE POTATOES AND SPINACH	SALAD BAKED LOIN PORK MUSTARD AND HONEY SAUCE RICE AND WHOLE RICE
Other Course	CHICKEN STEW WITH PORTUGUESE SAUCE AND RICE	HOMEMADE NUGGETS FISH SCRAMBLED ZUCCHINIS	STUFFED BAKED LOIN PORK MUSTARD AND HONEY SAUCE	VARIETY OF PIES HAM AND CHEESE, CAPRESSE, ZUCCHINIS	BREADED SOY WITH NAPOLITAN SAUCE GRATIN CAULIFLOWER

			ROASTED PUMPKIN		AND BROCCOLI
Veggie menú	VEGETABLES STEW WITH VEGGIES AND RICE	HOMEMADE NUGGETS PUMPKINS SCRAMBLED ZUCCHINIS	WOK OF VEGGIES AND SEED OR PIZZA WITHOUT MEAD	BREADED EGGPLANTS POTATOES AND SPINACH	WOK OF RICE WITH VEGETABLES
Gluten free	GRILLED STEAD GLUTEN FREE POTATOES TORTILLA	GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE	GLUTEN FREE PIZZA OR GRILLED CHICKEN WITH ROASTED PUMPKINS	BREADED CHICKEN WITH GLUTEN FREE FLOUR SAUTEED SPINACH	GRILLED LOIN PORK WITH RICE / WHOLE RICE
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THIRSDAY 21	FRIDAY 22
Main Menu	SALAD BAKED CHICKEN WITH CURRY SAUCE MASHED POTATOES	SALAD BREADED VEAL WITH CHAW FAN (rice sauteed with veggies and soy sauce)	SALAD VEGGIE AND RICOTTA LASAGNA, FUSSILES AND SHORT NOODLES TOMATO, PARISIEN AND WHITE SAUCES	SALAD BURGER'S DAY (Burgers, bread, tomato, lettuce) FRENCH FRIES	SALAD BREADED FISH ZAFFRON RICE
Other Course	SPINACH NOODLES WITH LEEK SAUCE AND MUSHROOMS	GRILLED LOIN PORK WITH SAUTEED CARROTS, SWEET POTATOES AND BROCCOLI	BREADED CHICKEN NUGGETS ROSEMARY VEGGIES	LOIN PORK BROCHETTE SWEET POTATOES AND CARROTS	CHAW MEIN (noodles sauteed with veggies)
Veggie Menu	SPINACH NOODLES LEEK AND MUSHROOMS SAUCE	WHOLE RICE CHAW FAN BREADED SOY	ROSEMARY VEGGIES BREADED EGGPLANTS	LENTILS AND VEGGIES BURGER FRENCH FRIES AND CARROTS	CHAW MEIN (Noodles sauteed with veggies)
Gluten free	GRILLED CHICKEN WITH POTATOES AND PUMPKINS	BREADED VEAL, WITH GLUTEN FREE FLOUR WITH CHAW FAN	GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE	GLUTEN FREE BURGER FRENCH FRIES	BAKED FISH ROLL WITH RICE AND VEGGIES
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THIRSDAY 28	FRIDAY 29
Main Menu	SALAD BAKED VEAK MUSHROOMS SAUCE SPANISH POTATOES AND SWEET POTATOES	SALAD MACCARONIS, SORRENTINOS, SPAGHETTIS TOMATO, PARISIEN AND PINK SAUCES	SALAD BREADED CHICKEN SPINACH AND RICE WITH CREAM	HOLIDAY	HOLIDAY
Other Course	BREADED SOY WITH NAPOLITAN SAUCE VEGGIE SOUFFLÉE	HOMEMADE NUGGET'S FISH WITH PUMPKINS	HAM AND CHEESE QUICHE CORN, BROCCOLI AND CARROTS PIES		
Veggie Menu	BREADED SOY WITH TOMATO SAUCE VEGGIE SOUFFLÉE	BREADED PUMPKINS WITH SEEDS SWEET POTATOES CHIPS	BROCCOLI AND CARROTS PIE CORN PIE		
Gluten free	BAKED VEAL WITH GLUTEN FREE SAUCE RICE	GLUTEN FREE SAUCE HOMEMADE GLUTEN FREE SAUCE	BREADED CHICKEN, GLUTEN FREE FLOUR WITH RICE AND SPINACH		

NOTES

*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 Capdepont
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2024 MARCH					FRIDAY 1 ^o OF MARCH
Main Menu					SALAD BAR HOMEMADE BREADED FISH FILET ROASTED PUMPKINS AND POTATOES JELLY FRUITS
Other Course					MACARONIS WITH CHEESE
	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THIRSDAY 7	FRIDAY 8
Main Menu	SALAD BALED CHICKEN MASHED POTATOES AND PUMPKINS PUREÉ STRAWBERRY AND VANILLA YOGURTH FRUITS	SALAD BAKED CHICKEN AND VEAL WITH VEGETABLES AND FRENCH FRIES FRUIT SALAD FRUITS	SALAD SHORT NOODLES HOMEMADE TOMATO, WHITE AND PINK SAUCES VANILLA CUSTARD FRUITS	SALAD HOMEMADE FISH NUGGETS POTATOES AND VEGGIE TORTILLA GELLY FRUITS	SALAD BREADED SOY RICE AND FRITTERS SQUASH FRUITS SALAD FRUITS
Other Course	MACARONIS WITH WHITE SAUCE	BREADED EGGPLANTS SPINACH TORTILLA	BAKED LOIN PORK WITH CARROTS AND SWEET POTATOES	WOK OF VEGGIES, SEEDS AND CHICKEN	VEGGIE AND RICOTTA CREPES WITH PINK SAUCE
	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THIRSDAY 14	FRIDAY 15
Main Menu	SALAD BAKED TENDERIZED VEAL POTATOES TORTILLA AND PUMPKINS PEACHES IN SYRUP FRUITS	SALAD RAVIOLIS HOMEMADE TOMATO, WHITE AND PINK SAUCES ENSALADA DE FRUTAS FRUITS	SALAD VARIETY OF TURNOVERS MEAT CUT WITH KNIFE, HAM AND CHEES, VEGGIES VANILLA OR STRAWBERRY YOGURTH FRUITS	SALAD BREADED CHICKEN FRITTERS CHARD AND POTATOES DOREÉ GELLY FRUITS	SALAD BAKED TENDERIZED LOIN PORK OR VEAL RICE AND FRITTERS CARROTS ICE CREAM FRUITS
Other Course	CHICKEN STEW WITH PORTUGUESE SAUCE AND RICE	HOMEMADE NUGGETS FISH SCRAMBLED ZUCCHINIS	STUFFED BAKED LOIN PORK MUSTARD AND HONEY SAUCE	VARIETY OF PIES HAM AND CHEESE, CAPRESSE, ZUCCHINIS	BREADED SOY WITH NAPOLITAN SAUCE GRATIN CAULIFLOWER
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THIRSDAY 21	FRIDAY 22
Main Menu	SALAD BAKED CHICKEN MASHED POTATOES VANILLA CUSTARD FRUITS	SALAD BREADED VEAL WITH RICE AND VEGGIES GELLY WITH FRUITS FRUITS	SALAD SHORT NOODLES HOMEMADE TOMATO, WHITE AND PINK SAUCES VANILLA OR STRAWBERRY YOGURTH FRUITS	SALAD TENDERIZED BAKED VEAL FRENCH FRIES AND CARROTS ICE CREAM FRUITS	SALAD HOMEMADE NUGGETS FISH WITH RICE AND FRITTERS CARROTS VANILLA CUSTARD FRUITS
Other Course	SPINACH NOODLES WITH LEEK SAUCE AND MUSHROOMS	GRILLED LOIN PORK WITH SAUTEED CARROTS, SWEET POTATOES AND BROCCOLI	BREADED CHICKEN NUGGETS ROSEMARY VEGGIES	BAKED LOIN PORK CARROTS AND SWEET POTATOES	CHAW MEIN (noodles sauteed with veggies)
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THIRSDAY 28	FRIDAY 29
Main Menu	SALAD BAKED VEAL WITH POTATOES AND SWEET POTATOES FRUITS SALAD FRUITS	SALAD MACCARONIS TOMATO, BECHAMEL AND PINK SAUCES PEACHES IN SYRUP FRUITS	SALAD BREADED CHICKEN RICE AND FRITTERS CHARD GELLY FRUITS	HOLIDAY	HOLIDAY
Other Course	BREADED EGGPLANTS VEGGIE SOUFFLÉE	HOMEMADE NUGGET'S FISH WITH PUMPKINS	HAM AND CHEESE QUICHE CORN, BROCCOLI AND CARROTS PIES		