

LINCOLN - MENU

2024 OCTOBER	Monday 30	Tuesday 1 ^o	Wednesday 2	Thursday 3	Friday 4
Main Menu	SALAD BAR BAKED VEAL CREOLE SAUCE ROASTED POTATOES & SWEET POTATOES	SALAD BAR GNOCCIS, THREE COLOURS FUSSILES, NOODLES FOUR CHEESES, TOMATO, PORTUGUES SAUCES	SALAD BAR BREADED VEAL CHEDDAR CHEESE SAUCES MASHED POTATOES / SQUASH PURÉE	SALAD BAR TRADITIONAL CHICKEN RISOTTO (Rice, chicken, veggies, spices)	SALAD BAR MEXICAN TACOS (meat, chicken, vegetables with soy sauce) FRENCH FRIES
Other Course	TAGLIATELLIS NOODLES WITH ROSSINI SAUCE	HOMEMADE FISH NUGGET'S WOK OF VEGETABLES	VARIETY OF PIES LEEK, CHARD, HAM & CHEESE	VEAL BROCHETTE CARROTS, SWEET POTATOES AND ZUCCHINIS BAKED	BAKED STUFFED LOIN PORK VEGGIE TORTILLA
Veggie menú	SALAD BAR SPECIAL VEGETABLE TORTILLA WITH PUMPKINS FRUITS	SALAD BAR VARIETY OF PASTAS TOMATO AND BECHAMEL SAUCES FRUITS	SALAD BAR VARIETY OF PIES LEEK, CHARD FRUITS	SALAD BAR LEGUME RISOTO (WOK OF VEGGIES WITH ZAFFRON RICE) FRUITS	SALAD BAR VEGGIES TACOS WITH FRENCH FRIES FRUITS
Gluten free	GLUTEN FREE SALAD GLUTEN FREE BAKED VEAL WITH POTATOES & SWEET POTATOES FRUITS	GLUTEN FREE SALAD BAKED FISH FILET WOK OF VEGGIES FRUITS	GLUTEN FREE SALAD GLUTEN FREE BREADED VEAL GLUTEN FREE MASHED POTATOES FRUITS	GLUTEN FREE SALAD GRILLED CHICKEN WITH RICE AND VEGETABLES FRUITS	GLUTEN FREE SALAD GRILLED LOIN PORK GLUTEN FREE VEGGIE TORTILLA FRUITS
	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Main Menu	SALAD BAR BAKED CHICKEN LEMON SAUCE ROSEMARY POTATOES AND SWEET POTATOES	SALAD BAR SORRENTINOS, SPAGHETTIS, MACARRONIS BECHAMEL, PARISIEN AND FOUR CHEESES SAUCES	SALAD BAR STEW STROGONOFF VEAL WITH RICE	SALAD BAR BREADED LOIN PORK OPTION; NAPOLITAN SAUCE MASHED POTATOES / MASHED CAULIFLOWER	HOLIDAY
Other Course	CHAW FAN (rice sauteed with vegetables and soy sauce)	FISH ROLL STUFFED WITH SPINACH AND CARROTS PUMPKINS	VARIETY OF PIES HAM AND CHEESE, ZUCCHINIS, CAPRESSE	SPECIAL LAMB STEW	
Veggie menú	SALAD BAR CHICKPEA MEATBALLS WITH VEGETABLES FRUITS	SALAD BAR BREADED SOY WITH VEGETABLES FRUITS	SALAD BAR RISOTO REMOLACHA FRUITS	SALAD BAR STUFFED WITH SPINACH LASAGNA WITH TOMATO AND BASIL SAUCE FRUITS	
Gluten free	GLUTEN FREE SALAD GRILLED STEAK WITH ROSEMARY POTATOES & SWEET POTATOES FRUITS	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE SALAD GRILLED CHICKEN WITH RICE AND VEGETABLES FRUITS	GLUTEN FREE SALAD GLUTEN FREE BREADED LOIN PORK GLUTEN FREE MASHED POTATOES AND CAULIFLOWER FRUITS	
	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Main Menu	SALAD BAR BAKED CHICKEN GREEN ONION SAUCE ROASTED SWEET POTATOES AND POTATOES	SALAD BAR SCOLAR MEAT & POTATOES PIE (meat cut with knife, mashed potatoes, spices)	SALAD BAR BREADED VEAL SPRING RICE	SALAD BAR TORTELETTIS, MACCARONIS, NOODLES VARIETY OF SAUCES (TOMATO- CREAM -SEA FRUITS)	SALAD BAR BURGER'S DAY (Burger sandwich with tomato, lettuce, onion) FRENCH FRIES / CHEDDAR CHEESE
Other Course	CHAW MEIN (noodles sautéed with vegetables and soy sauce)	VARIETY OF PIES CHARD, ZUCCHINIS LEEK	SPECIAL SQUID STEW (SQUIDO, TOMATE SAUCE, PEPPERS, SPICES)	BALED CHICKEN WITH ROSEMARY SAUCE AND PUMPKINS	PORK STEAK WITH MUSTARD SAUCE WITH CARROTS AND BOÑATO
Veggie Menu	SALAD BAR CHAW MEIN NOODLES SAUTÉED WITH VEGETABLES AND SOY SAUCE FRUITS	SALAD BAR VARIETY OF PIES CHARD, LEEK, ZUCCHINIS FRUITS	SALAD BAR LENTILS & VEGGIE STEW FRUITS	SALAD BAR SPECIAL LENTILS AND VEGGIES TORTILLA FRUITS	SALAD BAR LENTILS BURGER WITH FRENCH FRIES AND CARROTS STICKS FRUITS
Gluten free	GLUTEN FREE SALAD GRILLED CHICKEN GLUTEN FREE ROASTED POTATOES AND SWEET POTATOES FRUITS	GLUTEN FREE SALAD GRILLED STEAK WITH GLUTEN FREE MASHED POTATOES FRUITS	GLUTEN FREE SALAD GLUTEN FREE BREADED VEAL WITH RICE AND VEGETABLES FRUITS	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE SALAD GRILLED LOIN PORK WITH PUMPKINS FRUITS
	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1 ^o
Main Menu	SALAD BAR BAKED MEAT MUSTARD SAUCE FLAVORED RICE	SALAD BAR VARIEY OF PIZZAS MOZZARELLA, WITH TOMATO, WITH ONION, WITH EGGS AND VEGGIES	SALAD BAR WRAPS (CHICKEN, MEAT AND VEGETABLES= FRENCH FRIES & CHEDDAR CHEESE	SALAD BAR TORTELETTIS, SPAGHETTIS, MACCARONIS PINK, PARISIEN AND FOUR CHEESES SAUCES	SALAD BAR BREADED CHICKEN MASHED POTATOES
Other Course	BREADED SOY WITH CHEESE SAUCE AND VEGETABLES	LOIN PORK TENDERS WITH MUSHROOMS AND CREAM SAUCE SWEET POTATOES STICKS	BAKED LAMB WITH SWEET AND SOURCE SAUCE GRATIN VEGGIE TORTILLA	HOMEMADE FISH NUGGET'S, WITH BLUE CHEESE SAUCE ZUCCHINIS & SWEET POTATOES	TENDERIZED BAKED VEAL WITH CARROTS AND SWEET POTATOES
Veggie Menu	SALAD BAR BREADED SOY WITH WOK OF VEGETABLES FRUITS	SALAD BAR CHICKPEA MEATBALLS MASHED SQUASH FRUITS	SALAD BAR VEGGIE WRAP FRENCH FRIES FRUITS	SALAD BAR VARIETY OF PASTAS VARIETY OF SAUCES WITHOUT MEAT FRUITS	SALAD BAR CHICKPEAS BURGER WITH SPINACH, CREAM AND SEEDS FRUITS
Gluten free	GLUTEN FREE SALAD BAKED MEAT WITH RICE AND VEGETABLES FRUITS	GLUTEN FREE SALAD GLUTEN FREE PIZZA OR CHICKEN STEAK WITH SWEET POTATOES FRUITS	GLUTEN FREE SALAD GLUTEN FREE CHICKEN WRAP WITH FRENCH FRIES FRUITS	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE SALAD GLUTEN FREE BREADED CHICKEN WITH POTATOES AND ZUCCHINIS FRUITS

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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LINCOLN - KINDERGARDEN MENU

2024 OCTOBER	Monday 30	Tuesday 1 ^o	Wednesday 2	Thursday 3	Friday 4
Main Menu	SALAD BAR TENDERIZED BAKED VEAL WITH POTATOES AND SWEET POTATOES STRAWBERRY MOUSSE FRUITS	SALAD BAR FUSSILES PASTAS TOMATO, BECHAMEL AND PINK SAUCES JELLY FRUITS	SALAD BAR BREADED VEAL MASHED POTATOES / SQUASH PURÉE VANILLA CUSTARD FRUITS	SALAD BAR GRILLED CHICKEN WITH RICE AND FRITTERS VEGGIES PEACH IN SYRUP FRUITS	SALAD BAR BAKED VEAL WITH FRENCH FRIES AND CARROTS STICKS HOMEMADE BANANA PUDDING FRUITS
Other Course	TAGLIATELLIS NOODLES WITH ROSSINI SAUCE	HOMEMADE FISH NUGGET'S WOK OF VEGETABLES	VARIETY OF PIES LEEK, CHARD, HAM & CHEESE	VEAL BROCHETTE CARROTS, SWEET POTATOES AND ZUCCHINIS BAKED	BAKED STUFFED LOIN PORK VEGGIE TORTILLA
	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Main Menu	SALAD BAR GRILLED CHICKEN WITH POTATOES & SWEET POTATOES YOGURT WITH CEREALS FRUITS	SALAD BAR MACCARONIS TOMATO, BECHAMEL AND PINK SAUCE FRUIT SALAD FRUITS	SALAD BAR BAKED CHICKEN WITH RICE AND FRITTERS VEGGIES JELLY FRUITS	SALAD BAR BREADED LOIN PORK MASHED POTATOES / MASHED CAULIFLOWER VANILLA CUSTARD FRUITS	HOLIDAY
Other Course	CHAW FAN (rice sauteed with vegetables and soy sauce)	FISH ROLL STUFFED WITH SPINACH AND CARROTS PUMPKINS	VARIETY OF PIES HAM AND CHEESE, ZUCCHINIS, CAPRESSE	WITH BAKED LAMB AND VEGETABLES	
	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Main Menu	SALAD BAR BAKED TENDERIZED CHICKEN WITH POTATOES AND SWEET POTATOES FRUIT SALAD FRUITS	SALAD BAR BAKED TENDERIZED VEAL MASHED POTATOES ICE CREAM FRUITS	SALAD BAR BREADED VEAL RICE AND FRITTERS VEGGIES VANILLA CUSTARD FRUITS	SALAD BAR MACCARONIS TOMATO, BECHAMEL AND PINK SAUCES JELLY WITH FRUITS FRUITS	SALAD BAR BAKED VEAL FRENCH FRIES AND CARROTS STICKS HOMEMADE BANANA PUDDING FRUITS
Other Course	CHAW MEIN (noodles sautéed with vegetables and soy sauce)	VARIETY OF PIES CHARD, ZUCCHINIS LEEK	SPECIAL SQUID STEW (SQUIDO, TOMATE SAUCE, PEPPERS, SPICES)	BAKED CHICKEN WITH ROSEMARY SAUCE AND PUMPKINS	PORK STEAK WITH MUSTARD SAUCE WITH CARROTS AND BOÑATO
	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1^o NOVEMBER
Main Menu	SALAD BAR BAKED MEAT RICE AND FRITTERS VEGETABLES CHEESE AND SWEET STICK FRUITS	SALAD BAR MOZZRELLA PIZZA AND VARIETY OF TURNOVERS (meat cut with knife, ham and cheese, veggie) ICER CREAM FRUITS	SALAD BAR BAKED GRILLED CHICKEN FRENCH FRIES AND CARROTS STICKS VANILLA CUSTARD FRUITS	SALAD BAR SHORT NOODLES TOMATO, BECHAMEL AND PINK SAUCES JELLY FRUITS	SALAD BAR BREADED CHICKEN MASHED POTATOES HOMEMADE APPLE PUDDING FRUITS
Other Course	BREADED EGGPLANTS AND VEGETABLES	BAKED LOIN PORK SWEET POTATOES STICKS	BAKED LAMB GRATIN VEGGIE TORTILLA	HOMEMADE FISH NUGGET'S ZUCCHINIS & SWEET POTATOES	TENDERIZED BAKED VEAL WITH CARROTS AND SWEET POTATOES