

LINCOLN - MENU

DECEMBER	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Main Menu	SALAD BAR BAKED CHICKEN BARBACOA SAUCE ROASTED POTATOES AND PUMPKINS	SALAD BAR SORRENTINOS, RINGLET NOODLES, SHORT NOODLES TOMATO, PARISIEN AND PINKS SAUCE	SALAD BAR BREADED VEAL RICE AND WHOLE RICE	SALAD BAR MEXICAN TACOS (Meat, chicken, slices of vegetables)	SALAD BAR VARIETY OF PIZZAS MOZZARELLA, TOMATO, HAM, EGGS, VEGGIES
Other Course	VARIETY OF PIES HAM AND CHEESE, PUMPKINS AND ZUCCHINIS	BAKED LOIN PORK CARROT AND BEETROOT CHIPS	BAKED LAMB MEAT VEGGIE TORTILLA	HOMEMADE NUGGET'S FISH PUMPKINS	SPECIAL CHICKEN OMELETTE
Veggie menú	PUMPKINS PIE ZUCCHINIS PIE	THREE VEGETABLES GNOCCIS SAUCE WITHOUT MEAT	EGGPLANT BREADED VEGGIE PUDDING	HOMEMADE NUGGET'S EGGPLANT PUMPKINS	VARIETY OF PIZZAS WITH VEGGIES AND TOMATO
Gluten free	GLUTEN FREE SALAD GRILLED CHICKEN WHOLE RICE FRUITS	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE SALAD BREADED VEAL WITH GLUTEN FREE FLOUR WITH RICE AND WHOLE RICE FRUITS	GLUTEN FREE SALAD GRILLED STEAK WITH PUMPKINS AND POTATOES FRUITS	GLUTEN FREE SALAD BAKED FISH ROULETTE FRENCH FRIES
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Main Menu	SALAD BAR CAPELETTIS, FUSSILES, SPAGHETTIS TUCO, FOUR CHEESES, PINK SAUCES	SALAD BAR BREADED FISH ROASTED POTATOES AND SWEET POTATOES	SALAD BAR BAKED VEAL ROSEMARY SAUCE SPANISH POTATOES AND SWEET POTATOES	SALAD BAR BAKED CHICKEN BACON AND GREEN ONION SAUCE WHOLE RICE AND RICE	SALAD BAR BREADED VEAL NAPOLITAN SAUCE MASHED POTATOES AND SQUASH PURÉE
Other Course	BAKED BREADED SOY SPINACH, ZUCCHIN AND PUMPKINS SAUTEED	BAKED LOIN PORK CARROTS AND APPLE PURÉE	VARIETY OF PIES HAM AND CHEESE, LEEK, AND CARROTS	HOMEMADE NUGGET'S FISH WITH SWEET POTATOES	LASAGNA STUFFED WITH VEGGIES AND RICOTTA TOMATO AND BASIL SAUCE
Veggie menú	BAKED BREADED SOY SPINACH, ZUCCHINI, PUMPKINS SAUTEED	CHOP SUEY OF VEGGIES AND LENTILS	VARIETY OF PIES LEEK, CARROTS & CHEESE	STEW WITH VEGETABLES, RICE AND MUSHROOMS	LASAGNA STUFFED WITH VEGGIES AND RICOTTA PINK SAUCE
Gluten free	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	ENSALADA FRESCA SIN TACC GRILLED LOIN PORK WITH CARROS FRUITS	GLUTEN FREE SALAD GLUTEN FREE BAKED VEAL WITH SPANISH POTATOES AND SWEET POTATOES FRUITS	GLUTEN FREE SALAD GRILLED CHICKEN WITH GLUTEN FREE VEGGIES FRUITS	GLUTEN FREE SALAD BAKED BREADES VEAL GLUTEN FREE FLOUR TWO COLOURS PURÉE FRUITS
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20

Main Menu	SALAD BAR BAKED VEAL MUSHROOMS SAUCE ROASTED POTATOES AND PUMPKINS	SALAD BAR RAVIOLIS, SPAGHETTIS, MACCARONIS TOMATO, PARISIEN AND PINK SAUCES	SALAD BAR BREADED CHICKEN ROASTED POTATOES, SWEET POTATOES AND PUMPKINS	SALAD BAR BURGER'S DAY (burger sandwich with tomato, lettuce, eggs, onion) FRENCH FRIES	Only staff lunch SALAD BAR BREADED FISH FILET PUMPKINS PURÉE
Other Course	CHOW MEIN (noodles sauteed with veggies and soy sauce)	BAKED STUFFED LOIN PORK WITH BAKED SWEET POTATOES	VARIETY OF PIES HAM AND CHEESE, CHARD AND LEEK	VEGGIE & RICOTTA CREPES WITH TOMATO AND OLIVE SAUCE	
Veggie menú	CHOW MEIN (noodles sautees with veggies and soy sauce)	CHOP SUEY WITH VEGETABLES AND LENTILS	VARIETY OF PIES CHARD, LEEK	VEGGIE & RICOTTA CREPES TOMATO AND OLIVE SAUCE	
Gluten free	GLUTEN FREE SALAD GRILLED CHICKEN WITH RICE FRUITS	GLUTEN FREE SALAD GLUTEN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	GLUTEN FREE SALAD BREADED CHICKEN WITH GLUTEN FREE FLOUR ROASTED POTATOES, SWEET POTATOES, PUMPKINS FRUITS	GLUTEN FREE SALAD GLUTEN FREE BURGER WITH FRENCH FRIES 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

DECEMBER	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Main Menu	SALAD BAKED CHICKEN ROASTED POTATOES AND VEGGIE TORTILLA ICE CREAM FRUITS	SALAD RINGLE NOODLES HOMEMADE TOMATO, BECHAMEL AND PINK SAUCES FRUIT SALAD FRUITS	SALAD BREADED VEAL RICE AND RICE FRITTERS WITH CARROTS YOGURT WITH CEREALS	SALAD BAKED CHICKEN AND VEAL WITH FRENCH FRIES JELLY FRUITS	SALAD VARIETY OF PIZZAS MOZZARELLA, HAM, TOMATO FRUIT SALAD FRUITS
Other Course	VARIETY OF PIES HAM AND CHEESE, PUMPKINS AND ZUCCHINIS	BAKED LOIN PORK CARROT AND BEETROOT CHIPS	BAKED TENDERIZED LAMB MEAT VEGGIE TORTILLA	HOMEMADE NUGGET'S FISH WITH PUMPKINS	SPECIAL CHICKEN OMELETTE
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Main Menu	SALAD FUSSILES HOMEMADE TOMATO, BECHAMEL AND PINK SAUCES PEACHES IN SYRUP FRUITS	SALAD HOMEMADE NUGGET'S FISH WITH BAKED POTATOES AND SWEET POTATOES JELLY FRUITS	SALAD BAKED TENDERIZED VEAL WITH POTATOES AND SWEET POTATOES FRUITS	SALAD BAKED CHICKEN RICE AND RICE WITH PUMPKINS FRITTERS VANILLA YOGURT FRUITS	SALAD BREADED VEAL TWO COLOURS PURÉE ICE CREAM FRUITS
Other Course	BAKED BREADED SOY SPINACH, ZUCCHIN AND PUMPKINS SAUTEED	BAKED LOIN PORK APPLE AND CARROT PURÉE	VARIETY OF PIES HAM AND CHEESE, LEEK, CARROT	HOMEMADE NUGGET'S FISH WITH SWEET POTATOES	LASAGNA STUFFED WITH VEGGIES TOMATO SAUCE
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Main Menu	SALAD BAKED VEAL ROASTED POTATOES AND PUMPKINS FRUIT SALAD	SALAD MACCARONIS TOMATO, BECHAMEL AND PINK SAUCE JELLY FRUITS	SALAD BREADED CHICKEN RICE AND RICE WITH SQUASH FRITTERS YOGURT WITH CEREALS FRUITS	SALAD BAKED TENDERIZED VEAL WITH FRENCH FRIES AND VEGGIES ICE CREAM FRUITS	HOLIDAY
Other Course	CHOW MEIN (noodles sauteed with veggies and soy sauce)	BAKED LOIN PORK WITH SWEET POTATOES	VARIETY OF PIES HAM AND CHEESE, CHARD AND LEEK	VEGGIE & RICOTTA CREPES WITH TOMATO AND OLIVE SAUCE	