

LINCOLN - MENU

2025 MARCH	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Main Menu	HOLIDAY	HOLOIDAY	SALAD SORRENTINOS, FUSSILES, SPAGHETTIS BECHAMEL, FOUR CHEESES, TOMATO SAUCES	SALAD BREADED VEAL ZAFFRON RICE / OIL RICE	SALAD MEXICAN TACOS (veal, chicken, wok of vegetables) FRENCH FRIES / CHEDDAR CHEESE
Other Course			BREADED SOY WITH NAPOLITAN SAUCE VEGGIE TORTILLA	BAKED STUFFED LOIN PORK, PLUM SAUCE WITH CARROTS AND SWEET POTATOES	SPECIAL FISH TORTILLA
Veggie menú			BREADED EGGPLANTS CARROTS CHIPS	TORTILLA DE ESPINACA Y ZANAHORIAS CON ALBONDIGAS DE GARBANZOS	LENTILS AND VEGGIES STEW
Gluten free			GLUREN FREE PASTA HOMEMADE GLUTEN FREE SAUCE FRUITS	MILANESA DE TERNERA APTO CELIACO CON ARROZ, BOÑATO Y ZANAHORIAS FRUITS	GRILLED CHICKEN POTATOES AND WOK OF VEGETABLES FRUITS
	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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 ROASTED PUMPKIN	VARIETY OF PIES HAM AND CHEESE, CAPRESSE, ZUCCHINIS	BREADED SOY WITH NAPOLITAN SAUCE GRATIN CAULIFLOWER 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 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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 menú	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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Main Menu	HOLIDAY	ENSALADA FRESCA SORRENTINOS, MACCARONIS, NOODLES PINK, TOMATO, PARISIEN SAUCES	ENSALADA FRESCA MEAT AND POTATOES PIE (meat cut with knife, potatoes, spices)	ENSALADA FRESCA BREADED CHICKEN WITH RICE AND CHARD WITH CREAM SAUCE	ENSALADA FRESCA CREOLE VEAL WITH POTATOES
Other Course		BREADED SOY WITH NAPOLITAN SAUCE VEGGIE SOUFFLEE	BAKED LOIN PORK WITH SWEET POTATOES AND CARROTS	HAM AND CHEESE PIE CORN PIE AND CARROTS PIE	HOMEMADE NUGGET'S FISH VEGGIE PUDDING
Veggie Menu		BREADED SOY WITH NAPOLITAN SAUCE VEGGIE SOUFFLÉE	VEGAN SPECIAL PIE WITH TEXTURED SOY	VARIETY OF PIES BROCCOLI AND CARROTS, CARROTS	HOMEMADE PUMPKINS NUGGET'S VEGGIE PUDDING
Gluten free		GLUTEN FREE PASTA GLUTEN FREE SAUCE FRUITS	GRILLED STEAK WITH POTATOES AND SWEET POTATOES FRUITS	GLUTEN FREE BREADED CHICKEN WITH RICE AND SPINACH FRUITS	GRILLED STEAK GLUTEN FREE VEGGIE PUDDING FRUITS
		Monday 31			
Main Menu	SALAD BAKED VEAL MUSHROOMS SAUCE SPANISH POTATOES AND SWEET POTATOES				
Other Course	BREADED SOY WITH NAPOLITAN SAUCE VEGGIE SOUFFLÉE				
Veggie Menu	BREADED SOY WITH TOMATO SAUCE VEGGIE SOUFFLÉE				
Gluten free	GRILLED STEAK POTATOES AND SWEET POTATOES FRUITS				

NOTES

*Special salad bar, Waldorf, spinach, Caprese, 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 Capdepon

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LINCOLN - KINDERGARDEN MENU

2025 MARCH	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Main Menu	HOLIDAY		SALAD SHORT NOODLES HOMEMADE TOMATO, WHITE AND PINK SAUCES PEACHES IN SYRUP FRUITS	SALAD BREADED VEAL RICE / FRITTERS RICE WITH VEGGIES GELLY FRUITS	SALAD GRILLED CHICKEN WITH FRENCH FRIES AND VEGETABLES FRUITS SALAD FRUITS
Other Course			BREADED EGGPLANT VEGGIE TORTILLA	BAKED STUFFED LOIN POR, PLUM SAUCE WITH CARROTS AND SWEET POTATOES	SPECIAL FISH TORTILLA
	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Main Menu	HOLIDAY	SALAD MOSTACHOLES TOMATO, BECHAMEL AND PINK SAUCES PEACHES IN SYRUP FRUITS	SALAD MEAT AND POTATOES PIE (Meat cut with knife, mashed potatoes) JELLY FRUITS	SALAD BREADED CHICKEN RICE AND FRITTERS CHARD ICE CREAM FRUITS	SALAD TENDERIZED BAKED MEAT WITH POTATOES VANILLA OR STRAWBERRY YOGURT FRUITS
Other Course		BREADED EGGPLANT VEGGIE SOUFFLÉE	BAKED LOIN PORT SWEET POTATONES AN CARROTS	HAM AND CHEESE PIE BROCCOLI, CARROTS AND CORN PIE	HOMEMADE NUGGETS FISH VEGGIE PUDDING
	Monday 31				
Main Menu	ENSALADA FRESCA ADECUADA A LA EDAD TENDERIZED BAKED VEAL WITH POTATOES AND SWEET POTATOES FRUIT SALAD FRUITS				
Other Course	BREADED EGGPLANTS VEGGIES SOUFFLÉE				