

# HEALTHY KITCHEN MENU for Week of April 22 to April 26

	Monday	Tuesday	Wednesday	Thursday	Friday
Regular menu	Braised beef tenderloin, white rice, pork and beans (homemade), purple cabbage and carrots.	Grilled chicken, white rice with red kidney beans, cauliflower and broccoli	Fish filets, potatoes sauteéd in paprika and parsley, string beans and corn	Chicken in coconut and curry sauce + Penne pasta + neapolitan sauce + brussel sprouts and red pepper	BBQ chicken wings, oven-baked wedge potato, corn on the cob
Vegetarian and Vegan Menu	Braised soy protein, white rice, purple cabbage and carrots.	Organic protein in sweet and sour sauce, wok-sauteed vegetables, cauliflower and broccoli	Falafel + hummus + spinach in garlic sauce	Chickpeas in neapolitan sauce with penne pasta, brussel sprouts and red pepper	Roasted cauliflower in chia BBQ sauce, oven-baked wedge potato, corn on the cob
Gluten Free Menu	Braised beef tenderloin, white rice, pork and beans (homemade), purple cabbage and carrots.	Grilled chicken, white rice with red kidney beans, cauliflower and broccoli	Fish, potatoes sauteéd in paprika and parsley, string beans and corn	Chicken in coconut and curry sauce + pastas GF + neapolitan sauce + brussel sprouts. and red pepper	BBQ chicken wings, oven-baked wedge potato, corn on the cob
Plain Menu Option	Grilled chicken with white rice	Grilled chicken with white rice	Grilled chicken with white rice	Grilled chicken with white rice	

## Menú Semanal: 22 al 26 de abril

	Lunes	Martes	Miércoles	Jueves	Viernes
Menú Regular	Estofado de filete de res, arroz blanco, pork and beans (homemade) con repollo morado y zanahoria.	Pollo a la plancha con arroz blanco, porotos, coliflor y brócoli	Filete de pescado apanado con papas salteadas en paprika y perejil, habichuelas y maíz	Filete de pollo al papillot en salsa de curry y coco + pasta penne + salsa napolitana + col de bruselas y pimenton rojo	Alitas + papas wedge + mazorca
Menú Vegano & Vegetariano	Estofado de carne de soya, arroz blanco, repollo morado y zanahoria.	Proteína orgánica en salsa agridulce con vegetales salteadas al wok, arroz blanco, coliflor y brócoli	Falafel con hummus y espinaca al ajillo	Garbanzos a la española con penne, pimenton rojo y col de bruselas	Coliflor rostizado en salsa bbq con chia + papas wedge + mazorca
Menú Libre de Gluten	Estofado de filete de res, arroz blanco, pork and beans (homemade) con repollo morado y zanahoria.	Pollo a la plancha con arroz blanco, porotos, coliflor y brócoli	Pescado con papas salteadas en paprika y perejil, habichuelas y maíz	Filete de pollo en salsa de curry y coco + pasta GF + salsa napolitana + col de bruselas y pimentón rojo	Alitas + papas wedge + mazorca
Menú simple	Arroz blanco con pollo a la plancha	Arroz blanco con pollo a la plancha	Arroz blanco con pollo a la plancha	Arroz blanco con pollo a la plancha	