

FEBRUARY

5-8 FEBRUARY 2013

DFG SCHOOL CYCLE MENÚ
Rota, Spain.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.-BAKED MACARONI	1.- TACOS AND TACO SALAD	1.-CHILI HOT DOG	1.- CHEESE PIZZA
2.-BEEF WITH VEGETABLES	2.- CHICKEN CURRY	2.- 3 DELICIOUS RICE	2.-LEMON FISH
CAULIFLOWER	CORN	BAKED POTATOES	PEAS
RICE	GREEN BEANS	MIXED VEGETABLES	CARROTS
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
POTATO SALAD	PASTA SALAD	BROCOLI SALAD	RICE SALAD
MIX SALAD	VEGETABLES SALAD	MIX SALAD	BROCCOLI SALAD
ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING
1 SERVING OF 1/2 PINT MILK			

FEBRUARY

11 - 15 FEBRUARY 2013

DFG SCHOOL CYCLE MENÚ
Rota, Spain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.-CHILI HOT DOG	1.- TACOS AND TACO SALAD	1.-BAKED MACARONI WITH CHEESE	1.- HAMBURGER/CHEESE HAMBURGER	1.-PEPPERONI PIZZA
2.- LEMON FISH	2.- SOUP WITH MEAT AND PASTA	2.- RICE WITH PORK	2.- BEEF LASAGNA	2.- FISH WITH GARLIC SAUCE
RICE	CORN-ON-THE-COB	CARROTS	MASHED POTATOES	MIXED VEGETABLES
CAULIFLOWER	MIXED VEGETABLES	PEAS WITH ONIONS	BROCCOLI	CAULIFLOWER
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
PASTA SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
POTATO SALAD	MIX SALAD	TOMATO AND CHEESE SALAD	GREEN SALAD	POTATO SALAD
ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING
1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK

Note:

The Menu is subject to change or substitutions without notice due to non-availability of food items or immediate use of perishable food items.

FEBRUARY

19 - 22 FEBRUARY 2013

DFG SCHOOL CYCLE MENÚ
Rota, Spain.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.- TURKEY AND CHEESE SANDWICH	1.- TACOS AND TACO SALAD	1.- NOODLES CARBONARA	1.-CHEESE PIZZA
2.-SWEET AND SOUR PORK	2.-CHICKEN WITH MUSHROOMS	2.-CHICK PEA STEW A LA ESPAÑOLA	2.- LEMON FISH
BAKED POTATOES	CORN	CARROTS	MIXED VEGETABLES
MIXED VEGETABLES	GREEN BEANS	PEAS WITH MUSHROOM	RICE
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
RICE SALAD	MIX SALAD	TOMATO AND CHEESE SALAD	POTATO SALAD
ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING
1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK

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FEBRUARY-MARCH

25 - FEBRUARY - 1 MARCH 2013

DFG SCHOOL CYCLE MENÚ
Rota, Spain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.-CHILI HOT DOG	1.- TACOS AND TACO SALAD	1.- LENTIL STEW	1.- SPANISH OMELETTE	1.-PEPPERONI PIZZA
2.- CHICKEN WITH MUSHROOM SAUCE	2.- LEMON FISH	2.- ROAST TURKEY W/TURKEY GRAVY	2.- POTATOES AND MEAT STEW	2.- FISH WITH GARLIC SAUCE
STEAMED PEAS	REFRIED BEANS	CARROTS	MASHED POTATOES	RICE PILAF
CAULIFLOWER	GREEN BEANS	CORN ON THE COB	MIXED VEGETABLES	BROCCOLI PARMESAN
FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS	FRESH FRUITS
GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
RICE SALAD	POTATO SALAD	MIX SALAD	PASTA SALAD	NOODLES SALAD
ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING	ASSORTED SALAD DRESSING
1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK	1 SERVING OF 1/2 PINT MILK

Note:

The Menu is subject to change or substitutions without notice due to non-availability of food items or immediate use of perishable food items.