

Top Spanish Catering
 3541 Georgia Ave NW
 Washington, DC 20010
Vida April 2012

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Albondigas con Pasta 4oz Pinto Bean soup 3oz Lettuce, carrot, tomatoes 4oz Steamed Green Beans 4oz Italian Dressing 30 gr Fresh Orange 1 Cup 100% Apple Juice 6oz 1% Milk 8oz	3 Pollo Estofado, potatoes and carrots 3oz Steamed broccoli 4oz White Rice 3oz 100% Orange Juice 6oz Canned Pineapples ¼ Cup 1% Milk 8oz	4 Beef Quesadilla, green peppers onions 3oz Black Bean Soup 3oz Green Salad 4oz Green Beans 4oz 100% Grape Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	5 Vegetarian Lasagna 3oz Lettuce, carrot, tomatoes 4 Cup Wheat Bread, and butter Mixed Vegetables 4oz 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	6 Grilled Salmon 3 oz Pinto Beans ¾ Cup Baked Potato ¾ Cup Steamed Broccoli 4 Cup Garden Salad 4 Cup Whole Wheat Bread, butter 100% Fruit Punch Juice 6oz Fresh Cup of Fruit 1% Milk 8oz
9 Beef Quesadilla, green peppers onions 3oz Black Bean Soup 3oz Green Salad 4oz Green Beans 4oz 100% Grape Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	10 Fajita de Pollo 3oz Flour Tortilla 2 servings Yellow Rice 3 oz Black Beans 2 oz 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	11 Arroz con Pollo 3oz Steamed Peas and Carrot 4oz Wheat Bread, Butter 30gr Black Bean Soup 3oz Fresh Banana 1 Cup 1% Milk 8oz	12 Carne Guizada with potatoes and Mixed Vegetables 3oz Boiled Maduro ¾ Cup Mix Salad ¾ Cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	13 Baked Tilapia 3oz Red Beans ¾ Cup White Rice ¾ Cup Mix Green Salad ¾ Cup Italian dressing 30gr Fresh Peach ¾ Cup 100% Orange Juice 6 oz 1% Milk 8oz
16 Tacos de Carne 3oz Chicken Soup 3oz Flour Tortilla 2 serving Lettuce Tomato Salad ¾ Cup French Dress 12 gr 100% Fruit Punch Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	17 Grilled Chicken Breast 3oz Mashed Potatoes 3oz Mix Salad ¾ Cup Steamed Broccoli 3oz 100% Orange Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	18 Pork Stew Mix Vegetables 4oz Baked Potato 3oz Cabbage, Carrot and Tomatoes Salad 4oz White Rice 3oz Steam Carrots ¾ Cup 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	19 Chicken Burritos 3 oz Cheddar Cheese 12gr Lettuce, carrot, tomatoes 4oz Wheat Tortillas 1 Svg Steam Broccoli 3 Cup Fresh Melon 1 Cup 100% Orange Juice 6 oz 1% Milk 8oz	20 Baked Breaded Fish 4 oz Tartar sauce 30gr Green Salad 4oz Lentil soup 3oz White Rice ¾ Cup Steamed Broccoli ¾ Cup Canned Peach ¾ Cup 1% Milk 8oz
23 Beef Mac & Cheese with Tomato Marinara Sauce 3oz Steamed Carrot and Zucchini 3oz Mix Green Salad ¾ Cup Ranch Dressing 30gr Wheat Bread 1 sl Butter 30gr 100% Fruit Punch Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	24 Chichen Ceaser Salad 3oz Mix Veagatable Soup 3oz Steamed Corn and Peas ¾ Cup 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	25 Chicharones 3oz Yuca ¾ Cup Black bean ¾ Cup Fresh Cup of Fruit Cabbage and Tomatoes Salad 1 Cup 100% Grape Juice 6 oz 1% Milk 8oz	26 Chicken Enchiladas 3oz Navy Bean Soup 2oz Tossed Salad ¾ Cup, dressing 30gm Refried Beans ¾ Cup 100% Pineapple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	27 Baked Tilapia 3oz Yellow Rice ¾ Cup Black Beans ¾ Cup Mixed Green Salad ¾ Cup Wheat Bread 1 Sl, Butter 30gr 100% Grape Juice 6oz Fresh Cup of Fruit 1% Milk 8oz

1. All meals include a selection of Orange juice, Grape juice, Apple juice, Fruit Punch ,100% or Fresh fruits in season
2. All meals include a selection of 1%, low fat half-pint white milk and 1% strawberry & 1% chocolate milk.
3. Meals are no more than 30% total fat and no more than 10% saturated fat
4. Fruit and vegetable vender: Saval 410-379-5100 – US Food Service 623-433-9690

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<p style="text-align: right;">30</p> <p>Chili Con Carne 3oz Low Fat Sour Cream 30gr White Rice ¾ Cup Tortilla Chips Garden Salad and dressing ¾ Cup 100% Pineapple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz</p>				

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