

**Top Spanish Catering  
Vida**

**May 2012 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Oven Chicken Legs 4 oz Pasta Salad ½ Cup Steam Carrots ¾ Cup 100% Orange Juice 6oz Fresh Melon ½ Cup 1% Milk 6oz	<b>2</b> Beef Steak 4oz green peppers onions 2oz Chicken noodle Soup 1cup Green Salad w/dress 1cup Green Beans 4oz 100% Grape Juice 6o z Fresh Cup of Fruit 1% Milk 8oz	<b>3</b> Vegetarian Lasagna 4oz Lettuce, carrot, tomatoes salad w/dress 1 cup Wheat Bread, and butter Mixed Vegetables 4oz 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	<b>4</b> Grill Salmon 4 oz Pinto Beans ¾ cup Baked Potato ¾ cup Steam Broccoli 4 oz Garden Salad w/dress1 cup Whole Wheat Bread, butter 100% Fruit Punch Juice 6o z Fresh Cup of Fruit/1% Milk 8oz
<b>7</b> Beef Quesadilla, green peppers onions 3oz Black Bean Soup 1cup Green Salad w/dress 1cup Green Beans 4oz 100% Grape Juice 6o z Fresh Cup of Fruit 1% Milk 8oz	<b>8</b> Fajita de Pollo 4oz Flour Tortilla 2 servings Yellow Rice ¾ cup Pintos Beans 3 oz 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	<b>9</b> Arroz con Pollo 4oz Steam Peas and Carrot 4oz Wheat Bread, Butter 30gr Lentejas Soup 1 cup Fresh Banana 1 cup 1% Milk 8oz	<b>10</b> Carne Guizada with potatoes And mix Vegetables 4oz Oven ripe plantain ¾ cup Mix Salad w/dress 1cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	<b>11</b> Baked Tilapia 4oz With Veracruzana Sauce 2oz Red Beans ¾ cup White Rice ¾ cup Mix Green Salad w/dress 1 cup Fresh Peach ¾ cup 100% Orange Juice 6 oz 1% Milk 8oz
<b>14</b> Tacos de Carne 3oz Chicken noodle Soup 1cup Flour Tortilla 2 serving Lettuce Tomato Salad w/dress 1 cup 100% Orange Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	<b>15</b> Grill Chicken Breast 3oz Mashed Potatoes 3oz Mix Salad w/dress 1 cup Steam Broccoli 3oz 100% Orange Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	<b>16</b> Pork Stew Mix Veget 4oz Baked Potato 3oz Cabbage, Carrot and Tomatoes Salad w/dress 1cup White Rice 3oz Steam Carrots ¾ cup 100%Orange Juice 6o z Fresh Cup of Fruit/1% Milk 8oz	<b>17</b> Chicken Burritos 4 oz Cheddar Cheese 12gr Lettuce, carrot, tomatoes 1cup Wheat Tortillas 1 Svg Steam Broccoli 4 oz Fresh Melon ¾ cup 100% Orange Juice 6 oz 1% Milk 8oz	<b>18</b> Baked Breaded Fish 4 oz Tartar sauce 30gr Green Salad w/dress 1cup Lentil soup 1cup White Rice ¾ cup Steam Broccoli ¾ cup Canned Peach ¾ cup 1% Milk 8oz
<b>21</b> Carne desilachada 4 oz White rice ½ Cup Mix Salad ¾ Cup 100% Apple Juice 6 oz 1% Milk 8oz Fresh Cup of Fruits Italy Dressing 20gr	<b>22</b> Chichen 3oz Ceaser Sal 1cup Mix Veagatable Soup 1cup Steam Corn and Peas ¾ cup 100%Orange Juice 6o z Fresh Cup of Fruit 1% Milk 8oz	<b>23</b> Chicharones 3oz Steam Yuca ¾ cup Black bean ¾ cup Fresh Cup of Fruit Cabbage Tomatoes Salad 1cup 100% Grape Juice 6 oz 1% Milk 8oz	<b>24</b> Chicken Enchiladas 4oz Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Refried Beans ¾ cup 100% Pineapple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	<b>25</b> Baked Tilapia 4oz w/vera S 2oz Yellow Rice ½ cup Black Beans ¾ cup Mixed Green Salad w/dress1 cup Wheat Bread 1 Sl, Butter 30gr 100% Grape Juice 6o z Fresh Cup of Fruit 1% Milk 8oz
<b>28</b> Chili con carne 3 oz Low fat sour cream 30gr White rice ¾ cup/tortilla chips Garden salad and dress 1 cup 100%pineapple juice 6oz Fresh cup of fruits 1% Milk 8 oz	<b>29</b> Chichen salad w/sun dress Tomato wrap 4oz Black beans soup 1 cup Cucumber salad and dress 1 cup Steam yuca ½ cup 100% orange juice 6oz Fresh cup of fruits 1% Milk 8oz	<b>30</b> Carne asada 4oz Brown rice ¾ cup Pintos beans ¾ cup Garden salad w/dressing 1cup 100% grape juice 6oz Fresh cup of fruits 1% Milk 8oz	<b>31</b> Chicken Enchiladas 4oz Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Refried Beans ¾ cup 100% Pineapple 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