

**Top Spanish Catering
Vida**

June 2012 Lunch Menu

Monday	Tuesday	Wednesday Soup Day	Thursday	Friday
				Grill Fish 4 oz 1 Steam Broccoli ¼ Cup Garden Salad w/dress 1 cup 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 8oz
Oven Chicken Legs 4 oz 4 Pasta Salad w/Dressing ½ Cup Steam Carrots and Peas ¾ Cup Wheat Bread 1 Svg/Butter 1Pack 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 6oz	Fajita de Pollo 4oz 5 Flour Tortilla 2 servings Yellow Rice ½ cup Pico de gallo 2oz / Fajita salad ¾ c 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	Chicken wrap 6 w/lettuce 5oz Steam Peas and Carrot ¾ Cup Flour tortillas 1 Svg Lentejas Soup with vege 1 cup Fresh Cup of Fruit 100% Apple Juice 6oz 1% Milk 8oz	Carne Guizada 4oz with potatoes And mix Vegetables 2oz White rice ½ cup Mix Salad w/dress 1cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	Baked Fish 4oz 8 with Veracusana Sauce 2oz Red Beans ¾ cup Mix Green Salad w/dress 1 cup Fresh Cup of Fruit 100% Orange Juice 6 oz 1% Milk 8oz
Tacos de Carne 4oz 11 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	Grill Chicken Breast 3oz 12 Mashed Potatoes 3oz Cabbage, carrot, tomato, cilantro Salad w/dress 1 cup Steam Carrots ¾ Cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	Grilled Pork 4oz 13 Ripe plantain 3oz Cabbage, Carrot and Tomatoes Salad w/dress cilantro 1cup Chicken noodle soup 1 cup 100% Orange Juice 6oz Fresh Cup of Fruit/1% Milk 8oz	Chicken Burritos 4 oz 14 Yellow Mexican Rice ½ Cup Lettuce, carrot, tomatoes 1cup Wheat Tortillas 1 Svg Steam Broccoli ¾ Cup Fresh Cup of Fruit 100% Grape Juice 6 oz 1% Milk 8oz	Baked Breaded Fish 4 oz 15 Tartar sauce 30gr Green Salad w/dress 1cup Wheat Bread 1 Svg/Butter 1 Pack Steam Corn ¾ cup 100% Apple juice 6oz Fresh Cup of Fruit 1% Milk 8oz
Carne desilachada 4 oz 18 Rice and Beans 1 Cup Mix Salad ¾ Cup 100% Apple Juice 6 oz 1% Milk 8oz Fresh Cup of Fruits Italy Dressing 20gr	Chichen 3oz Caesar Salad 1C 19 Caesar dress 20gr Steam Corn and Peas ¾ cup 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	Chicharones 3oz 20 Steam Yuca ¾ cup Vegetables soup 1 cup Fresh Cup of Fruit Cabbage Tomatoes Salad 1cup 100% Grape Juice 6 oz 1% Milk 8oz	Tuna salad wrap w/lettuce 4oz 21 Flour tortilla 1 Svg Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Refried Beans ¾ cup 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	Albondigas de carne 4oz 22 Spaghetti marinara sauce ½ C Mixed Green Salad w/dress 1 cup Wheat Bread 1 Sl, Butter 30gr 100% Grape Juice 6oz Fresh Cup of Fruit 1% Milk 8oz
Fajita de Carne 4oz 25 Flour Tortilla 2 servings Yellow Rice ½ cup Pico de gallo 2oz / Fajita salad ¾ c 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	Chichen salad and lettuce 26 wrap 4oz /Flour tortilla 1 Svg Cucumber salad and dress 1 cup Steam Green Beans ¾ cup 100% Orange juice 6oz Fresh cup of fruits 1% Milk 8oz	Carne asada 4oz 27 Brown rice ½ cup Black beans soup 1 cup Cabbage Salad 1cup Wheat Bread 1Svg/Butter 1Pack 100% Grape juice 6oz Fresh cup of fruits 1% Milk 8oz	Chicken Enchiladas 4oz 28 Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Refried Beans ¾ cup 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	Grilled Pork 4oz 29 Ripe plantain 3oz Cabbage, Carrot and Tomatoes Salad w/dress cilantro 1cup Chicken noodle soup 1 cup 100% Orange 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