



-MENU-

Kids



MONDAY

- BREAKFAST** Colombian style Arepitas
- LUNCH** Pechuga al limonw/ Bastamic Rice
- DINNER** Chipotle Style Bowl

TUESDAY

- BREAKFAST** Strawberry Cheesecake Stuffed French Toast
- LUNCH** Rollos de Pollo
- DINNER** Carne Guisada con Arroz

WEDNESDAY

- BREAKFAST** Turkey Bacon Egg and Cheese Sandwich
- LUNCH** Cheeseburger Quesadilla
- DINNER** Salmon Burger

THURSDAY

- BREAKFAST** Mozzarella and Tomatoes Omelet
- LUNCH** Chicken Lasagna
- DINNER** Crema de Auyama

FRIDAY

- BREAKFAST** Egg Basket
- LUNCH** Mongolian Beef Platter w/Rice
- DINNER** Honey Walnut Shrimp w/ Sweet Potatoes Fries



-MENU-

Kids



MONDAY

BREAKFAST	Turkey Bacon Ranch Wrap
LUNCH	Rib Eye w/ Mash Potatoes
DINNER	Chicken Fruit Salad

TUESDAY

BREAKFAST	Egg & Cheese & Canadian Bacon Sandwich
LUNCH	Chicken Parmesan
DINNER	Coconut Cod Fish

WEDNESDAY

BREAKFAST	Cornflakes & Milk
LUNCH	Pollo Guisado w/ Bastami Rice
DINNER	Big Mac Salad

THURSDAY

BREAKFAST	Sausages & Zucchini Bowl
LUNCH	Broccoli Chicken Skillet
DINNER	Ham & Cheese Mash Casserole

FRIDAY

BREAKFAST	Ketosyntesis Breakfast Platter
LUNCH	Chicken Baked Ziti
DINNER	Baked Ribs w/ Corn



-MENU-

Kids



MONDAY

BREAKFAST	Breakfast Pizza
LUNCH	Shrimp Cocktails w/mash
DINNER	Burriata Salad

TUESDAY

BREAKFAST	Hash browns bacon & Eggs
LUNCH	Fish Tacos
DINNER	Stuffed Chicken w/ Baked Potatoes

WEDNESDAY

BREAKFAST	Giant Cheese Sticks
LUNCH	Taco pizza
DINNER	Chicken Stir Fry w/ Rice

THURSDAY

BREAKFAST	Bagel w/Cream Cheese
LUNCH	Enchiladas
DINNER	Arugula Salmon Salad

FRIDAY

BREAKFAST	Ketosyntesis Breakfast Platter
LUNCH	Chicken Baked Ziti
DINNER	Baked Ribs w/ Corn



-MENU-

Kids



MONDAY

BREAKFAST	Ketosyntesis style McGriddle
LUNCH	Chicken Sandwich
DINNER	Chicken w/

TUESDAY

BREAKFAST	Power Smoothie
LUNCH	Bandeja Paisa
DINNER	Chicken Yaroa

WEDNESDAY

BREAKFAST	Blueberry Muffin
LUNCH	Pork Burrito
DINNER	Shrimp Jambalaya

THURSDAY

BREAKFAST	Parfait
LUNCH	Chow Fan
DINNER	Zucchini loaded Fries

FRIDAY

BREAKFAST	Breakfast Quesadilla
LUNCH	Bacon Egg Avocado Burger
DINNER	Ensalada de Lomo de Cerdo