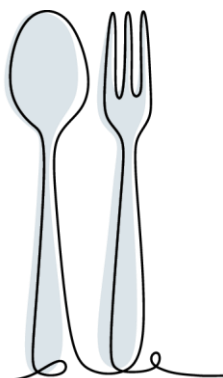


# ZPN Café

December 6<sup>th</sup> to  
December 10<sup>th</sup> 2021



# THIS WEEK'S MENU FEATURES

## MONDAY

### Breakfast

Scrambled Egg with Bacon, Pancakes, Salty Muffin, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Bowl of Berries with Kiwi

### Lunch

Fish Fillet with Chipotle and Pineapple Sauce, Pork Fajitas Marinated with Roasted Nopal, Grilled Chayote's, Yellow Rice, Salad, Vegetarian Rajas with Corn and Cheese, Beef Consommé, Dessert Arroz con Leche, Chicken Salad.

## TUESDAY

### Breakfast

Scrambled Egg with Mushrooms and Spinach, French Bread, Beef Steak Teleras, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Mixed Fruit Plate

### Lunch

Chicken Breast in Poblano Cream with Corn, Beef Alambre, Mix of Steamed Vegetables, Pasta, Salad, Vegetarian Hibiscus Flautas, Tortilla Soup, Dessert Carrot Bread, Tuna Salad.

## WEDNESDAY

### Breakfast

Scrambled Egg with Ham, Ham Croissant, Mixed Tacos al Vapor, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Bowl of Yogurt with Fruit

### Lunch

Fish Fillet with Cherry Tomato, Spinach and Mushrooms, Pork Ribs in Guajillo Sauce, Buttered Corn, Red Rice, Salad, Mushroom Carnitas with Mexican Style Sauce, Pasta Soup, Biscuit Dessert, Chicken Salad.

## THURSDAY

### Breakfast

Mexican Style Scrambled Egg, Montecristo Sandwich, Breakfast Burrito, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Bowl of Oatmeal with Fruit

### Lunch

Chicken Teppanyaki, Beef Burgers, Steamed Carrot with Paprika, Pasta, Salad, Vegetarian Sopes with Cheese and Vegan Chorizo, Mushroom Soup, Dessert Coconut Bread with Cajeta, Flank Steak Salad.

## FRIDAY

### Breakfast

Scrambled Egg with Sausage, Spinach, Ham and Cheese Omelet, Lonches de Barbacoa, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Bionico

### Lunch

Tuna Croquettes with Potatoes, Cochinita Pibil, Baked Zucchini with Parmesan Cheese, White Rice, Salad, Vegetarian Mushrooms a la Diabla, Chicken Soup with Chipotle and Peas, Flan Dessert, Chicken Salad.

## DON'T MISS THIS

Join Us Every  
Wednesday in  
December in  
Highlighting  
Our Functional  
Food!

**Cranberries!**

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**NUTRITION INFO:** <http://bit.ly/ZPNnutrition>

**FOLLOW US ON INSTAGRAM:** @IngredientsCafes