



THIS WEEK'S MENU FEATURES

MONDAY

Breakfast

Scrambled Egg with Ham, Stewed Beans, Sweet Crepes, Guajillo, Ancho and Green Chilaquiles, Bowl of Berries with Figs.

Lunch

Fish Fillet with Lemon Pepper, Grilled Pork Fajitas with Vegetables, Steamed Carrots, Green Rice, Salad, Mushroom Aguachile, Beef Consommé with Cabbage and Carrot, Vanilla Flan Dessert, Chicken Salad.

TUESDAY

Breakfast

Scrambled Mexican Style Egg, Stewed Beans, Montecristo Sandwich, Guajillo, Ancho and Green Chilaquiles, Mixed Fruit Plate.

Lunch

Chipotle Beef, Chicken Nugget with Cheese Sauce, Salad, Mexican Nopales Salad, Pasta with Cream, Salad, Mixed Fried Taco, Vegetable Soup, Biscuit Dessert, Flank Steak Salad with Chickpea, Cucumber and Croutons.

WEDNESDAY

Breakfast

Scrambled Egg with Bacon, Stewed Beans, Sweet Muffin, Guajillo, Ancho and Green Chilaquiles, Orange Juice, Yoghurt with Mixed Fruits.

Lunch

Fish Fillet with Garlic Oregano Butter, Pork Leg with Orange Sauce, Roasted Zucchini, Red Rice, Salad, Vegetarian Yakimeshi, Pasta Soup, Rice Pudding Dessert, Chicken Salad with Spinach Bell Pepper and Green Corn Pasta.

THURSDAY

Breakfast

Scrambled Egg with Mushrooms, Butter Gorditas, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Oatmeal with Banana, Strawberry and Pear.

Lunch

Beef Burger, Chicken Breast served with Poblano Cream, Butter Chayotes, Pasta, Salad, Chicken Soup with Rice, Pudding Dessert, Vegetarian Mexican Style Potatoes with Gratin Cheese served in a Fried Tortilla Casserole, Tuna Salad with Spinach and Yellow Bell Pepper.

FRIDAY

Breakfast

Scrambled Egg with Sausage, Cheese Sandwich with Ham, Stewed Beans, Guajillo, Ancho and Green Chilaquiles, Mixed Bowl of Fruit with Sweet Cream

Lunch

Fish Fillet with Morita Sauce, Pork Leg with Drunk Sauce, Mixed Steamed Vegetables, White Rice, Salad, Vegetarian Fried Mushrooms, Tortilla Soup, Jericallas Dessert, Chicken Salad with Jicama, Red Bell Pepper and Croutons.

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NUTRITION INFO: <https://bit.ly/ZPNnutrition>

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