JHON MARLON DIAZ MALAVER

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| LUNES |  |  |  |  |
| INGREDIENTE | CANTIDAD (gr) | X 4 (PAX) gr | 10% | TOTAL gr |
| CARNE | 150 | 600 | 60 | 660 |
| CALABAZA | 150 | 600 | 60 | 660 |
| LECHUGA | 40 | 160 | 16 | 176 |
| FRESA | 40 | 160 | 16 | 176 |
| MANGO | 40 | 160 | 16 | 176 |
| MANZANA | 40 | 160 | 16 | 176 |
| PERA | 40 | 160 | 16 | 176 |
| PAPA PASTUSA | 80 | 320 | 32 | 352 |
| ARROZ | 80 | 320 | 32 | 352 |

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| MARTES |  |  |  |  |
| INGREDIENTE | CANTIDAD (gr) | X 4 (PAX) gr | 10% | TOTAL gr |
| PESCADO | 200 | 800 | 80 | 880 |
| ARVEJA | 40 | 160 | 16 | 176 |
| HABICHUELA | 40 | 160 | 16 | 176 |
| ZANAHORIA | 40 | 160 | 16 | 176 |
| C. CABEZONA | 30 | 120 | 12 | 132 |
| YUCA | 100 | 400 | 40 | 440 |
| PIÑA | 30 | 120 | 12 | 132 |
| MANZANA | 30 | 120 | 12 | 132 |
| PERA | 30 | 120 | 12 | 132 |
| ARROZ | 80 | 320 | 32 | 352 |

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| MIERCOLES |  |  |  |  |
| INGREDIENTE | CANTIDAD (gr) | X 4 (PAX) gr | 10% | TOTAL gr |
| CARNE | 180 | 720 | 72 | 792 |
| CALABACIN | 50 | 200 | 20 | 220 |
| BERENJENA | 50 | 200 | 20 | 220 |
| C. CABEZONA | 50 | 200 | 20 | 220 |
| PASTA DE TOMATE | 300 | 300 | 30 | 330 |
| PLATANO | 100 | 400 | 40 | 440 |
| PAPAYA | 80 | 320 | 32 | 352 |
| MANGO | 500 | 500 | 50 | 550 |
| ARROZ | 80 | 320 | 32 | 352 |

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| VIERNES |  |  |  |  |
| INGREDIENTE | CANTIDAD (gr) | X 4 (PAX) gr | 10% | TOTAL gr |
| CARNE ALBONDIGA | 210 gr | 440 gr | 44 | 484 |
| PAPA PASTUSA | 80 gr | 320 gr | 32 | 352 |
| REPOLLO VERDE | 15 gr | 60 gr | 6 | 66 |
| REPOLLO MORADO | 15 gr | 60 gr | 6 | 66 |
| ZANAHORIA | 20 gr | 80 gr | 8 | 88 |
| LECHE | 500 ml | 500 ml | 50 | 550 |
| GELATINA SIN SABOR | 7 gr | 7 gr | 0,7 | 7,7 |
| PULPA MARACUYÁ | 250 gr | 250 gr | 25 | 275 |
| ARROZ | 80 | 320 | 32 | 352 |

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| JUEVES |  |  |  |  |
| INGREDIENTE | CANTIDAD | X 4 (PAX) | 10% | TOTAL |
| CARNE POLLO | 220 gr (aprox) | 880 gr (aprox) | 88 | 968 gr |
| PIMENTON ROJO | 30 gr | 120 gr | 12 | 132 gr |
| PIMENTON VERDE | 30 gr | 120 gr | 12 | 132 gr |
| CHAMPIÑON | 30 gr | 120 gr | 12 | 132 gr |
| ZANAHORIA | 30 gr | 120 gr | 12 | 132 gr |
| ARVEJA | 100 gr | 400 gr | 40 | 440 gr |
| FRESA | 3 und | 12 und | 1 | 13 und |
| ARROZ | 80 gr | 320 gr | 32 | 352 gr |

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| PERECEDERO | NO PERECEDERO |
| Carne, calabaza, lechuga, fresa, mango, manzana, pera, papa pastusa, pescado, arveja, habichuela, zanahoria, cebolla cabezona, yuca, piña, calabacin, berenjena, platano, papaya, pollo, pimenton (verde, rojo), champiñón, repollo (verde, morado), leche y pulpa de maracuyá. | Arroz, gelatina sin sabor, pasta de tomate, |