

MENU

FEBRUARY 2026

THE
ENGLISH
NURSERY

GREAT MOMENTS, GREAT THOUGHTS

	WEEK 1	WEEK 3	WEEK 3	WEEK 4
MONDAY	<ul style="list-style-type: none"> Madeiro pork loin Chicken fricassée Vegetable soup White rice Potato wedges Cream broccoli Salad bar Fruit of the day Meat and/or grilled chicken breast Coloured jelly Water or natural fruit juice 	<ul style="list-style-type: none"> Rice with chicken Beef fajitas in BBQ sauce Celestine consommé French fries Fine herbs tomato Salad bar Fruit of the day Meat and/or grilled chicken breast Coloured jelly Water or natural fruit juice 	<ul style="list-style-type: none"> Stroganoff Chicken roti Traditional soup White rice Steamed potato Stir-fried vegetables Salad bar Fruit of the day Meat and/or grilled chicken breast Coloured jelly Water or natural fruit juice 	<ul style="list-style-type: none"> Meat in Bolognese, tomato and carbonara sauce Eastern-style chicken leg Tomato cream Pasta Garlic bread Baguette/ Parmesan cheese Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice
TUESDAY	<ul style="list-style-type: none"> Broaster chicken leg Oven-baked pork loin in cape gooseberry sauce Noodle soup Rice pilaf Manioc croquettes Mixed vegetables Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Meatballs in traditional sauce Grilled chicken breast fillets Mondongo White rice Baked plantain Lentils in traditional sauce Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Fish fingers Mini churrasco Cuchuco Rice with parsley Olivier salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Wings Pork ribs in BBQ sauce Fusili soup Basmati rice Ratatouille Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice
WEDNESDAY	<ul style="list-style-type: none"> Fried fish a l'orly Veal in a wine sauce Minestrone soup Rice with sesame seeds Plantain Pickled vegetables Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Flank steak in traditional sauce Breaded fish fillet Pasta soup Rice with parsley Cassava in traditional sauce Avocado salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Posta cartagenera Baked chicken leg Rice soup White rice Manioc croquettes Caribbean salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Sautéed pork loin Peruvian-style chicken Hen broth Spinach rice Causa limeña Bean and avocado salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice
THURSDAY	<ul style="list-style-type: none"> Steak with fried egg Grilled chicken breast Traditional soup White rice Stewed cassava with butter Avocado salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Spaghetti with grilled chicken slices, stir-fried with tomato, baby corn and hogao Pomodoro cream Baguette Capresse tomato Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Powdered meat, chorizo and egg Bean casserole White rice Plantain slice Avocado Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Fish fingers Chicken breast au gratin Rice soup White rice Papa chip Avocado salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice
FRIDAY	<ul style="list-style-type: none"> Beef and Chicken Pad Thai Carrot cream Garlic bread Stir-fried vegetables Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Shredded chicken Grilled meat Ajíaco White rice Corn/Arepa Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Spanish Paella Vegetable cream Potato pie Spanish salad Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice 	<ul style="list-style-type: none"> Meat burger Chicken burger Celestine consommé French fries Grilled vegetables Salad bar Fruit of the day Meat and/or grilled chicken breast Water or natural fruit juice



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Haciendo siempre la diferencia

In accordance with Resolution 3803 of 2016 issued by the Ministry of Social Protection, which regulates the Recommended Energy and Nutrient Intakes (RIEN), the Estimated Average Requirements are established to determine the appropriate proportion of nutrients in the school canteen lunch. This lunch represents approximately one third of the total daily nutrient requirements of the different groups in the school community. It is essential to stress the importance of supplementing with the other meals of the day.