

MENU

JANUARY 2026



	WEEK 1	WEEK 2	WEEK 3
MONDAY	 Holiday Día de los Reyes Magos	<ul style="list-style-type: none">• Pork ribs in BBQ sauce• Chicken wings• Spinach cream• Rice with sesame seeds• Criolla potato• Broccoli• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Mixed rice• Chicken breast au gratin• Celestine consommé• French fries• Tomato slice• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice
TUESDAY		<ul style="list-style-type: none">• Valluna pork chops• Chicken breast au gratin• Traditional soup• White rice• Aborrajado• Stir-fried vegetables with sesame seeds• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Tilapia in tartar sauce• Meat with chimichurri• Mazamorrita• Rice with sesame seeds• Avocado salad• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice
WEDNESDAY	<ul style="list-style-type: none">• Sautéed pork loin• Sautéed chicken• Andean soup• Creamy Peruvian rice• Causa limeña• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Mini fried mojarra• Meat with chimichurri• Sancochito• Coconut rice• Plantain• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Classic Bolognese lasagne with beef ragù• Chicken breast lasagne in white sauce• Tomato cream• Baguette• Greek 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">• Mixed grill: grilled meat, grilled chicken breast and chorizo• Argentinean chicken soup• Potato sour cream• Grilled 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• Avocado slice• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Cordon bleu• Pork Julienne in teriyaki sauce• Mushroom cream• White rice• Mixed vegetables• Potato wedges• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice
FRIDAY	<ul style="list-style-type: none">• Maki sushi, Philadelphia sushi and California sushi• Battered fish• Miso ramen• Egg roll• Wok vegetables• 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, egg and chicharrón• Bean casserole• White rice• Plantain slice• Avocado slice• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice	<ul style="list-style-type: none">• Beef birria taco• Marinated cochinita pibil taco with pickled onion• Mexican soup• Yellow rice• Refried beans• Nachos/ Guacamole• Salad bar• Fruit of the day• Meat and/or grilled chicken breast• Water or natural fruit juice

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In accordance with Resolution 3803 of 2016 issued by the Ministry of Social Protection, which regulates the Recommended Energy and Nutrient Intake (RIEN), the Estimated Average Requirements are established to determine the adequate proportion of nutrients in school lunches. This lunch represents approximately one-third of the total daily nutrients required by the different groups in the school community. It is essential to emphasise the importance of supplementing this with other meals throughout the day.