

MENÚ

SEPTEMBER 2026

WEEK 1



LUNCH	MONDAY	TUESDAY, 1ST	WEDNESDAY, 2ND	THURSDAY, 3RD	FRIDAY, 4TH
PROTEIN		Meatballs	Chicken cannelloni in white sauce	Tilapia in tartar sauce	Chicken tikka masala
		Baked pork loin	Meat cannelloni in bolognese sauce	Grilled meat with chimichurri	Rogan josh
STARTER		Pasta soup	Tomato cream	Mazamorita	Curry lentil soup
CEREAL		White rice	Baguette	Rice with sesame seeds	Basmati rice
ACCOMPANIMENT		Lentils in traditional sauce		Manioc croquettes	Samosas
		Baked plantain	Capresse tomato	Caribbean salad	Creamy spinach with fresh cheese
SALAD BAR		Salad bar	Salad bar	Salad bar	Salad bar
FRUIT		Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
OPTIONAL		Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
DESSERT		Mini chocolate bar	Tiramissu	Quimbaya	Kheer
EARLY YEARS		Meatballs in traditional sauce	Oven-baked meat cannelloni au gratin in Bolognese sauce	Tilapia fillet in tartar sauce	Chicken tikka masala
VEGETARIAN		Lentil meatballs	Vegetarian cannelloni in white sauce	Quibbes	Malai Kofta
SHOW CREPES/ PASTAS		N.A.	Fettuccine in a fresh tomato sauce	N.A.	N.A.
SHOW WOK		Khaophad of chicken/ papa loslorito (potato)	N.A.	N.A.	N.A.

WEEK 2



LUNCH	MONDAY, 7TH	TUESDAY, 8TH	WEDNESDAY, 9TH	THURSDAY, 10TH	VIERNES, 11TH
PROTEIN	Stroganoff	Cordon Bleu	Pork ribs in BBQ sauce	Breaded fish fillet	Dominican-style stewed chicken leg
	Chicken breast au gratin	Pork Julienne in teriyaki sauce	Baked chicken wings	Beef medallions in demiglace sauce	Stewed Shredded Meat
STARTER	Oatmeal soup	Spinach cream	Rice soup	Ramen	Dominican sancocho
CEREAL	Rice with sesame seeds	White rice	Rice pilaf	Spinach rice	White rice
ACCOMPANIMENT	Caramelised banana	Mashed potato	Plantain with hogao	Potato wedges with romero	Black beans in Dominican-style sauce
	Ratatouille	Mixed vegetables	Carrot and celery dip	Sautéed sweetcorn	Mofongo
SALAD BAR	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
OPTIONAL	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
DESSERT	Copelia	Red berry semifreddo	Milhoja	Coloured jelly	Dominican flan
EARLY YEARS	Stroganoff	Cordon Bleu	Pork in BBQ sauce	Breaded fish fillet	Dominican-style stewed chicken leg
VEGETARIAN	Stuffed tomatoes	Cordon blue with tofu and mozzarella cheese	Vegetarian kebabs	Breaded tofu with mushroom sauce	Black bean medallions
SHOW CREPES/ PASTAS	N.A.	Mac & cheese	N.A.	Chicken Panne Cook in white sauce	N.A.
SHOW WOK	Wok rice in teriyaki sauce	N.A.	Chicken stir fry	N.A.	N.A.

WEEK 3



LUNCH	MONDAY, 14TH	TUESDAY, 15TH	WEDNESDAY, 16TH	THURSDAY, 17TH	VIERNES, 18TH
PROTEIN	Broaster chicken	Powdered meat, chorizo, egg and chicharrón	Penne al forno with beef chunks seared in white wine sauce	Fish in a panko and coconut crust	Charcoal-grilled beef served with chorizo
	Grilled meat with chimichurri		Spaghetti with slices of grilled chicken sautéed with tomato	Diced beef in pomodoro sauce	
STARTER	Mute soup	Bean casserole	Pomodoro cream	Sancochito	Pumpkin soup
CEREAL	White rice	White rice	Garlic toast	Caribbean rice	Potato in cheese sauce/ Corn
ACCOMPANIMENT	Baked potato	Plantain slice	Fine herbs tomato	Manioc sticks with paprika	Guacamole
	Ratatouille	Avocado		Mango salad	
SALAD BAR	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
OPTIONAL	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
DESSERT	Nucita	Bocadillo with cheese	Red berry semifreddo	Mini brownie	Allajor
EARLY YEARS	Broaster chicken	Ground meat	Spaguettis with beef	Fish in a panko and coconut crust	Charcoal-grilled beef accompanied by chorizo
VEGETARIAN	Hummus	Carve	Penne in an avocado sauce with chunks of tofu and vegetables	Stuffed zucchini rolls	Vegetarian grill
SHOW CREPES/ PASTAS	N.A.	Penne with spinach pesto and chicken	N.A.	Chicken nuggets in Alfredo sauce and thin slices of beef	N.A.
SHOW WOK	Chicken kung pao	N.A.	Pork Chop Suey	N.A.	N.A.

WEEK 4



LUNCH	MONDAY, 21ST	TUESDAY, 22ND	WEDNESDAY, 23RD	THURSDAY, 24TH	VIERNES, 25TH
PROTEIN	Steack with fried egg	Grilled meat	Fried mini mojara	Chicken supreme	Crepe with shredded meat, diced ripe plantain, hogao and cream cheese
	Grilled chicken breast	Shredded chicken	Meat with chimichurri	Pork loin in a rosemary and thyme crust with dijon mustard	
STARTER	Traditional soup	Ajaco	Sancochito	Pumpkin soup	Chicken crepe in mushroom sauce
CEREAL	White rice	White rice	Coconut rice	Rice pilaf	Vegetable soup
ACCOMPANIMENT	Potato wedges	Corn/ Arepa	Plantain	Glazed vegetable sticks	Arracacha chips
	Stir-fried vegetables	Avocado slice	Caribbean Salad	Mashed potato	Moroccan salad
SALAD BAR	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
OPTIONAL	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
DESSERT	Cookie 3 eyes	Cheese with arequipe	Mini muffin	Pancotta de yogurt griego	Strawberries with chocolate
EARLY YEARS	Grilled chicken	Ajaco with shredded chicken	Fish fingers	Pork loin in a rosemary and thyme crust with dijon mustard	Chicken crepe in mushroom sauce
VEGETARIAN	Stir-fried mushrooms with tofu	Quinoa croquettes	Stuffed avocado	Chickpea and quinoa nuggets	Crepe with fresh mushrooms, a selection of cheeses, tofu and sun-dried tomatoes
SHOW CREPES/ PASTAS	Crispy Hokkien Noodles	N.A.	Penne in tomato sauce with diced chicken	N.A.	N.A.
SHOW WOK	N.A.	Yakimeshi rice	N.A.	Vegetable chow mein	N.A.

WEEK 5

LUNCH	MONDAY, 28TH	TUESDAY, 29TH	WEDNESDAY, 30TH	THURSDAY	FRIDAY
PROTEIN	Teriyaki chicken	Valluna pork chops	Flank steak in traditional sauce		
	Grilled beef strip steak in barbecue sauce	Chicken breast au gratin	Grilled chicken breast		
STARTER	Minestrone soup	Vegetable soup	Cuchuco		
CEREAL	Spinach rice	White rice	White rice		
ACCOMPANIMENT	Chip potato	Aborrajado	Potato with cream and cheese sauce		
	Caesar salad	Sautéed vegetables with sesame seeds	Traditional salad		
SALAD BAR	Salad bar	Salad bar	Salad bar		
FRUIT	Fruit of the day	Fruit of the day	Fruit of the day		
OPTIONAL	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast		
DESSERT	Copelia	Mini tartlet	Copelia		
EARLY YEARS	Grilled beef strip steak in barbecue sauce	Valluna pork chops	Chicken chips		
VEGETARIAN	Aubergine lasagna	Stir-fried vegetables with tofu	Stuffed zucchini rolls		
SHOW CREPES/ PASTAS	Asian-style rice noodles	N.A.	Penne in a rustic sauce with chicken		
SHOW WOK	N.A.	Cantonese rice	N.A.		

WE NOURISH
WITH LOVE!