

MENU

SEPTEMBER 2026

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY		• Stroganoff • Chicken breast au gratin • Oatmeal soup • Rice with sesame seeds • Caramelised banana • Ratatouille • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Broaster chicken • Grilled meat with chimichurri • Mute soup • White rice • Baked potato • Ratatouille • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Steak with fried egg • Grilled chicken breast • Traditional soup • White rice • Potato wedges • Stir-fried vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Teriyaki chicken • Grilled beef strip steak in barbecue sauce • Minestrone soup • Spinach rice • Chip potato • Caesar salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice
TUESDAY	• Meatballs • Baked pork loin • Pasta soup • White rice • Lentils in traditional sauce • Baked plantain • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Cordon bleu • Pork Julienne in teriyaki sauce • Spinach cream • Arroz blanco • Mashed potato • Mixed vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Powdered meat, chorizo, egg and chicharrón • Bean casserole • White rice • Plantain slice • Avocado • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Grilled meat • Shredded chicken • Ajiaco • White rice • Corn/ Arepa • Avocado slice • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Valluna pork chops • Chicken breast au gratin • Vegetable soup • White rice • Aborrajado • Sautéed vegetables with sesame seeds • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice
WEDNESDAY	• Chicken cannelloni in white sauce • Meat cannelloni in bolognese sauce • Tomato cream • Baguette • Capresse tomato • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Pork ribs in BBQ sauce • Baked chicken wings • Rice soup • Rice pilaf • Plantain with hogao • Carrot and celery dip • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Penne al forno with beef chunks seared in white wine sauce • Spaghetti with slices of grilled chicken sautéed with tomato • Pomodoro cream • Garlic toast • Fine herbs tomato • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Fried mini mojarra • Meat with chimichurri • Sancochito • Coconut rice • Plantain • Caribbean Salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Flank steak in traditional sauce • Grilled chicken breast • Cuchuco • White rice • Potato with cream and cheese sauce • Traditional salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice
THURSDAY	• Tilapia in tartar sauce • Grilled meat with chimichurri • Mazamorrita • Rice with sesame seeds • Manioc croquettes • Caribbean salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Breaded fish fillet • Beef medallions in demiglace sauce • Ramen • Spinach rice • Potato wedges with romero • Sautéed sweetcorn • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Fish in a panko and coconut crust • Diced beef in pomodoro sauce • Sancochito • Caribbean rice • Manioc sticks with paprika • Mango salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Chicken supreme • Pork loin in a rosemary and thyme crust with dijon mustard • Pumpkin soup • Rice pilaf • Glazed vegetable sticks • Mashed potato • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	
FRIDAY	• Chicken tikka masala • Rogan josh • Curry lentil soup • Basmati rice • Samosas • Creamy spinach with fresh cheese • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice 	• Dominican-style stewed chicken leg • Stewed Shredded Meat • Dominican sancocho • White rice • Black beans in Dominican-style sauce • Mofongo • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice 	• Charcoal-grilled beef served with chorizo • Pumpkin soup • Potato in cheese sauce/ Corn • Guacamole • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice 	• Crepe with shredded meat, diced ripe plantain, hogao and cream cheese • Chicken crepe in mushroom sauce • Vegetable soup • Arracacha chips • Moroccan salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice 	