

MENU

OCTOBER 2026

WEEK 1



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY, 1ST	FRIDAY, 2ND
PROTEIN				Powdered meat, chorizo, egg and chicharrón	Shredded chicken
STARTER				Grilled chicken breast	Grilled meat with chimichurri
CEREAL				Bean casserole	Ajiaco
ACCOMPANIMENT				White rice	Pearl rice
SALAD BAR				Plantain slice/ Arepa	Corn/ Arepa
FRUIT				Avocado slice	Avocado salad
OPTIONAL				Salad bar	Salad bar
DESSERT				Fruit of the day	Fruit of the day
EARLY YEARS				Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
VEGETARIAN				Bocadillo with cheese	Coloured jelly
SHOW CREPES /PASTAS				Powdered meat	Chicken leg
SHOW WOK				Brown rice, vegetables and tofu bowl	Stuffed tomatoes with quinoa and mushrooms
				N.A.	N.A.
				Mandarin rice/ Papa fosforito (potato)	N.A.

WEEK 3



LUNCH	MONDAY, 12TH	TUESDAY, 13TH	WEDNESDAY, 14TH	THURSDAY, 15TH	FRIDAY, 16TH
PROTEIN		Chicken with vegetables	Tilapia in tartar sauce	Veal in mushroom sauce	Al pastor meat
STARTER		Pork milanese	Meat with chimichurri	Marinated roast pork	Shredded chicken
CEREAL		Pasta soup	Mazamorra	Chicken asopao	Mexican soup
ACCOMPANIMENT		White rice	Rice with sesame seeds	White rice	White rice
SALAD BAR		Salted potato	Manioc croquettes	Plantain chips	Tortilla chips/ Refried beans
FRUIT		Chickpeas in traditional sauce	Caribbean salad	Green beans, carrots and corn	Pico de gallo/ Guacamole
OPTIONAL		Salad bar	Salad bar	Salad bar	Salad bar
DESSERT		Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS		Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
VEGETARIAN		Mini cupcake	Vanilla flan	Mini carrot cake	Truffle
SHOW CREPES /PASTAS		Chicken with vegetables	Tilapia in tartar sauce	Marinated roast pork	Al pastor chicken
SHOW WOK		Mushroom croquettes	Quibbes and hummus	Moorish pigeon peas	Vegetarian tacos
		Fettuccini in carbonara sauce	N.A.	Mac & cheese	N.A.
		N.A.	Khaophad of chicken/ papa fosforito (potato)	N.A.	N.A.

WEEK 4



LUNCH	MONDAY, 19TH	TUESDAY, 20TH	WEDNESDAY, 21ST	THURSDAY, 22ND	FRIDAY, 23RD
PROTEIN	Yakimeshi rice	Meatballs in traditional sauce	Cordon bleu	Chicken cannelloni au gratin in tomato sauce	Meat, chicken breast, morcilla and chorizo
STARTER	Grilled meat	Chicken breast au gratin	Pork Julienne in teriyaki sauce	Meat cannelloni au gratin in bolognese sauce	Grilled chicken breast
CEREAL	Chip potato	White rice	Pilaf rice	Baguette	Plantain, potato and corn
ACCOMPANIMENT		Lentils in traditional sauce	Mixed vegetables		
SALAD BAR	Tomato slice	Baked plantain	Manioc croquettes	Capresse tomato	Guacamole
FRUIT	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
OPTIONAL	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
DESSERT	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
EARLY YEARS	Mini poppy seed cake	Chocolate chip cookie	Passion fruit mousse	Cannoli	Rice pudding
VEGETARIAN	Rice with chicken	Meatballs in traditional sauce	Cordon bleu	Meat cannelloni au gratin in bolognese sauce	Strips of grilled beef and chicken
SHOW CREPES /PASTAS	Vegetarian rice	Soybean meatballs	Vegetarian brochettes	Vegetarian cannelloni in white sauce	Stuffed tomatoes with quinoa and mushrooms
SHOW WOK	Spaghetti in bolognese sauce / Baguette	N.A.	Stroganoff crepe	N.A.	N.A.
	N.A.	Caesar salad with chicken cubes	N.A.	Pork panne cook in white sauce	N.A.

WEEK 5



LUNCH	MONDAY, 26TH	TUESDAY, 27TH	WEDNESDAY, 28TH	THURSDAY, 29TH	FRIDAY, 30TH
PROTEIN	Wings	Sautéed pork loin	Meat lasagne in bolognese sauce, neapolitan, carbonara	Fish croquettes	Meat or chicken burger with caramelised onions, bacon, mozzarella, lettuce and tomato
STARTER	Steak with fried egg	Peruvian pork	Eastern-style chicken leg	Chicken breast au gratin	Celestine consommé
CEREAL	Fusili soup	Hen broth	Zapayo cream	Rice soup	French fries
ACCOMPANIMENT	Basmati rice	Spinach rice	Pasta (short, long, macaroni)	White rice	
SALAD BAR	Plantain slice	Causa limeña	Garlic bread	Plantain with hogao	Onion rings
FRUIT	Mixed vegetables	Peruvian salad	Baguette/ Parmesan cheese	Avocado salad	Fruit bar
OPTIONAL	Salad bar	Salad bar	Salad bar	Salad bar	Fruit of the day
DESSERT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS	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
VEGETARIAN	Red berry panna cotta	Suspiro Limeño	Banana and cocoa mini brownie	Vanilla flan	Ice cream
SHOW CREPES /PASTAS	Breaded chicken	Sautéed pork loin	Pasta with bolognese sauce	Mini grill	Mini meat burger
SHOW WOK	Vegetarian wraps	Stuffed zucchini rolls	Pasta in avocado sauce	Vegetarian grill	Vegetarian burger
	N.A.	Penne meatballs au gratin	N.A.	N.A.	N.A.
	Vermicelli	N.A.	N.A.	Cantonese rice	N.A.

WE NOURISH WITH LOVE!