MENU

NOVEMBER 2026

THE ENGLISH NURSERY
GREAT MOMENTS, GREAT THOUGHTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	Holiday Día de Todos los Santos	• Beef stroganoff • Rosemary chicken • Traditional soup • Rice with sesame seeds • Potato wedges • Pickled vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	Holiday Independencia de Cartagena	• Sauteed pork loin • Huancaina-style chicken • Hen broth • Peruvian rice • Causa limeña • Stir fried peruvian vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Grilled meat, chicken and pork • Chorizo, morcilla • Hen broth • Corn, plantain, potato sour cream • Avocado • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice
TUESDAY	• Rice with chicken • Grilled meatf • Pasta soup • Chip potato • Tomato slice • Salad bar • Avocado salad • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Cordon bleu • Pork julienne in teriyaky sauce • Spinach cream • White rice • Manioc croquettes • Mixed vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Broaster chicken leg • Beef tenderloin in mushroom sauce • Cuchuco de maíz • White rice • Chip potato • Mixed vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Ropa vieja burrito with chilli sauce dressing • Chicken burrito stuffed with chipotle sauce • Mexican soup • Yellow rice • Tortilla chips • Guacamole - Pico de gallo • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	
WEDNESDAY	• Flank steak in traditional sauce • Grilled chicken breast • Cuchuco de trigo • 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	• Yakimetsi rice • Oven-baked pork loin in cape gooseberry sauce • Celestine consomme • Plantain slice • Tomato slice • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Powdered meat, egg and chorizo • Grilled chicken breast • Bean casserole • White rice • Plantain slice • Avocado • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Fish fingers • Grilled chicken breast • Leek and potato soup • French fries • British salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	
THURSDAY	• 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	• BBQ wings • Pork ribs in BBQ sauce • Spinach cream • White rice • French fries • Apple salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Fish in tartar sauce • Grilled chicken breast • Mushroom cream • Rice with sesame seeds • Plantain • Traditional salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Shredded chicken • Grilled meat • Ajiaco santafereño • White rice • Corn/arepa • Avocado • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	
FRIDAY	• Beef meatballs on penne in a tomato, basil and parmesan sauce • Chicken parmesan served on fettuccine in alfredo sauce • Minestrone soup • Baked garlic bread with parsley and olive oil • Caprese salad with tomatoes, mozzarella and basil • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Maki sushi, Philadelphia sushi and California sushi • Breaded fish fillet • Miso ramen • Egg roll • Stir-fried vegetables • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Soy-glazed chicken • Bulgogi-style meat • Mild vegetable and noodle soup • Stir-fried noodles with vegetables and egg • Red cabbage, carrot and cucumber • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	• Pork-filled bao buns in BBQ sauce • Chicken bao in red sauce • Potato wedges • Rainbow salad • Salad bar • Fruit of the day • Meat and/or grilled chicken breast • Water or natural fruit juice	

Sapore
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.