The English School | The English Way — TRANSFORMING THROUGH RESPECT | Sapore

MENU
NOVEMBER 2026

WEEK 1

LUNCH	MONDAY, 2ND	TUESDAY, 3RD	WEDNESDAY, 4TH	THURSDAY, 5TH	FRIDAY, 6TH
PROTEIN	Holiday Dia de Todos los Santos	Rice with chicken	Flank steak in traditional sauce	Posta cartagenera	Beef meatballs on penne in a tomato, basil and parmesan sauce
		Grilled meatf	Grilled chicken breast	Baked chicken leg	Chicken parmesan served on fettuccine in alfredo sauce
STARTER		Pasta soup	Cuchuco de trigo	Rice soup	Minestrone soup
CEREAL			White rice	White rice	Baked garlic bread with parsley and olive oil
ACCOMPANIMENT		Chip potato	Potato with cream and cheese sauce	Manioc croquettes	Caprese salad with tomatoes, mozzarella and basil
		Tomato slice	Traditional salad	Caribbean salad	
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 banana muffin	Passion fruit mousse	Bocadillo with cheese	Vanilla panna cotta with fresh strawberry sauce
EARLY YEARS		Beef fajitas	Chicken chips	Baked chicken leg	Beef meatballs on penne in a tomato, basil and parmesan sauce
VEGETARIAN		Crispy tofu with sesame seeds	Baked lentil cake	Wholemeal falafel wrap	Fettuccine in a creamy mushroom and parmesan sauce
SHOW CREPES/ PASTAS		Escalopes in neapolitan sauce	N.A.	Stroganoff crepe	N.A.
SHOW WOK		N.A.	Caesar salad with chicken	N.A.	N.A.

WEEK 2

LUNCH	MONDAY, 9TH	TUESDAY, 10TH	WEDNESDAY, 11TH	THURSDAY, 12TH	FRIDAY, 13TH
PROTEIN	Beef stroganoff	Cordon bleu	Yakimetsi rice	BBQ wings	Maki sushi, Philadelphia sushi and California sushi
	Rosemary chicken	Pork julienne in teriyaky sauce	Oven-baked pork loin in cape gooseberry sauce	Pork ribs in BBQ sauce	Breaded fish fillet
STARTER	Traditional soup	Spinach cream	Celestine consomme	Spinach cream	Miso ramen
CEREAL	Rice with sesame seeds	White rice	Plantain slice	White rice	Egg roll
ACCOMPANIMENT	Potato wedges	Manioc croquettes		French fries	Stir-fried vegetables
	Pickled vegetables	Mixed vegetables	Tomato slice	Apple 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	Chip cookies	Coloured jelly	Red berry semifreddo	Mini orange sponge cake	Fortune cookie
EARLY YEARS	Breaded fish fillet	Cordon bleu	Yakimetsi rice	Veal in mushroom sauce	Maki sushi, Philadelphia sushi and California sushi
VEGETARIAN	Egg, spinach and cheese quiche	Baked chickpea croquettes	Quinoa, vegetable and tofu tortilla	Stir-fried tofu with vegetables and mushrooms	
SHOW CREPES/ PASTAS	Fettuccine in alfredo sauce	N.A.	Pasta in alfredo sauce with mushroom and chicken	N.A.	N.A.
SHOW WOK	N.A.	Chicken baguette with pesto	N.A.	Pork bowl with roasted pineapple, rice and vegetables	N.A.

WEEK 3

LUNCH	MONDAY, 16TH	TUESDAY, 17TH	WEDNESDAY, 18TH	THURSDAY, 19TH	FRIDAY, 20TH
PROTEIN	Holiday Independencia de Cartagena	Broaster chicken leg	Powdered meat, egg and chorizo	Fish in tartar sauce	Soy-glazed chicken
		Beef tenderloin in mushroom sauce	Grilled chicken breast	Grilled chicken breast	Bulgogi-style meat
STARTER		Cuchuco de maíz	Bean casserole	Mushroom cream	Mild vegetable and noodle soup
CEREAL		White rice	White rice	Rice with sesame seeds	Stir-fried noodles with vegetables and egg
ACCOMPANIMENT		Chip potato	Plantain slice	Plantain	
		Mixed vegetables	Avocado	Traditional salad	Red cabbage, carrot and cucumber
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		Brownie	Cheese with arequipe	Coloured jelly	Mango bingsu
EARLY YEARS		Broaster chicken leg	Powdered meat	Fish in tartar sauce	Soy-glazed chicken
VEGETARIAN		Soybean meatballs	Powdered Soybean	Aubergine and soybean lasagna	Vegetarian bibimbap
SHOW CREPES/ PASTAS		Fettuccini with mushrooms/Baguette	N.A.	Mac & cheese	N.A.
SHOW WOK		N.A.	Khaophad de pollo/Papa fosforito	N.A.	N.A.

WEEK 4

LUNCH	MONDAY, 23RD	TUESDAY, 24TH	WEDNESDAY, 25TH	THURSDAY, 26TH	FRIDAY, 27TH
PROTEIN	Sauteed pork loin	Ropa vieja burrito with chilli sauce dressing	Fish fingers	Shredded chicken	Pork-filled bao buns in BBQ sauce
	Huancaina-style chicken	Chicken burrito stuffed with chipotle sauce	Grilled chicken breast	Grilled meat	Chicken bao in red sauce
STARTER	Hen broth	Mexican soup	Leek and potato soup	Ajiaco	Potato wedges
CEREAL	Peruvian rice	Yellow rice	French fries	White rice	
ACCOMPANIMENT	Causa limeña	Tortilla chips		Corn/ Arepa	Rainbow salad
	Stir fried peruvian vegetables	Guacamole - Pico de gallo	British salad	Avocado	
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	Peruvian picarones	Mini cocoa cake	Mini fruit tartlet	Caramel flan	Feng Li Su
EARLY YEARS	Sauteed pork loin	Ropa vieja taco with chilli sauce dressing	Fish fingers	Chicken leg	Chicken bao in red sauce
VEGETARIAN	Peruvian ceviche	Vegetarian taco	Mushroom and tofu stir-fry	Vegan ajiaco	Vegetarian - hummus bao
SHOW CREPES/ PASTAS	Ham and cheese cannelloni	N.A.	Beef and mushrooms pan cook	N.A.	N.A.
SHOW WOK	N.A.	Stir-fried wok vegetables with pork tenderloin	N.A.	N.A.	N.A.

WEEK 5

LUNCH	MONDAY, 30TH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROTEIN	Grilled meat, chicken and pork				
	Chorizo and morcilla				
STARTER	Hen broth				
CEREAL	Corn, plantain, potato sour cream				
ACCOMPANIMENT	Avocado				
SALAD BAR	Salad bar				
FRUIT	Fruit of the day				
OPTIONAL	Meat and/or grilled chicken breast				
DESSERT	Rice pudding				
EARLY YEARS	Grilled meat, chicken and pork				
VEGETARIAN	Vegetarian grill				
SHOW CREPES/ PASTAS	N.A.				
SHOW WOK	N.A.				

WE NOURISH WITH LOVE!