



March

5th a 12th Grade

DATE	STARTER	MAIN COURSE	SIDE DISH	VEGETARIAN OPTION	DESSERT	DRINKS
Monday 2	Chicken soup	Grilled beef w/chimichurri	Roasted potatoes	Lupin beans and avocado ceviche	Watermelon	Lemonade
		Chicken Casserole	Salad bar		Honey and oatmeal cookies	Passion fruit juice
Tuesday 3	Lentil soup	Fish ceviche	Tigrillo	Quinoa risotto	Seasonal fruits	Strawberry juice
		Grilled pork chop w/ tamarind sauce	Salad bar			Tamarillo juice
Wednesday 4	Carrot cream soup	Bandeja Paisa (beans, steak, plantain, sausage and corn tortilla)	Rice	Falafel	Mini orange cake	Watermelon juice
		Pasta with alfredo sauce sauce	Salad bar		Seasonal fruits	Cedron and lemon tea
Thursday 5	Plantain soup	Grilled tilapia w/ seafood sauce	Cassava fingers	Vegetable lasagna	Pear	Passion fruit juice
		Meat lasagna / garlic bread	Salad bar			Tamarind juice
Friday 6	Pearled barley soup	Breaded calamari	Rice	Stuffed zucchini	Mini brownies	Blackberry juice
		Meatloaf	Salad bar		Seasonal fruits	Soursop juice
Monday 9	Vegetable cream soup	Breaded chicken	Mashed potato	Corn soufflé	Apple	Coconut juice
		Pork BBQ	Salad bar			Guava juice
Tuesday 10	Ajiaco soup (potato, corn & chicken)	Seafood fried rice	Quinoa with vegetables	Chopsuey with mushrooms and vegetables	Strawberries with chantilly	Lemonade
		Beef medallions w/ mushroom sauce	Salad bar		Seasonal fruits	Soursop juice
Wednesday 11	Aji de carne (white corn, beef, potato & cabbage)	Pasta w/ neapolitan sauce	Llapingachos	Tomato bruschetta	Mini carrot cake	Strawberry juice
		Plato ambateño (beet, egg and sausage)	Salad bar		Seasonal fruits	Tamarillo juice
Thursday 12	Seafood soup	Chicken wings BBQ	Roasted potatoes	Quinoa croquettes	Yogurt parfait with fruit and granola	Passion fruit juice
		Ecuadorian fried rice	Salad bar			Chamomile tea and honey
Friday 13	Pea cream soup	Grilled beef w/ pepper sauce	Rice / fried plantains	Lentil burritos	Peach halves in syrup	Blackberry juice
		Fish with coconut sauce	Salad bar		Seasonal fruits	Cantaloupe juice
Monday 16	Vegetable soup	Crispy chicken	Mashed potato and carrot	Spinach and ricotta crepe	Pear	Watermelon juice
		Mixed chop suey	Salad bar			Peach juice
Tuesday 17	Quinoa soup	Pork tacos	Corn	Vegan croquettes (soybeans and potato)	Mini chocolate chips cookies	Lemonade
		Beef and chorizo brochette	Salad bar		Seasonal fruits	Guava juice
Wednesday 18	Tomato and basil cream soup	Grilled fish in fine herbs	Saffron rice	Chickpea stew	Watermelon	Tamarind juice
		Chicken lasagna / garlic bread	Salad bar			Tamarillo juice
Thursday 19	Julienne soup	Grilled steak	Creole potato	Pasta with pesto	Fruit ice cream	Coconut juice
		Pasta with shrimp in garlic sauce	Salad bar		Seasonal fruits	Passion fruit juice
Friday 20	Potato soup	Baked chicken	Green rice	Eggplant parmigiana	Seasonal fruits	Strawberry juice
		Grilled fish w/ carper sauce	Salad bar			Soursop juice
Monday 23	Sancocho de res	Grilled pork chop	Mote Pillo	Stuffed potato	Caramel flan	Blackberry juice
		Chicken fried rice	Salad bar		Seasonal fruits	Mango juice
Tuesday 24	Pumpkin cream soup	Breaded beef	Mashed potato	Spring rice	Apple	Passion fruit juice
		Pasta w/ pomodoro	Salad bar			Horchata tea
Wednesday 25	Chickpea soup	Fried cod w/ tartar sauce	Rice	Spring roll	Peach Pie	Pineapple juice
		Chicken nuggets	Salad bar		Seasonal fruits	Watermelon juice
Thursday 26	Spinach cream soup	Crispy calamari	Moros y cristianos (bean and rice)	Stuffed avocado	Seasonal fruits	Red berry juice
		Beef goulash	Salad bar			Peach juice
Friday 27	Tortilla soup	Hornado pork	White corn w/ llapingacho	Mushroom quesadilla	Caramel flan	Cantaloupe juice
		Mixed ceviche (shrimp & fish)	Salad bar		Seasonal fruits	Lemon green tea
Monday 30	Asparagus cream soup	Grilled chicken W/ mushroom sauce	Rice	Vegetarian empanada (carve)	Seasonal fruits	Passion fruit juice
		Pasta with pesto / napolitana sauce	Salad bar			Soursop juice
Tuesday 31	Cracked corn soup	Tenderloin medallions w/ creole sauce	Au gratin potatoes	Bean stew	Red berry mousse	Strawberry juice
		Fish fingers	Salad bar		Seasonal fruits	Ginger and lemon tea

Guia de Color

- Carbohidratos complejos y ultraprocesados
- Vegetales
- Proteínas que incluyen cárnicos y de origen vegetal
- Productos lácteos
- Carbohidratos simples (glucosa, fructosa, galactosa) y azúcares refinadas