

March

Kinder to 4th 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
		Fish nuggets	Tomato and lettuce salad		Honey and oatmeal cookies	
Tuesday 3	Lentil soup	Chicken casserole	Tigrillo	Quinoa risotto	Seasonal fruits	Strawberry juice
		Grilled pork loin	Carrot and pea salad			
Wednesday 4	Carrot cream soup	Cheese pizza	Caprese salad	Falafel	Seasonal fruits	Cedron and lemon tea
		Pasta with alfredo sauce sauce				
Thursday 5	Plantain soup	Grilled tilapia	Cassava fingers	Vegetable lasagna	Pear	Passion fruit juice
		Meat lasagna / garlic bread	Celery and carrot sticks			
Friday 6	Pearled barley soup	Breaded calamari	Rice	Stuffed zucchini	Mini brownies	Blackberry juice
		Meatloaf	Tomato and cucumber salad		Seasonal fruits	
Monday 9	Vegetable cream soup	Breaded chicken	Mashed potato	Corn soufflé	Apple	Guava juice
		Pork BBQ	Lettuce and carrot salad			
Tuesday 10	Ajiaco soup (potato, corn & chicken)	Empanada de morocho	Quinoa with vegetables	Chopsuey with mushrooms and vegetables	Strawberries with chantilly	Lemonade
		Beef medallions w/ mushroom sauce	Bean and tomato salad			
Wednesday 11	Aji de carne (white corn, beef, potato & cabbage)	Pasta w/ neapolitan sauce	Llapingachos	Tomato bruschetta	Seasonal fruits	Strawberry juice
		Plato ambateño (beet, egg and sausage)	Beet and carrot salad			
Thursday 12	Seafood soup	Chicken BBQ	Roasted potatoes	Quinoa croquettes	Yogurt parfait with fruit and granola	Passion fruit juice
		Ecuadorian fried rice	Cucumber and sweet corn salad			
Friday 13	Pea cream soup	Mini burger	Rice / fried plantains	Lentil burritos	Peach halves in syrup	Blackberry juice
		Fish fingers	Tomato and lupin beans salad			
Monday 16	Vegetable soup	Chicken nuggets	Mashed potato and carrot	Spinach and ricotta crepe	Pear	Watermelon juice
		Mixed chop suey	Celery and apple salad			
Tuesday 17	Quinoa soup	Pork tacos	Corn	Vegan croquettes (soybeans and potato)	Mini chocolate chips cookies	Lemonade
		Beef and chorizo brochette	Pea and tomato salad		Seasonal fruits	
Wednesday 18	Tomato and basil cream soup	Grilled fish	Saffron rice	Chickpea stew	Watermelon	Tamarind juice
		Chicken lasagna / garlic bread	Coleslaw			
Thursday 19	Julienne soup	Grilled steak	Creole potato	Pasta with pesto	Fruit ice cream	Passion fruit juice
		Pasta with tuna	Lettuce and carrot salad		Seasonal fruits	
Friday 20	Potato soup	Baked chicken	Green rice	Eggplant parmigiana	Seasonal fruits	Strawberry juice
		Grilled fish	Quinoa and sweet corn salad			
Monday 23	Sancocho de res	Grilled pork chop	Mote Pillo	Stuffed potato	Caramel flan	Blackberry juice
		Chicken fried rice	Cucumber and tomato salad		Seasonal fruits	
Tuesday 24	Pumpkin cream soup	Breaded beef	Mashed potato	Spring roll	Apple	Passion fruit juice
		Pasta w/ pomodoro	Beet and beans salad			
Wednesday 25	Chickpea soup	Fried cod w/ tartar sauce	Rice	Spring rolls	Peach pie	Pineapple juice
		Chicken nuggets	Pepper and celery sticks		Seasonal fruits	
Thursday 26	Spinach cream soup	Crispy calamari	Moros y cristianos (bean and rice)	Stuffed avocado	Seasonal fruits	Red berry juice
		Beef goulash	Lettuce and tomato salad			
Friday 27	Tortilla soup	Mixed flautas	French fries	Mushroom quesadilla	Caramel flan	Cantaloupe juice
		Breaded cod	Guacamole and cheese		Seasonal fruits	
Monday 30	Asparagus cream soup	Grilled chicken w/ mushroom sauce	Rice	Vegetarian empanada (carve)	Seasonal fruits	Passion fruit juice
		Pasta with pesto / napolitana sauce	Peas and sweet corn salad			
Tuesday 31	Cracked corn soup	Tenderloin medallions w/ creole sauce	Au gratin potatoes	Bean stew	Red berry mousse	Strawberry juice
		Fish fingers	Coleslaw		Seasonal fruits	

Guia de Color

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