



September

5th to 12th Grade

DATE	STARTER	MAIN COURSE	SIDE DISH	VEGETARIAN	DESSERT	DRINKS
MONDAY 2	POTATO SOUP	GRILLED STEAK IN GARLIC SAUCE	RICE	VEGETARIAN FLAUTAS	JELLO	TAMARILLO JUICE
		FISH W/ LEMON CREAMY SAUCE	SALAD BAR		FRUIT OF THE SEASON	LEMONADE
TUESDAY 3	CORN AND PUMPKIN CREAM SOUP	CHICKEN WINGS IN TERIYAKI SAUCE	MASHED POTATO	MUSHROOM EMPANADA	MINI BROWNIE	STRAWBERRY JUICE
		PORK STEW	SALAD BAR		FRUIT OF THE SEASON	CANTALOUPE JUICE
WEDNESDAY 4	CHICKEN BROTH	MACARONI WITH CHEESE AND MEAT	RICE	RICOTTA AND SPINACH CREPE	FRUIT OF THE SEASON	PASSION FRUIT JUICE
		BREADED CALAMARI	SALAD BAR			LEMON AND CEDRON TEA
THURSDAY 5	POTATO SOUP	BAKED PORK	POTATO TORTILLA / WHITE CORN	FALAFEL	MINI CARAMEL COOKIE	WATERMELON JUICE
		GRILLED CHICKEN IN PASSION FRUIT SAUCE	SALAD BAR		FRUIT OF THE SEASON	PEACH JUICE
FRIDAY 6	VEGETABLE CREAM SOUP	FISH IN COCONUT SAUCE	FRENCH FRIES	LENTIL BURGER	FRUIT OF THE SEASON	LEMONADE
		HAMBURGER	SALAD BAR			CHAMOMILE TEA
MONDAY 9	AJIACO SOUP (potato, corn & chicken)	CHICKEN IN GARLIC SAUCE	CREOLE POTATO	STUFFED AVOCADO WITH HEART OF PALM	FRUIT ICE CREAM	BLACKBERRY JUICE
		SEAFOOD FRIED RICE	SALAD BAR		FRUIT OF THE SEASON	CANTALOUPE JUICE
TUESDAY 10	JULIANNE SOUP	LOIN MEDALLION IN CHIMICHURRI	AU GRATIN POTATOES	VEGETARIAN CHOP SUEY	FRUIT OF THE SEASON	STRAWBERRY JUICE
		CAPRESE LASAGNE / GARLIC BREAD	SALAD BAR			TAMARIND JUICE
WEDNESDAY 11	CELERY AND APPLE CREAM SOUP	PORK RIBS BBQ	BAKED POTATO	POTATO STUFFED WITH SOY AND VEGETABLES	CARAMEL FLAN	LEMONADE
		CHICKEN BURRITO	SALAD BAR		FRUIT OF THE SEASON	MANGO JUICE
THURSDAY 12	QUINOA SOUP	BEEF AND CHORIZO SKEWER	RICE	GRATINATED TOMATO	FRUIT OF THE SEASON	SOLANUM QUITOENSE JUICE
		SAILOR CLAMS	SALAD BAR			TAMARILLO JUICE
FRIDAY 13	CORN CREAM SOUP	GLAZED FISH	GREEN RICE	BREADED EGGPLANT	APPLE PIE	PASSION FRUIT JUICE
		MIXED CHOP SUEY	SALAD BAR		FRUIT OF THE SEASON	COCONUT JUICE
MONDAY 16	VEGETABLE SOUP	CHICKEN NUGGETS	FRENCH FRIES	STEW CHICKPEA	FRUIT OF THE SEASON	STRAWBERRY JUICE
		MEAT BISTEK	SALAD BAR			GUAVA JUICE
TUESDAY 17	GAZPACHO	MIXED PAELLA (seafood and chicken)	RICE AND BEAN STEW	VEGETARIAN LASAGNE	MINI CARROT CAKE	MANGO JUICE
		GRILLED PORK CHOP IN TAMARIND SAUCE	SALAD BAR		FRUIT OF THE SEASON	SOURSOP JUICE
WEDNESDAY 18	SPINACH CREAM SOUP	STUFFED TURKEY	AU GRATIN POTATOES	SPRING RICE WITH DRY FUNGI	FRUIT OF THE SEASON	BLACKBERRY JUICE
		CRISPY FISH	SALAD BAR			APPLE JUICE
THURSDAY 19	VEGETABLE BROTH SOUP	BREADED MEAT	MASHED POTATO	QUINOA RISOTTO	FRUIT OF THE SEASON	PASSION FRUIT JUICE
		SHRIMP RISOTTO	SALAD BAR			WATERMELON JUICE
FRIDAY 20	SEAFOOD SOUP	PORK FRITADA	MOTE PILLO	STUFFED ZUCCHINI WITH TOFU	YOGURT PARFAIT W/ GRANOLA & FRUIT	LEMONADE
		SPAGHETTI WITH ALFREDO SAUCE	SALAD BAR		FRUIT OF THE SEASON	RED FRUITS TEA
MONDAY 23	PUMPKIN AND CORN CREAM SOUP	CORDON BLEU	RICE	HUMUS AND PITA BREAD	STRAWBERRY CHEESECAKE	TAMARILLO JUICE
		ECUADORIAN FRIED RICE	SALAD BAR		FRUIT OF THE SEASON	TAMARIND JUICE
TUESDAY 24	PLANTAIN SOUP	GRILLED COD IN POMODORO SAUCE	TIGRILLO	BEAN TACO	FRUIT OF THE SEASON	AGUA DE JAMAICA
		CRISPY CHICKEN	SALAD BAR			LEMONADE
WEDNESDAY 25	LENTIL SOUP	BANDEJA PAISA (beans, steak, plantain, sausage and corn tortilla)	RICE AND BEAN STEW	QUINOA BALLS	FRUIT ICE CREAM	GUAVA JUICE
		CALAMARI IN TOMATO SAUCE	SALAD BAR		FRUIT OF THE SEASON	HORCHATA TEA
THURSDAY 26	REPE LOJANO	TURKEY MEDALLIONS IN PRUNE SAUCE	AU GRATIN POTATOES	VEGETARIAN CEVICHE	FRUIT OF THE SEASON	STRAWBERRY JUICE
		FISH CEVICHE	SALAD BAR			SOURSOP JUICE
FRIDAY 27	TOMATO AND BASIL CREAM SOUP	ROAST BEEF IN PEPPER SAUCE	RICE	CORNBREAD WITH BEAN AND AVOCADO	CHOCOLATE CHIP COOKIES	BLACKBERRY JUICE
		PASTA W/ POMODORO	SALAD BAR		FRUIT OF THE SEASON	CANTALOUPE JUICE
MONDAY 30	CRACKED CORN SOUP	CARAMELIZED PORK LOIN	MASHED POTATO	PASTA WITH PESTO	CHOCO BANANA	LEMONADE
		CHICKEN LASAGNE / GARLIC BREAD	SALAD BAR		FRUIT OF THE SEASON	TAMARIND JUICE

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