

WEEK 1



LUNCH	MONDAY, 2ND	TUESDAY, 3RD	WEDNESDAY, 4TH	THURSDAY, 5TH	FRIDAY, 6TH
PROTEIN	Meat ravioli	Stroganoff	Fried fish	Rice with chicken	Mixed Parrillada: grilled meat, grilled chicken, chorizo and morcilla.
	Chicken ravioli	Chicken breast au gratin	Roast pork	Mixed rice	
STARTER	Mushroom cream	Oatmeal soup	Onion soup	Noodle soup	Argentinian chicken soup
GRAIN		Rice with sesame seeds	Yellow rice	Chip potato	Argentinian rice
ACCOMPANIMENT	Garlic bread	Caramelised banana	Potato wedges		Avocado salad
	Caprese tomato	Mixed vegetables	Coleslaw salad	Avocado salad	Grilled vegetables from Argentina
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	Mini éclair	Red berry mousse	Repolla de arequipe	Fruit apick	Alfajor
EARLY YEARS	Meat ravioli	Stroganoff	Fried fish	Rice with chicken	Argentinian parrillada
VEGETARIAN	Vegetarian ravioli	Stuffed tomatoes	Broccoli and tofu meatballs	Vegetarian rice	Stir-fried vegetables with tofu and coconut water
SHOW CREPES / PASTAS	N.A.	Mini Beef Panne Cook	N.A.	Macaroni in bolognese sauce	N.A.
SHOW WOK	Chop Suey	N.A.	Caesar salad	N.A.	N.A.

WEEK 2



LUNCH	MONDAY, 9TH	TUESDAY, 10TH	WEDNESDAY, 11TH	THURSDAY, 12TH	FRIDAY, 13TH
PROTEIN	Chicken fricassee	Fish fingers	Meat crepes	Shredded meat in traditional sauce	Chicken basket (wing and leg)
	Pork leg in plum sauce	Meat with chimichurri	Chicken crepes	Grilled chicken breast	
STARTER	Cuchuco	Spinach cream	Onion soup	Traditional soup	Celestine consommé
GRAIN	White rice	Rice with parsley	Arracacha chips	White rice	Rice pilaf
ACCOMPANIMENT	Manioc croquettes	Platain chips	Mediterranean salad	Salted potato	French fries
	Florentine salad	Stir-fried vegetables		Chickpeas Madrilienian style	Carrot and celery dip
SALAD BAR	Salad bar	Salad bar	Salad bar	Salad bar	Mixed fruit bar, yoghurt and cereal
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	Meat and/or grilled chicken breast
DESSERT	Chocolate bar	Mini brownie	Mini cheese cake	Passion fruit mousse	Ice cream
EARLY YEARS	Chicken fricassee	Fish strips	Meat crepes	Grilled beef fajitas	Chicken leg
VEGETARIAN	Buckwheat bowl with lentils	Hummus	Vegetarian crepes	Omelette with mushroom	Farfalle with pesto and tofu
SHOW CREPES / PASTAS	N.A.	Fetuccini in bolognese sauce	N.A.	Ham and cheese cannelloni	N.A.
SHOW WOK	Stir-fried brown rice	N.A.	Vietnamese rice	N.A.	N.A.

WEEK 3



LUNCH	MONDAY, 16TH	TUESDAY, 17TH	WEDNESDAY, 18TH	THURSDAY, 19TH	FRIDAY, 20TH
PROTEIN	Powdered meat	Pork rib in BBQ sauce	Potato chicken pie	Fried fish	Chicken pad thai
	Charizo/ chicharrón	Chicken with traditional sauce	Grilled meat	Stroganoff	Pork pad thai
STARTER	Bean casserole	Rice soup	"Angel hair" consommé	Sancochito	Wonton soup
GRAIN	White rice	Rice with parsley	White rice	White rice	Thai fried rice
ACCOMPANIMENT	Arepá/ platian slice/ avocado slice	Potato with hogao	Manioc croquettes	Plantain with hogao	Thai vegetables
		Cream broccoli	Stir-fried vegetables	Mixed vegetables	
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	Bocadillo with cheese	Vanilla cookie	Coloured jelly	Nucita	Cocada
EARLY YEARS	Powdered meat	Baked chicken	Potato chicken pie	Fried fish	Pork pad thai
VEGETARIAN	Powdered Soybean	Stuffed aubergine	Quinoa ceviche	Vegetarian brochette	Vegetarian pad thai
SHOW CREPES / PASTAS	Olivier salad with pasta	N.A.	Beef noodles	N.A.	N.A.
SHOW WOK	N.A.	Cantonese rice	N.A.	Chicken Teppanyaki	N.A.

WEEK 4



LUNCH	MONDAY, 23RD	TUESDAY, 24TH	WEDNESDAY, 25TH	THURSDAY, 26TH	FRIDAY, 27TH
PROTEIN	Chicken wings	Fried fish a l'orly	Cordon bleu	Shredded chicken	Meat Bolognese
	Steak with fried egg	Pork in a wine sauce	Meat with onions	Grilled meat	Carbonara, tomato and pesto sauce
STARTER	Carrot cream	Traditional soup	Tomato soup	Ajaco	Vegetable cream
GRAIN	White rice	White rice	White rice	White rice	Pasta festival
ACCOMPANIMENT	Criolla potato	Platain slice	Potatoes with mayonnaise and parsley	Corn	Baguette
	Apple salad	Lentils in traditional sauce	Mixed vegetables	Arepa	Caprese tomato
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	Three-eyed cookie	Mini muffins	Mini cinnamon roll	Cheese with arequipe	Mini tiramisú
EARLY YEARS	Chicken chips	Fried fish a l'orly	Grilled meat	Chicken leg	Pasta in bolognese sauce
VEGETARIAN	Vegetarian bowl	Vegetarian brochette	Vegetable stew	Buckwheat croquettes	Pasta in avocado sauce
SHOW CREPES / PASTAS	Chicken Chop Suey	N.A.	Mac & cheese	N.A.	N.A.
SHOW WOK	N.A.	Mixed teriyaky	N.A.	N.A.	N.A.

WEEK 5

LUNCH	MONDAY, 30TH
PROTEIN	Hungarian-style Goulash
	Chicken fricassee
STARTER	Platain soup
GRAIN	White rice
ACCOMPANIMENT	Potato strips
	Pickled vegetables
SALAD BAR	Salad bar
FRUIT	Fruit of the day
OPTIONAL	Meat and/or grilled chicken breast
DESSERT	Quimbaya
EARLY YEARS	Hungarian-style Goulash
VEGETARIAN	Vegetable Fricassee
SHOW CREPES / PASTAS	Linguinni in carbonara sauce
SHOW WOK	N.A.

