

# NOVEMBER MENU 2024

### WEEK 1



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY, 1ST
PROTEIN					Cochinita Pibil Beef chili
STARTER					Mexican soup
GRAIN					Yellow rice
ACCOMPANIMENT					Refried beans, tortilla chips Guacamole/ pico de gallo
SALAD BAR					Mexican salad: Variety of tomato, lettuce, cheese cubes, spinach, onion and cauliflower.
FRUIT					Fruit of the day
OPTIONAL					Meat and/or grilled chicken breast
DESSERT					Mini churros
EARLY YEARS					Ground meat tacos
VEGETARIAN					Vegetarian tacos
SHOW CREPES / PASTAS					N.A
SHOW WOK					N.A

### WEEK 2



LUNCH	MONDAY, 4TH	TUESDAY, 5TH	WEDNESDAY, 6TH	THURSDAY, 7TH	FRIDAY, 8TH
PROTEIN		Fried fish	Shredded chicken	Rice with chicken	Argentine baguette
STARTER		Hungarian-style Goulash	Meat with chimichurri	Beef Stroganoff	Pork rib in BBQ sauce
GRAIN		Oatmeal cream	Ajiaco	Minestrone soup	Locro
ACCOMPANIMENT		White rice	Rice pilaf	Chip potato	Argentinian rice
SALAD BAR		Manioc croquettes	Corn/ Arepa	Tomato slice	Chipas
FRUIT		Stir-fried vegetables	Avocado slice		Watermelon salad: lettuce, diced watermelon, long-life tomato, diced roasted carrot, red onion
OPTIONAL		Teriyaki salad: mix of lettuce, red onion, mushroom, baby corn, sun-dried tomato and sesame seeds.	Variety salad: lettuce, carrot, tomato, cucumber, cucumber and green beans	Coloured salad: bean, carrot, baby corn, parsley	
DESSERT		Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS		Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
VEGETARIAN		Barquillo	Bocadillo with cheese	Caramel flan	Alfajor
SHOW CREPES / PASTAS		Fish fingers	Baked chicken leg	Rice with chicken	Pork Julienne in BBQ sauce
SHOW WOK		Breaded tofu	Ajiaco	Vegetarian rice	Argentine baguette
		Fetuccini in bolognese sauce/ baguette	N.A	Spinach cannelloni	N.A
		N.A	Eby Yaky stir-fried with beef tenderloin	N.A	N.A

### WEEK 3



LUNCH	MONDAY, 11TH	TUESDAY, 12TH	WEDNESDAY, 13TH	THURSDAY, 14TH	FRIDAY, 15TH
PROTEIN		Chicken fricassee	Valluna pork chops	Tilapia supreme	Carbonara sauce, Bolognese sauce, Pomodoro sauce and Alfredo sauce
STARTER		Meatballs in traditional sauce	Grilled chicken breast	Pork in honey-mustard sauce	Chicken Florentine style
GRAIN		Mondanguito	Cuchuco	Celestine consommé	Tomato cream
ACCOMPANIMENT		White rice	White rice	Coconut rice	Linguine, Fettuccini, Penne, Spaghetti
SALAD BAR		Mashed potato	Marranitas	Plantain with hogao	Focaccia
FRUIT		Lentils in traditional sauce	Mixed vegetables	Ratatouille	Capresse tomato
OPTIONAL		Cabbage salad: purple cabbage, pineapple, raisin, strawberries	Greek Salad: tomato, cucumber, zucchini, olive, red onion, oregano, cheese	Caribbean Salad: lettuce, tomato, spinach, onion, cauliflower and crouton	Spring salad: variety of tomatoes, basil, lettuce, cubed cheese and crunchy noodles
DESSERT		Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS		Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast	Meat and/or grilled chicken breast
VEGETARIAN		Ponque casero	Coloured jelly	Cocada	Cannoli
SHOW CREPES / PASTAS		Albóndigas a la barroco	Valluna pork chops	Tilapia supreme	Fetuccini in bolognese sauce
SHOW WOK		Vegetarian meatballs	Buckwheat ceviche	Stir-fried mushrooms with vegetables	Carve bolognese sauce and broccoli avocado sauce
		Penne al forno	N.A	Chicken vermicelli	N.A
		N.A	Mandarin rice	N.A	N.A

### WEEK 4



LUNCH	MONDAY, 18TH	TUESDAY, 19TH	WEDNESDAY, 20TH	THURSDAY, 21ST	FRIDAY, 22ND
PROTEIN	Baked chicken leg	Powdered meat	Fried fish	Meat cannelloni	Seafood paella
STARTER	Beef Julienne in mushroom sauce	Chorizo, egg and chicharrón	Flank steak in traditional sauce	Chicken cannelloni	Galician rice
GRAIN	Pasta soup	Bean casserole	Plantain soup	Pomodoro cream	Spanish consommé
ACCOMPANIMENT	Rice pilaf	White rice	Rice with sesame seeds	Baguette	Patatas bravas
SALAD BAR	Potato wedges	Plantain slice	Manioc croquettes		
FRUIT	Broccoli au gratin	Avocado	Stir-fried vegetables	Fine herbs tomato	
OPTIONAL	Nicoise salad: tomato, onion, caper, lettuce and sesame seeds	Fresh salad: spinach, broccoli, tomato, lettuce, beetroot chips and carrots	Traditional salad : carrot, lettuce, green zucchini, yellow zucchini, tomato, sesame seeds	Spinach salad: spinach, strawberries, raisins tomato, lettuce and crouton	Spanish Salad: tomato, cucumber, olive, red onion, lettuce and radish
DESSERT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS	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
VEGETARIAN	Strawberries with cream	Cheese with arequipe	Red berry mousse	Mini orange sponge cake	Mini cupcake
SHOW CREPES / PASTAS	Baked chicken	Powdered meat	Fried fish	Meat cannelloni	Galician rice
SHOW WOK	Vegetable medallion	Powdered soybean	Fried vegetables and tofu	Vegetarian cannelloni	Vegetarian paella
	Stroganoff crepe	N.A	Mac & cheese	N.A	N.A
	N.A	Caesar salad with chicken	N.A	Yakimeshi rice	N.A

### WEEK 5



LUNCH	MONDAY, 25TH	TUESDAY, 26TH	WEDNESDAY, 27TH	THURSDAY, 28TH	FRIDAY, 29TH
PROTEIN	Steak with fried egg	Pork rib in BBQ sauce	Cordon bleu	Arabian Tenderloin Crepes	Maki sushi, Philadelphia sushi and California sushi
STARTER	Chicken wings	Chicken cacciatore	Meat with onions	Peruvian chicken crepes	Battered fish
GRAIN	Plantain soup	Vegetables soup	Mushroom cream	Onion soup	Miso ramen
ACCOMPANIMENT	White rice	Pilaf rice	White rice	Arracacha chips	Egg rolls
SALAD BAR	Plantain slice	Mini criolla potato	Potatoes with mayonnaise and parsley		
FRUIT	Mixed vegetables	Stir-fried vegetables	Peas and carrots in traditional sauce	Mediterranean salad: a variety of lettuce, carrot, aubergine, tomato, cucumber and croutons	Stir-fried vegetables
OPTIONAL	Mixed salad: variety of lettuce, carrot, tomato, cucumber, green bean	Sweet salad: cabbage, carrot, pineapple, strawberry, raisins and apple	Waldorf salad: cabbage, sultanas, carrots, lettuce, tomato, spinach and croutons		Oriental salad: Chinese chives, broccoli, green zucchini, yellow zucchini, carrot, tomato
DESSERT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day
EARLY YEARS	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
VEGETARIAN	Chocolate bar	Chocolate chip cookie	Passion fruit semifreddo	Quimbaya	Fortune cookie
SHOW CREPES / PASTAS	Beef tenderloin fajitas	Chicken cacciatore	Cordon bleu	Chicken cacciatore	Battered fish
SHOW WOK	Lentil croquettes	Courgette canoe	Couscous with avocado	Stir-fried brown rice	Chinese chives, zucchini and aubergines
	Chicken and mushroom Panne Cook	N.A	Chicken Chop Suey	N.A	N.A
	N.A	Khao Phad	N.A	Stir-fried brown rice	N.A

