



GREAT MOMENTS, GREAT THOUGHTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	
MONDAY		Holiday Día de Todos los Santos	Holiday Independencia de Cartagena	Baked chicken leg Pasta soup Pilaf rice Potato wedges Broccoli au gratin Salad bar Fruit of the day Natural fruit juice/ Water	Beef tenderloin fajitas Plantain soup White rice Plantain slice Mixed vegetables Salad bar Fruit of the day Natural fruit juice/ Water	
TUESDAY		Fried fish Oatmilk cream White rice Manioc croquettes Stir-fried vegetables Salad bar Fruit of the day Natural fruit juice/ Water	Meatballs in traditional sauce Mondonguito White rice Mashed potato Lentils in traditional sauce Salad bar Fruit of the day Natural fruit juice/	Powdered meat Chorizo, egg and chicharrón Bean casserole White rice Plantain slice Avocado Salad bar Fruit of the day Natural fruit juice/ Water	Pork in BBQ sauce Vegetable soup Rice pilaf Criolla potato Stir-fried vegetables Salad bar Fruit of the day Natural fruit juice/ Water	
WEDNESDAY		Baked chicken leg Ajiaco Rice pilaf Corn/ Arepa Avocado slice Salad bar Fruit of the day Natural fruit juice/ Water	Valluna pork chops Cuchuco White rice Marranitas Mixed vegetables Salad bar Fruit of the day Natural fruit juice/Water	Fried fish Plantain soup Rice with sesame seeds Manioc croquettes Stir-fried vegetables Salad bar Fruit of the day Natural fruit juice/ Water	Cordon Bleu Mushroom cream White rice Potatoes with mayonnaise and parsley Peas and carrots in traditional sauce Salad bar Fruit of the day Natural fruit juice/ Water	
THURSDAY		Rice with chicken Minestrone soup Chip potato Tomato slice Salad bar Fruit of the day Natural fruit juice/ Water	Chicken supreme Cuchuco White rice Marranitas Mix de verdura Salad bar Fruit of the day Natural fruit juice/Water	Meat cannelloni Pomodoro cream Baguette Fine herbs tomato Salad bar Fruit of the day Natural fruit juice/ Water	Mini burguer Onion soup White rice Arracacha chips Salad bar Fruit of the day Natural fruit juice/ Water	
	Meat tacos Mexican soup Yellow rice Period bears / tartilla	Baked pork Julienne with BBQ sauce Locro Argentinian rice	Fetuccini in bolognese sauce Tomato cream Foogogia	Galician rice Spanish consommé Patatas bravas	Maki sushi and Philadelphia sushi Battered fish	

Focaccia

Salad bar

Water

Capresse tomato

Fruit of the day

Natural fruit juice/

. Patatas bravas

• Fruit of the day

• Natural fruit juice/ Water

• Salad bar

In accordance with Resolution 3803 of 2016 issued by the Ministry of Social Protection, which regulates the Recommended Energy and Nutrient Intakes (RIEN), the Estimated Average Requirements are established to determine the appropriate proportion of nutrients in the school canteen lunch. This lunch represents approximately one third of the total daily nutrient requirements of the different groups in the school community. It is essential to stress the importance of supplementing with the other meals of the day.

• Argentinian rice

• Fruit of the day

• Natural fruit juice/

Chipas

• Salad bar

Water

Refried beans/ tortilla

chips

Water

Guacamole

• Fruit of the day

Natural fruit juice/

Salad bar

FRIDAY



Natural fruit juice/ Water

Miso ramen

• Fruit of the day

• Stir-fried vegetables

Egg rolls

• Salad bar