



GREAT MOMENTS, GREAT THOUGHTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

- Argentine baguette
- Pork rib in BBO sauce
- Locro
- Chipas
- Salad bar
- Fruit of the day
- Baked chicken Stroganoff Barley soup
- · Creamy Parmesan rice
- Platain chips
- Broccoli with butter
- Salad bar
- · Fruit of the day
- Filet mignon in demiglacé sauce
- · Stuffed chicken supreme
- Mushroom cream
- Christmas rice
- Olivier salad · Salad barFruit of the day
- Meat lasagne
- Chicken lasagna
- · Spinach cream Baked cheese bread
- Capresse tomato
- Salad bar
- · Fruit of the day



Winter Wishes



- · Grilled chicken and roast beef, chorizo and morcilla
- Rice soup
- Corn
- Plantain/Salted potato
- Guacamole
- Salad bar
- · Fruit of the day

- · Baked chicken leg
- Ajiaco
- White rice
- Arepa/Corn
- Avocado slice
- Salad bar
- · Fruit of the day

- · Tilapia fillet in tartar sauce
- Baked flank steak
- Tomato soup
- · Rice pilaf
- Patacón costeño
- · Mixed vegetables
- · Salad bar
- Meat burger with bacon, lettuce, tomato, caramelised onion and
 - mozzarella cheese Celestine consommé
 - French fries
 - Fruit salad
 - Helado



End-of-the-year Staff lunch

WEEK 2

· Fruit of the day

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.

