



LUNCH MENU

From 6th to 12th grade

MAY 2026

OPTIONS	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
STARTER	Lentil soup	Fish soup	Potato soup	Cream of vegetable soup	Ajiaco
PROTEIN 1	Grilled pork chop	Tilapia with tartar sauce	Stir-fried beef tenderloin	Baked chicken	Pork loin with chimichurri
SIDE DISH 1	Mote pillo & salad bar	Rice & salad bar	Rice with soy sauce & salad bar	Steak fries & salad bar	Moro rice & salad bar
PROTEIN 2	Chicken in mushroom sauce	Spaghetti bolognese	Pork meatballs	Mixed seafood ceviche	Beef milanese
SIDE DISH 2	Rice & salad bar	Garlic bread & salad bar	Rice with soy sauce & salad bar	Salad bar & plantain chips	Moro rice & salad bar
VEGETARIAN	Corn fritters	Vegetarian spaghetti bolognese	Corn soufflé	Hearts of palm ceviche	Stuffed avocado
DESSERT	Seasonal fruit	Strawberries and chantilly cream	Seasonal fruit	Fruit parfait	Seasonal fruit
DRINK	Tamarillo / strawberry juice	Tamarind / orange juice	Blackberry juice / lemonade	Passion fruit juice / hibiscus iced tea	Watermelon juice / guayusa iced tea
OPTIONS	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
STARTER	Aji de carne soup	Pea and curry cream soup	Chicken soup	Beef sancocho	Seafood soup
PROTEIN 1	Grilled chicken with teriyaki sauce	Grilled beef tenderloin with Worcestershire sauce	Pasta Alfredo	BBQ chicken wings	Beef goulash
SIDE DISH 1	Rice & salad bar	Rice & salad bar	Garlic bread & salad bar	Rice & salad bar	Rice & salad bar
PROTEIN 2	Fish in coconut sauce	Fritada (pork)	Breaded fish	Grilled pork steak	Mixed chop suey
SIDE DISH 2	Rice, patacones & salad bar	Llapingacho, mote & salad bar	Rice & salad bar	Tigrillo & salad bar	Chinese noodles & salad bar
VEGETARIAN	Vegetarian empanada	Vegetarian burrito	Chickpea and tofu curry	Vegetable lasagna	Spinach and ricotta gnocchi
DESSERT	Mini brownie	Seasonal fruit	Cherry gelatin	Seasonal fruit	Strawberries and chocolate
DRINK	Tamarillo juice / lemonade	Orangeade / watermelon juice	Peach juice / lemon verbena iced tea	Strawberry / mango juice	Passion fruit / soursop juice
OPTIONS	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	THURSDAY 22
STARTER	Green plantain soup	Potato soup	Cream of carrot soup	Chicken broth	Pozole
PROTEIN 1	Grilled beef tenderloin with chorizo	Chicken and mushroom quesadilla	Pork loin with brown sauce	Hornado (pork)	Grilled chicken fillet
SIDE DISH 1	Corn & salad bar	Salad bar	Steak fries & salad bar	Llapingacho, mote & salad bar	Rice, lentil stew & salad bar
PROTEIN 2	Grilled fish with shrimp sauce	Oven-baked pork ribs	Mixed fried rice	Chicken lasagna	Grilled tilapia
SIDE DISH 2	Rice & salad bar	Baked potato & salad bar	Salad bar	Garlic bread & salad bar	Rice, lentil stew & salad bar
VEGETARIAN	Portobello mushrooms au gratin	Vegetarian casserole	Vegetarian fried rice	Spinach and ricotta ravioli	Vegetarian arepa
DESSERT	Fruit parfait	Seasonal fruit	Chocolate-covered banana	Seasonal fruit	Fruit ice cream
DRINK	Guava / watermelon juice	Blackberry juice / lemonade	Peach juice / fruit iced tea	Orangeade / strawberry juice	Tamarind / guava juice
OPTIONS	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
STARTER		Pearl barley soup	Vegetable julienne soup	Cream of corn soup	Ajiaco
PROTEIN 1		Grilled pork loin with chimichurri	Grilled chicken legs	Sautéed beef tenderloin with vegetables	Turkey with cranberry sauce
SIDE DISH 1		Rice, fried sweet plantains & salad bar	Potatoes au gratin & salad bar	Chinese noodles & salad bar	Herbed rice & salad bar
PROTEIN 2		Beef stew	Seafood pasta	Shredded pork	Glazed fish
SIDE DISH 2	Holiday - NO SCHOOL Batalla de Pichincha	Rice, fried sweet plantains & salad bar	Salad bar	Arepa & salad bar	Herbed rice & salad bar
VEGETARIAN		Vegetarian chop suey with rice noodles	Pasta primavera	Stuffed pita bread	Quinoa meatballs
DESSERT		Seasonal fruit	Mini chocolate chip cookies	Seasonal fruit	Buñuelos
DRINK		Passion fruit / strawberry juice	Mango juice / hibiscus iced tea	Tamarillo / orange juice	Lemonade / guava juice



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

	PROTEINS (animal and plant-based)
	MICRONUTRIENTS (vitamins, minerals, and trace elements)
	FATS (saturated, monounsaturated, polyunsaturated, trans fats, and cholesterol)
	CARBOHYDRATES (simple and complex)



SNACK BAR MENU

From 6th to 12th grade

MAY 2026

OPTIONS	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MORNING SPECIAL	Cheese and pork bolones	French toast - banana and strawberries	Mexican esquites	Chicken empanada	Quiche Lorraine
DAILY SPECIAL	Chori pan	Pizza	Beef hamburger	Chilli nachos	Dumpling
OPTIONS	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
MORNING SPECIAL	Green plantain and cheese empanada	Medialunas	Fruit crepe	Ham and cheese flutes	Tigrillo - egg
DAILY SPECIAL	Philly cheese sandwich	Pizza	Vietnamese shrimp and crab roll	Ravioli pomodoro - garlic bread	Birria tacos
OPTIONS	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
MORNING SPECIAL	English muffins	Meat empanada	Bagel with cheese and bacon	Buñuelos	Honduran pupusas
DAILY SPECIAL	Hot dog	Pizza	Chicken shawarma	Pork ramen	Chicken nuggets
OPTIONS	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
MORNING SPECIAL	Holiday - NO SCHOOL Batalla de Pichincha	Quesadilla - guacamole	Cheese empanada	Tequeños	Chicken morocho empanada
DAILY SPECIAL		Pizza	Beef burrito	Gnocchi pomodoro and pesto	Pizzetas



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