



# LUNCH MENU

## Kinder to 5th 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 tuna sandwich	Tilapia with tartar sauce	Stir-fried beef tenderloin	Chicken nuggets	Pork loin with chimichurri
SIDE DISH 1	Salad bar	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	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	Strawberry juice	Orange juice	Lemonade	Passion fruit juice	Watermelon juice
OPTIONS	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
STARTER	Aji de carne soup	Pea and curry cream soup	Chicken soup	Beef sancho	Seafood soup
PROTEIN 1	Grilled chicken with teriyaki sauce	Grilled beef tenderloin	Pasta Alfredo	BBQ chicken	Beef goulash
SIDE DISH 1	Rice & salad bar	Rice & salad bar	Salad bar	Rice & salad bar	Salad bar
PROTEIN 2	Grilled fish	Marguerite pizza	Fish sticks	Grilled pork steak	Mixed chop suey
SIDE DISH 2	Rice & salad bar	Salad bar	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	Lemonade	Orangeade / watermelon juice	Peach juice	Strawberry juice	Passion fruit juice
OPTIONS	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	THURSDAY 22
STARTER	Green plantain soup	Potato soup	Cream of carrot soup	Pozole	Chicken broth
PROTEIN 1	Grilled beef tenderloin with chorizo	Chicken and mushroom quesadilla	Pork loin with brown sauce	Meatballs in tomato sauce	Grilled chicken fillet
SIDE DISH 1	Corn & salad bar	Salad bar	Salad bar	Garlic bread & salad bar	Rice, lentil stew & salad bar
PROTEIN 2	Grilled fish with shrimp sauce	Grilled pork	Mixed fried rice	Chicken lasagna	Grilled tilapia
SIDE DISH 2	Rice & salad bar	Creole 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	Watermelon juice	Lemonade	Fruit iced tea	Strawberry juice	Tamarind 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	Sautéed beef tenderloin	Turkey with cranberry sauce
SIDE DISH 1		Rice, fried sweet plantains & salad bar	Salad bar	Chinese noodles & salad bar	Herbed rice & salad bar
PROTEIN 2		Beef stew	Hot dog	Shredded pork	Glazed fish
SIDE DISH 2	Holiday - NO SCHOOL Batalla de Pichincha	Rice, fried sweet plantains & salad bar	Salad bar	Salad bar	Herbed rice & salad bar
VEGETARIAN		Vegetarian chop suey with rice noodles	Pasta primavera	Stuffed pita bread	Quinoa meatballs
DESSERT		Seasonal fruit	Seasonal fruit	Seasonal fruit	Buñuelos
DRINK		Passion fruit juice	Hibiscus iced tea	Orange juice	Lemonade

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



**ACADEMIA COTOPAXI**  
AMERICAN INTERNATIONAL SCHOOL



# SNACK MENU

## KINDER

### MAY 2026

OPTIONS	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<b>FRUIT</b>	Banana - strawberry	Apple - orange	Watermelon - pear	Papaya - cucumber	Broccoli - carrot
<b>SNACK</b>	Oat granola with natural yogurt	Quinoa meatballs - vegetable hummus	Scrambled eggs / wholemeal toast	Cheese rolls - guacamole	French toast with banana and strawberry
OPTIONS	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<b>FRUIT</b>	Apple - watermelon	Broccoli - strawberries	Papaya - pear	Banana - pineapple	Carrot and celery sticks
<b>SNACK</b>	Chicken empanada	Biscochos and mozzarella cheese	Mini beef burrito - guacamole	Zucchini, carrot and oat fritters	Banana bread with blueberries and oats
OPTIONS	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>FRUIT</b>	Banana - apple	Papaya - strawberry	Orange - cucumber	Cantaloupe - pear	Apple - watermelon
<b>SNACK</b>	Pesto parmesan pasta	Chicken wrap - guacamole	Carrot, banana & blueberry oat bread	Arepas with shredded beef	Tuna pâté - wholemeal toast
OPTIONS	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<b>FRUIT</b>	Holiday - NO SCHOOL Batalla de Pichincha	Watermelon - pear	Cantaloupe - orange	Apple - papaya	Banana - strawberry
<b>SNACK</b>		Bean quesadilla	Cassava tortillas with scrambled eggs	Chicken meatballs - pomodoro sauce	Oatmeal and red fruit pancake



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