



YOU BELONG

LUNCH MENU

From 6th to 12th Grade

AUGUST - SEPTEMBER 2026

AUGUST 2026				
OPTIONS	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27
STARTER	Green plantain soup	Tortilla soup	Pumpkin & corn cream	Mushroom cream soup
PROTEIN 1	Sweet & sour pork tenderloin	Beef milanesa	Pork meatballs	Chicken curry
SIDE DISH 1	Soy sauce rice & salad bar	Mashed potatoes & salad bar	Pasta & salad bar	Rice & salad bar
PROTEIN 2	Grilled chicken / mushroom sauce	Grilled fish with seafood sauce	Grilled beef tenderloin	Grilled corvina with lemon sauce
SIDE DISH 2	Soy sauce rice & salad bar	Mashed potatoes & salad bar	Moro rice	Yuca fries & salad bar
VEGETARIAN	Vegan tacos / guacamole	Gratinated portobello mushrooms	Potato gnocchi with spinach sauce	Soy meat & bean stew
DESSERT	Chocolate chia mousse	Seasonal fruit	Strawberries with chocolate	Seasonal fruit
DRINK	Watermelon / peach juice	Tamarind / strawberry juice	Hibiscus iced tea / soursop juice	Mango / blackberry juice
OPTIONS	LUNES 31			
STARTER	Vegetable cream soup			
PROTEIN 1	Chicken lasagna			
SIDE DISH 1	Garlic bread & salad bar			
PROTEIN 2	Grilled pork chop			
SIDE DISH 2	Rice / lentil stew & salad bar			
VEGETARIAN	Vegetarian lasagna			
DESSERT	Seasonal fruit			
DRINK	Hibiscus iced tea / cantaloupe juice			
SEPTEMBER 2026				
OPTIONS	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
STARTER	Minestrone soup	Locro de cuero	Tomato & basil cream soup	Aji de carne
PROTEIN 1	Garlic fish	Breaded shrimp	Fritada de cerdo	Grilled beef tenderloin
SIDE DISH 1	Rice & salad bar	Spring rice & salad bar	Potato tortilla & salad bar	Steak fries & salad bar
PROTEIN 2	Grilled chicken fillet	Beef tenderloin flautas	Breaded chicken	Grilled fish
SIDE DISH 2	Rice & salad bar	Guacamole & salad bar	Salad bar	Steak fries & salad bar
VEGETARIAN	Chickpea & ricotta cheese meatballs	Pasta with pesto & mushrooms	Vegetarian poke bowl	Vegetarian gyro
DESSERT	Guava meringue	Seasonal fruit	Passion fruit mousse	Seasonal fruit
DRINK	Strawberry juice / orangeade	Blackberry / tamarillo juice	Tamarind / mango juice	Lemonade / peach juice
OPTIONS	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10
STARTER	Pea & curry cream soup	Chicken consommé	Vegetable soup	Green plantain soup
PROTEIN 1	Chicken pasta	Pescado encocado	Grilled chicken	Grilled beef tenderloin & chorizo
SIDE DISH 1	Garlic bread & salad bar	Rice / patacon & salad bar	Parsley potatoes & salad bar	Corn & salad bar
PROTEIN 2	Grilled pork tenderloin / chimichurri	Beef meatballs	Pork matambre	Mixed seafood ceviche
SIDE DISH 2	Baked potato & salad bar	Rice & salad bar	Parsley potatoes & salad bar	Salad bar
VEGETARIAN	Cauliflower tempura	Pomodoro calzone	Eggplant parmesan	Vegetarian ceviche
DESSERT	Caramel flan	Seasonal fruit	Strawberries with cream	Mini buñuelos
DRINK	Strawberry / guava juice	Passion fruit / watermelon juice	Lemonade / passion fruit juice	Soursoy juice / orangeade
OPTIONS	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17
STARTER	Potato soup	Spinach cream soup	Tortilla soup	Vegetable cream soup
PROTEIN 1	Grilled beef tenderloin / chimichurri	BBQ pork ribs	Teriyaki chicken	Breaded shrimp
SIDE DISH 1	Sweet plantain / lentil stew / rice	Mashed potatoes & salad bar	Soy sauce rice & salad bar	Rice & salad bar
PROTEIN 2	Breaded calamari	Beef stew	Pasta with tuna belly	Grilled beef tenderloin with pepper
SIDE DISH 2	Salad bar	Mashed potatoes & salad bar	Salad bar	Rice & salad bar
VEGETARIAN	Vegetarian crepe	Vegetarian stew	Vegetarian burrito	Stuffed achocha
DESSERT	Seasonal fruit	Cherry gelatin	Seasonal fruit	Tres leches cake
DRINK	Blackberry / tamarillo juice	Lemonade / strawberry juice	Orangeade / blackberry juice	Passion fruit / watermelon juice
OPTIONS	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24
STARTER	Pumpkin & corn cream soup	Corn soup	Half-day Schedule for Students	
PROTEIN 1	Beef stroganoff	Chicken skewers		
SIDE DISH 1	Rice & salad bar	Corn & salad bar		
PROTEIN 2	Breaded fish	Pasta carbonara		
SIDE DISH 2	Rice & salad bar	Garlic bread & salad bar		
VEGETARIAN	Vegetarian burger	Vegetarian pasta		
DESSERT	Mini alfajor	Seasonal fruit		
DRINK	Tamarind / strawberry juice	Fruit iced tea / mango juice		
OPTIONS	MONDAY 28	TUESDAY 29	TUESDAY 30	FRIDAY 25
STARTER	Mote pata	Beef sancocho	Seafood soup	Pearl barley soup
PROTEIN 1	Beef lasagna	Grilled chicken fillet	Grilled fish	Grilled pork tenderloin
SIDE DISH 1	Garlic bread & salad bar	Llapingachos & salad bar	Rice, lentil stew & salad bar	Tigrillo & salad bar
PROTEIN 2	Escabeche-style fish	Hornado (pork)	BBQ chicken	Beef stew
SIDE DISH 2	Yuca fingers & salad bar	Llapingachos & salad bar	Rice, lentil stew & salad bar	Tigrillo & salad bar
VEGETARIAN	Mushroom quintonito	Stuffed zucchini	Stuffed potato with vegan meat	Cauliflower & potato soufflé
DESSERT	Seasonal fruit	Passion fruit muffin	Rainbow gelatin	Coconut cake
DRINK	Guava juice / orangeade	Mango juice / chicha de jora	Iced green tea / hibiscus iced tea	Naranjilla / soursop juice



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL



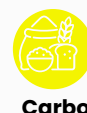
Protein



Micro
nutrients



Fats



Carbo
hydrates



**YOU
BELONG**

SNACK BAR MENU

From 6th to 12th Grade

AUGUST - SEPTEMBER 2026

AUGUST 2026										
OPTIONS	MONDAY 24		TUESDAY 25		WEDNESDAY 26		THURSDAY 27		FRIDAY 28	
MORNING SPECIAL	Morocho empanada		Bacon and cheese bagel		Quesadillas		Donut		English muffins	
DAILY SPECIAL	Beef burritos		Pizza		Mexican esquites		Chicken shawarma		Chilli nachos	
OPTIONS	MONDAY 31									
MORNING SPECIAL	French toast with fruit									
DAILY SPECIAL	Arepa with meat									
SEPTIEMBRE 2026										
OPTIONS		TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4		
MORNING SPECIAL		Stuffed patacones		Scrambled egg and croissant		Green plantain empanada		Tigrillo with fried egg		
DAILY SPECIAL		Pizza		Salmon onigiri		Dumpling		Hot dog		
OPTIONS	MONDAY 7		TUESDAY 8		WEDNESDAY 9		THURSDAY 10		FRIDAY 11	
MORNING SPECIAL	Baked sweet plantain		Arepa with chorizo		Green plantain bolones		Chocolate croissant		Tomato, cheese and basil wrap	
DAILY SPECIAL	Chicken rame		Pizza		Ricotta and spinach ravioli		Tuna onigiri		Beef hamburger	
OPTIONS	MONDAY 14		TUESDAY 15		WEDNESDAY 16		THURSDAY 17		FRIDAY 18	
MORNING SPECIAL	Pancake with strawberries and banana		Chicharron pupusa		Fruit crepe		Chocolate rolls		Chicken morocho empanada	
DAILY SPECIAL	Philly cheesesteak sandwich		Pizza		Birria tacos		Mote con chicharron		Arepa reina pepiada	
OPTIONS	MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
MORNING SPECIAL	Chicken quesadilla		Chilean empanada		Cinnamon rolls		Medialunas		Serrano ham sandwich	
DAILY SPECIAL	Choripan		Pizza		Half-day Schedule for Students		Margarita focaccia		Dumplings	
OPTIONS	MONDAY 28		TUESDAY 29		WEDNESDAY 30					
MORNING SPECIAL	Muchin de yuca		Cheese empanada		Ham and cheese muffins					
DAILY SPECIAL	Beef empanada		Pizza		Panko-breaded shrimp					



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL



Protein



**Micro
nutrients**



Fats



**Carbo
hydrates**