



YOU BELONG

LUNCH MENU

EARLY YEARS & ELEMENTARY SCHOOL

AUGUST - SEPTEMBER 2026

AUGUST 2026										
OPTIONS	MONDAY 24		TUESDAY 25		WEDNESDAY 26		THURSDAY 27		FRIDAY 28	
STARTER	Green plantain soup		Tortilla soup		Pumpkin & corn cream		Mushroom cream soup		Locro de queso	
PROTEIN 1	Sweet & sour pork tenderloin		Beef milanesea		Pork meatballs		Chicken nuggets		Shredded beef	
SIDE DISH 1	Soy sauce rice & salad bar		Mashed potatoes & salad bar		Pasta & salad bar		Rice & salad bar		Tigrillo & salad bar	
PROTEIN 2	Grilled chicken / mushroom sauce		Grilled fish		Grilled beef tenderloin		Grilled corvina		Shrimp chaufa rice	
SIDE DISH 2	Soy sauce rice & salad bar		Mashed potatoes & salad bar		Moro rice		Yuca fries & salad bar		Salad bar	
VEGETARIAN	Vegan tacos / guacamole		Gratinated portobello mushrooms		Potato gnocchi with spinach sauce		Soy meat & bean stew		Sautéed mushrooms	
DESSERT	Chocolate chia mousse		Seasonal fruit		Strawberries with chocolate		Seasonal fruit		Yogurt & fruit gelatin	
DRINK	Watermelon juice		Strawberry juice		Hibiscus iced tea		Mango juice		Passion fruit juice	
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	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			Fish ceviche		Breaded shrimp		Grilled fish sandwich		Grilled beef tenderloin	
SIDE DISH 1			Rice & salad bar		Spring rice & salad bar		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		Mashed potatoes & salad bar		Steak fries & salad bar	
VEGETARIAN			Chickpea & ricotta cheese meatballs		Pasta with pesto & mushrooms		Vegetarian poke bowl		Vegetarian gyro	
DESSERT			Espumilla de guayava		Seasonal fruit		Passion fruit mousse		Seasonal fruit	
DRINK			Orangeade		Blackberry juice		Tamarind juice		Lemonade	
OPTIONS	MONDAY 7		TUESDAY 8		WEDNESDAY 9		THURSDAY 10		FRIDAY 11	
STARTER	Pea & curry cream soup		Chicken consommé		Vegetable soup		Green plantain soup		Pozole	
PROTEIN 1	Chicken pasta		Pescado encocado		Grilled chicken		Grilled beef tenderloin & chorizo		Chicken with mushroom sauce	
SIDE DISH 1	Garlic bread & salad bar		Rice / patacon & salad bar		Parsley potatoes & salad bar		Corn & salad bar		Rice & salad bar	
PROTEIN 2	Grilled pork tenderloin / chimichurri		Beef meatballs		Pork matambre		Mixed seafood ceviche		Spaghetti bolognese	
SIDE DISH 2	Baked potato & salad bar		Rice & salad bar		Parsley potatoes & salad bar		Salad bar		Garlic bread & salad bar	
VEGETARIAN	Cauliflower tempura		Pomodoro calzone		Eggplant parmesan		Vegetarian ceviche		Soy meat & bean stew	
DESSERT	Caramel flan		Seasonal fruit		Strawberries with cream		Mini buñuelos		Strawberries with cream	
DRINK	Strawberry juice		Watermelon juice		Passion fruit juice		Orangeade		Hibiscus iced tea	
OPTIONS	MONDAY 14		TUESDAY 15		WEDNESDAY 16		THURSDAY 17		FRIDAY 18	
STARTER	Potato soup		Spinach cream soup		Tortilla soup		Vegetable cream soup		Chickpea soup	
PROTEIN 1	Grilled beef tenderloin / chimichurri		BBQ pork ribs		Teriyaki chicken		Breaded shrimp		Chicken chaufa rice	
SIDE DISH 1	Sweet plantain / lentil stew / rice		Mashed potatoes & salad bar		Soy sauce rice & salad bar		Rice & salad bar		Salad bar	
PROTEIN 2	Breaded calamari		Beef stew		Pasta with tuna belly		Grilled beef tenderloin		Grilled pork chop	
SIDE DISH 2	Salad bar		Mashed potatoes & salad bar		Salad bar		Rice & salad bar		Mote pillo & salad bar	
VEGETARIAN	Vegetarian crepe		Vegetarian stew		Vegetarian burrito		Stuffed achocha		Vegetarian quesadilla	
DESSERT	Seasonal fruit		Cherry gelatin		Seasonal fruit		Tres leches cake		Seasonal fruit	
DRINK	Blackberry juice		Lemonade		Orangeade		Watermelon juice		Lemonade / hibiscus iced tea	
OPTIONS	MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
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	Strawberry juice		Fruit iced tea							
OPTIONS	MONDAY 28		TUESDAY 29		TUESDAY 30		THURSDAY 24		FRIDAY 25	
STARTER	Mote pata		Beef sancocho		Seafood soup		Fish sancocho		Pearl barley soup	
PROTEIN 1	Lasagna de carne		Grilled chicken fillet		Grilled fish		Chicken burrito		Grilled pork tenderloin	
SIDE DISH 1	Pan de ajo & salad bar		Llapingachos & salad bar		Rice, lentil stew & salad bar		Guacamole & salad bar		Tigrillo & salad bar	
PROTEIN 2	Escabeche de pescado		Hornado (pork)		BBQ chicken		Tilapia with shrimp sauce		Margherita pizza	
SIDE DISH 2	Dedos de yuca & salad bar		Llapingachos & salad bar		Rice, lentil stew & salad bar		Rice, patacon & salad bar		Salad bar	
VEGETARIAN	Quinoto de hongos		Stuffed zucchini		Stuffed potato with vegan meat		Vegetable & hummus wrap		Cauliflower & potato soufflé	
DESSERT	Fruta de temporada		Passion fruit muffin		Rainbow gelatin		Seasonal fruit		Coconut cake	
DRINK	Naranja		Mango juice		Hibiscus iced tea		Blackberry juice		Naranja	



ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL



Protein



Micro nutrients



Fats



Carbo hydrates



**YOU
BELONG**

SNACK MENU

Early years & kinder

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AUGUST 2026										
OPTIONS	MONDAY 24		TUESDAY 25		WEDNESDAY 26		THURSDAY 27		FRIDAY 28	
FRUIT	Watermelon - orange		Tangerine - pear		Banana - vegetable sticks		Apple - cantaloupe		Watermelon - pineapple	
SNACK	Chicken empanada		Cassava bread / fruit yogurt		French toast		Chicken quesadilla - guacamole		Scrambled egg - wholemeal toast	
OPTIONS	MONDAY 31									
FRUIT	Cantaloupe - watermelon									
SNACK	Quinoa and tuna meatballs									
SEPTEMBER 2026										
OPTIONS		TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4		
FRUIT		Pear - apple		Papaya - strawberry		Orange - papaya		Banana - vegetable sticks		
SNACK		Chicken empanada		Green plantain and cheese tortillas		Beef flautas - guacamole		Mixed berry pancakes		
OPTIONS	MONDAY 7		TUESDAY 8		WEDNESDAY 9		THURSDAY 10		FRIDAY 11	
FRUIT	Apple - pear		Watermelon - cantaloupe		Strawberries - banana		Papaya - apple		Cherry tomatoes and broccoli with ranch dressing	
SNACK	Morocho empanada		Bean and cheese quesadilla		Arepa - shredded beef		Green plantain empanada		Banana bread with blueberries	
OPTIONS	MONDAY 14		TUESDAY 15		WEDNESDAY 16		THURSDAY 17		FRIDAY 18	
FRUIT	Watermelon - orange		Papaya - apple		Cantaloupe - pineapple		Pear - apple		Banana - vegetable sticks	
SNACK	Tuna salad - pita bread		Quinoa croquettes - chickpea hummus		Scrambled eggs - whole wheat bread		Chicken burrito - guacamole		Carrot, zucchini and blueberry muffin	
OPTIONS	MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
FRUIT	Orange - papaya		Cantaloupe - strawberries		Banana - apple		Papaya - pear		Pineapple - watermelon	
SNACK	Wholemeal cheese toast		Chicken meatballs		Natural yogurt - whole grain cereal		Beef and lentil wrap - guacamole		Tomato and basil pizzetta	
OPTIONS	MONDAY 28		TUESDAY 29		WEDNESDAY 30					
FRUIT	Banana and strawberry		Celery, carrot and cucumber sticks		Pear- watermelon					
SNACK	Chia, carrot and zucchini fritter		Hash brown - scrambled egg		Green plantain tortillas - cheese					



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