YOU BELONG

LUNCH MENU

From 6th to 12th Grade

OCTOBER 2026

OPTIONS					
STARTER				THURSDAY 1 Chicken soup	FRIDAY 2 Quinoa soup
PROTEIN 1				Beef tenderloin with mushroom	Grilled tilapia / seafood sauce
SIDE DISH 1				Rice & salad bar	Cassava fries & salad Bar
PROTEIN 2				Stir-fried pork	Breaded chicken
SIDE DISH 2				Noodles & salad bar	Salad bar
VEGETARIAN				Stuffed bell pepper	Vegetarian Vietnamese roll
DESSERT				Passion fruit panna cotta	Seasonal fruit
DRINK				Tamarillo / watermelon juice	Horchata / mango juice
OPTIONS	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
STARTER	Julienne vegetable soup	Potato soup	Tomato and basil cream soup	Pork ramen	
PROTEIN 1	Chicken and chorizo skewer	Spaghetti Bolognese	Sweet and sour chicken	Beef short rib stew	
SIDE DISH 1	Corn & salad bar	Garlic bread & salad bar	Soy sauce rice & salad bar	Moro rice & salad bar	
PROTEIN 2	Stewed fish	Mixed seafood ceviche	Grilled pork chop	Pasta with tuna	**Holiday - NO SCHOOL Guayaquil Independence**
SIDE DISH 2	Rice & salad bar	Chifles & salad bar	Soy sauce rice & salad bar	Salad bar	
VEGETARIAN	Pasta primavera	Vegetarian lasagna	Cabbage rolls	Vegetable crepe	
DESSERT	Fruit gelatin	Seasonal fruit	Mixed berry mousse	Seasonal fruit	
DRINK	Strawberry / tamarind juice	Lemonade / cantaloupe juice	Passion fruit juice / iced fruit tea	Guayusa iced tea / watermelon juice	
OPTIONS	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
STARTER	Shrimp cream soup	Chicken soup	Asparagus cream soup	Mote pata soup	Green plantain soup
PROTEIN 1	Grilled beef tenderloin - chimichurri	Turkey medallions - red berry sauce	Beef flautas	Grilled chicken	Grilled pork
SIDE DISH 1	Yucca fries & salad bar	Green herb rice & salad bar	Guacamole & salad Bar	Baked potatoes & salad bar	Steak fries & salad bar
PROTEIN 2	Grilled fish	Pork casserole	Breaded shrimp	Alfredo pasta	Beef hamburger
SIDE DISH 2	Yucca fries & salad bar	Green herb rice & salad bar	Mashed potatoes & salad bar	Salad bar	Salad bar
VEGETARIAN	Vegetarian burger	Fusilli al pesto	Roasted vegetables	Vegetable skewer	Vegetarian rice
DESSERT	Strawberries and cream	Carrot and zucchini muffin	Seasonal fruit	Chocolate banana	Seasonal fruit
DRINK	Blackberry / tamarillo juice	Mint lemonade / strawberry juice	Orangeade / guava juice	Guava juice / iced fruit tea	Mixed berry juice / mango
OPTIONS	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
STARTER	Chicken soup	Mexican pozole		Vegetable cream soup	Pearl barley soup
PROTEIN 1	Corvina a la parmesana	Chicken lasagne		Breaded chicken	Grilled beef loin and egg
SIDE DISH 1	Rice & salad bar	Garlic bread & salad bar		Gratinated potatoes & salad bar	Rice & salad bar
PROTEIN 2	Meatballs	BBQ pork loin		Grilled tilapia with lemon sauce	Chicken curry
SIDE DISH 2	Rice & salad bar	Creole potatoes & salad bar	**Half-Day for Students | Professional Development Day for Faculty**	Gratinated potatoes & salad bar	Rice & salad bar
VEGETARIAN	Vegetarian calzone	Neapolitan ricotta cheese cannelloni		Quinoa meatballs	Peruvian hearts of palm ceviche
DESSERT	Chocolate and chia flan	Fruit ice cream		Seasonal fruit	Apple pie
DRINK	Lemonade / cantaloupe juice	Strawberry / passion fruit juice		Blackberry juice / iced guayusa tea	Hibiscus iced tea / mixed berry juice
OPTIONS	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
STARTER	Corn soup		Pumpkin and corn cream soup	Morocho soup	Carrot cream soup
PROTEIN 1	Ecuadorian-style marinated pork		Stir-fried chicken	Breaded calamari	BBQ chicken wings
SIDE DISH 1	Salad bar		Chinese noodles & salad bar	Mashed potatoes & salad bar	Rice & salad bar
PROTEIN 2	Macaroni with meat	**Parent Teacher Conferences**	Grilled fish / shrimp sauce	Meat lasagna	Grilled pork
SIDE DISH 2	Salad bar		Salad bar	Salad bar	Rice, bean stew & salad bar
VEGETARIAN	Mushroom quinoto		Falafel	Stuffed tomatoes	Vegetable medallions
DESSERT	Seasonal fruit		Mini milk cake	Seasonal fruit	Fruit parfait
DRINK	Strawberry lemonade / mango juice		Orangeade / blackberry juice	Horchata / strawberry juice	Tamarillo / blackberry juice

COTOPAXI

ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

Protein · Micro nutrients · Fats · Carbo hydrates

YOU BELONG

SNACK BAR MENU

From 6th to 12th Grade

OCTOBER 2026

OPTIONS										
MORNING SPECIAL									Tigrillo with egg	Pizzetta
DAILY SPECIAL									Beef burrito	Dumpling
OPTIONS	**MONDAY 5**		**TUESDAY 6**		**WEDNESDAY 7**		**THURSDAY 8**		**FRIDAY 9**	
MORNING SPECIAL	English muffins		Green plantain empanadas		Donuts		Tequeños		**Holiday - NO SCHOOL Guayaquil Independence**	
DAILY SPECIAL	Choripan		Pizza		Pork ramen		Shrimp spring roll			
OPTIONS	**MONDAY 12**		**TUESDAY 13**		**WEDNESDAY 14**		**THURSDAY 15**		**FRIDAY 16**	
MORNING SPECIAL	French toast with fruit		Beef empanadas		Cinnamon roll		Focaccia		Cheese empanada	
DAILY SPECIAL	Chicken nuggets		Pizza		Mote con chicharron		Chicken wings		Vietnamese shrimp Roll	
OPTIONS	**MONDAY 19**		**TUESDAY 20**		**WEDNESDAY 21**		**THURSDAY 22**		**FRIDAY 23**	
MORNING SPECIAL	Scrambled egg and croissant		Mexican esquite		Bolon mixto		Chilean empanadas		Banana and strawberry crepes	
DAILY SPECIAL	Pizza		Pizza		Chicken shawarma		Salmon nigiri		Beef hamburger	
OPTIONS	**MONDAY 26**		**TUESDAY 27**		**WEDNESDAY 28**		**THURSDAY 29**		**TUESDAY 30**	
MORNING SPECIAL	Pancakes		**Parent Teacher Conferences**		Bagel with cream cheese and bacon		Baked sweet plantain with cheese		Morocho empanada	
DAILY SPECIAL	Chilli nachos				Shrimp curry		Serrano ham sandwich		Hot dog	

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