YOU BELONG

LUNCH MENU

EARLY YEARS & ELEMENTARY SCHOOL

OCTOBER 2026

OPTIONS					THURSDAY 1		FRIDAY 2	
STARTER					Chicken soup		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					Watermelon juice		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		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			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	
OPTIONS	MONDAY 26		TUESDAY 27		WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
STARTER	Corn soup		Green plantain soup		Pumpkin and corn cream soup	Morocho soup	Carrot cream soup	
PROTEIN 1	Ecuadorian-style marinated pork		Grilled beef steak & chorizo		Stir-fried chicken	Breaded calamari	BBQ chicken wings	
SIDE DISH 1	Salad bar		Corn & salad bar		Chinese noodles & salad bar	Mashed potatoes & salad bar	Rice & salad bar	
PROTEIN 2	Macaroni with meat		Shrimp ceviche		Grilled fish / shrimp sauce	Meat lasagna	Grilled pork	
SIDE DISH 2	Salad bar		Salad bar		Salad bar	Salad bar	Rice, bean stew & salad bar	
VEGETARIAN	Mushroom quinoto		Vegetarian ceviche		Falafel	Stuffed tomatoes	Vegetable medallions	
DESSERT	Seasonal fruit		Mini bunuelos		Mini milk cake	Seasonal fruit	Fruit parfait	
DRINK	Strawberry lemonade / mango juice		Orange juice		Orangeade / blackberry juice	Horchata / strawberry juice	Tamarillo / blackberry juice	

ACADEMIA COTOPAXI
AMERICAN INTERNATIONAL SCHOOL

Protein | Micro nutrients | Fats | Carbo hydrates