



OUR HEALTHY MENU

MONTH

MAY

WEEK

Wednesday 01 - Friday 03

WEDNESDAY 01

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THURSDAY 02

Soup

Beans

Proteins

Ground Beef

Fried pork belly

Side dish

Rice with
ripe plantain

Vegetarian Menu

Eggplant/
Beans

Salad Bar

Fruit Bar

Melon

Peach

Juice

Passion fruit

Dessert

Copelia

FRIDAY 03

Soup

Creamy vegetable soup

Proteins

Shucked corn with
chicken

Shucked corn with beef

Side dish

Cheese, Quail egg, potatoes

Vegetarian Menu

Vegetarian shucked corn

Salad Bar

Fruit Bar

Mango

Pear

Juice

Blackberry

Dessert

Choco break



OUR HEALTHY MENU

MONTH

MAY

WEEK

Monday 06 - Friday 10

MONDAY 06

Soup

Creamy vegetable soup

Proteins

Grilled beef
Lentils stew

Side dish

Rice
Creole potato

Vegetarian Menu

Pumpkin cream/
Lentils

Salad Bar

Fruit Bar

Papaya
Banana

Juice

Tamarillo

Dessert

Strawberries with cream

TUESDAY 07

Soup

Barley groats

Proteins

Grilled flank steak
Chicken with vegetables

Side dish

Rice with angel hair pasta
Baked plantain

Vegetarian Menu

Caigua with cream/
Beans

Salad Bar

Fruit Bar

Pear
Grapes

Juice

Mango

Dessert

Rice pudding

WEDNESDAY 08

Soup

Rice soup

Proteins

Creole steak on horseback
Chicken breast with fine
herbs

Side dish

Rice with ripe plantain
Chard and cheese souffle

Vegetarian Menu

Chard and cheese souffles/
Chikpeas

Salad Bar

Fruit Bar

Plum

Pineapple

Juice

Strawberry

Dessert

Chocolate cream

THURSDAY 09

Soup

Beef consomme

Proteins

Chicken in Julienne
Pork in Julienne

Side dish

Chinese Rice

Sweet and sour rolls

Vegetarian Menu

Vegetarian chinese rice/
Mushrooms garlic

Salad Bar

Fruit Bar

Jelly

Melon

Juice

Curuba

Dessert

Herpo

FRIDAY 10

Soup

Beef consomme

Proteins

Beef burger
Chicken burger

Side dish

French fries

Vegetarian Menu

Veggie burger

Salad Bar

Fruit Bar

Kiwi

Strawberry

Juice

Lemonade

Dessert

Passion fruit ice cream



OUR HEALTHY MENU

MONTH

MAY

WEEK

Monday 13 - Friday 17

MONDAY 13

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TUESDAY 14

Soup

Chicken consomme

Proteins

Chicken in Julienne
Bacon minced

Side dish

Paisa rice
Ripe plantain

Vegetarian Menu

Veggie paisa rice/
Sautéed mushrooms

Salad Bar

Fruit Bar

Granadilla
Pineapple

Juice

Lulo

Dessert

Piazza

WEDNESDAY 15

Soup

Wheat and pork soup

Proteins

Baked chicken leg
Chickpeas

Side dish

Rice
Fried cassava

Vegetarian Menu

Broccoli sauteed/
Chickpeas

Salad Bar

Fruit Bar

Jelly

Apple

Juice

Blackberry

Dessert

Copelia

THURSDAY 16

Soup

Ajiaco santafereño

Proteins

Shredded chicken
Grilled beef

Side dish

Rice

Avocado

Vegetarian Menu

Veggie Ajiaco/
Beans

Salad Bar

Fruit Bar

Papaya

Peach

Juice

Guava

Dessert

Mini chocorramo

FRIDAY 17

Soup

Mazamorra

Proteins

Chicken nuggets
Beef nuggets

Side dish

Rice with carrot
French fries

Vegetarian Menu

Veggie nuggets/
Stuffed caigua

Salad Bar

Fruit Bar

Mango

Tangerine

Juice

Passion fruit

Dessert

Cheese with guava paste



OUR HEALTHY MENU

MONTH

MAY

WEEK

Monday 20 - Friday 24

MONDAY 20

Soup

Plantain soup

Proteins

Hawaiian chicken breast
Beef goulash

Side dish

Rice with angel hair pasta
Fried cassava

Vegetarian Menu

Mango ceviche/
Peas

Salad Bar

Fruit Bar

Melon
Tangerine

Juice

Curuba

Dessert

Mini jet

TUESDAY 21

Soup

Bandeja paisa

Proteins

Ground beef
Beans

Side dish

Rice
Fried pork belly, ripe plantain,
arepa, egg

Vegetarian Menu

Beans/ Mushrooms
with garlic

Salad Bar

Fruit Bar

Jelly
Papaya

Juice

Passion fruit

Dessert

Marshmellow

WEDNESDAY 22

Soup

Creamy mushrooms soup

Proteins

Breaded pork cutlets
BBQ Chicken wings

Side dish

Rice with pea
Potato wedges

Vegetarian Menu

Veggie mix/
Chickpeas

Salad Bar

Fruit Bar

Banana
Pineapple
Juice

Tamarillo

Dessert

Jelly

THURSDAY 23

Soup

Chicken consomme

Proteins

Rice with chicken
Grilled beef

Side dish

Baked plantain

Vegetarian Menu

Veggie Rice/
Lentils

Salad Bar

Fruit Bar

Mango
Plum
Juice

Strawberry

Dessert

Herpo

FRIDAY 24

Soup

Sancocho

Proteins

Chicken and cheese wrap
Beef and cheese wrap

Side dish

French fries

Vegetarian Menu

Veggie wrap

Salad Bar

Fruit Bar

Pear
Granadilla
Juice

Lemonade

Dessert

Quimbaya



OUR HEALTHY MENU

MONTH

MAY

WEEK

Monday 27 - Friday 31

MONDAY 27

Soup

Vegetable soup

Proteins

Lentils with chorizo
Baked chicken legs

Side dish

Rice
Fried cassava

Vegetarian Menu

Lentils/ Lettuce
burrito

Salad Bar

Fruit Bar

Strawberry
Papaya

Juice

Pineapple

Dessert

Mini brownie

TUESDAY 28

Soup

Creamy chicken soup

Proteins

Grilled beef
Gratin chicken breast

Side dish

Sesame Rice
Potato

Vegetarian Menu

Caigua with cream/

Chickpeas

Salad Bar

Fruit Bar

Melon
Tangerine

Juice

Guava

Dessert

Rice pudding

WEDNESDAY 29

Soup

Alphabet soup

Proteins

Honey mustard chicken wings
Chimichurri steak

Side dish

Rice with angel hair pasta
Chard and cheese souffles

Vegetarian Menu

Cauliflower souffle/

Beans

Salad Bar

Fruit Bar

Mango

Chilean grape

Juice

Blackberry

Dessert

Mini mantecada

THURSDAY 30

Soup

Chicken consomme

Proteins

Chicken lasagna
Lasagna bolognese

Side dish

Garlic bread

Vegetarian Menu

Veggie Lasagna

Salad Bar

Fruit Bar

Pineapple

Plum

Juice

Curuba

Dessert

Butter cookies

FRIDAY 31

Soup

Beef consomme

Proteins

Chicken and mushroom pizza
Beef pizza, hawalian pizza,
Pepperoni pizza

Side dish

French fries

Vegetarian Menu

Veggie pizza

Salad Bar

Fruit Bar

Banana

Pear

Juice

Lulo

Dessert

Ice cream