

JANUARY

Date	Starter	Main Dish	Vegetarian Option	Dessert
<i>Monday 12-Jan</i>	Spinach and egg	Rice with chicken	Rice with lentils and vegetables	Brownie
<i>Tuesday 13-Jan</i>	Ceviche	Beef stir-fry (Lomo saltado)	Stir-fried tofu	Alfajores
<i>Wednesday 14-Jan</i>	Caesar salad	Meat lasagna	Vegetarian lasagna	Fruit
<i>Thursday 15-Jan</i>	Mediterranean salad	Fried fish (Chicharrón)	Fried vegetables (Chicharrón)	Cake
<i>Friday 16-Jan</i>	Lettuce, tomato & avocado	Chicken fajitas with French fries	Zucchini fajitas	Rice pudding
<i>Monday 19-Jan</i>	Costa Rican ceviche	Chicken casado	Vegetable casado	Fruit
<i>Tuesday 20-Jan</i>	Mixed lettuce	Beef stew with rice & beans	Vegetable stew	Banana cake
<i>Wednesday 21-Jan</i>	Italian salad	Spaghetti Bolognese	Spaghetti Pomodoro	Fruit
<i>Thursday 22-Jan</i>	Pasta salad	Chicken & rice stew	Tofu & vegetable stew	Flan
<i>Friday 23-Jan</i>	Potato salad	Oriental-style pork or chicken	Oriental-style vegetables	Jelly
<i>Monday 26-Jan</i>	Corn, tomato & lettuce	Chili con carne with rice	Vegetable chili with rice	Fruit
<i>Tuesday 27-Jan</i>	Quinoa salad	Chicken ají	Vegetable & lentil ají	Banana cake
<i>Wednesday 28-Jan</i>	Spinach & zucchini	Pesto pasta with milanesa	Pesto pasta with cheese	Rice pudding
<i>Thursday 29-Jan</i>	Russian salad	Chicken stroganoff	Vegetable stroganoff	Alfajores
<i>Friday 30-Jan</i>	Lettuce, tomato & avocado	Hamburger with fries	Chickpea burger	Chocolate mousse

FEBRUARY

Date	Starter	Main Dish	Vegetarian Option	Dessert
<i>Tuesday 3-Feb</i>	Limeña causa	Arroz (rice) Chaufa	Vegetable chaufa Brownie	Brownie
<i>Wednesday 4-Feb</i>	Costa Rican ceviche	Rice with chicken	Rice with lentils and vegetables	Fruit
<i>Thursday 5-Feb</i>	Mixed lettuce	Beef stir-fry (Lomo saltado)	Stir-fried tofu	Alfajores
<i>Friday 6-Feb</i>	Caesar salad	Chicken Parmesan	Chayote Parmesan	Flan
<i>Monday 9-Feb</i>	Mediterranean salad	Paella-style rice	Paella-style rice with vegetables	Fruit
<i>Tuesday 10-Feb</i>	Corn, tomato & lettuce	Beef Casado	Vegetable casado	Banana cake
<i>Wednesday 11-Feb</i>	Quinoa salad	Beef stew with rice & beans	Vegetable stew with rice & beans	Fruit
<i>Thursday 12-Feb</i>	Italian salad	Pomodoro pasta with chicken	Pomodoro pasta	Rice Pudding
<i>Friday 13-Feb</i>	Pasta salad	Fried fish (Chicharrón)	Fried fish (Chicharrón)	Alfajores
<i>Monday 16-Feb</i>	Potato salad	Chicken fajitas	Vegetable fajitas	Fruit
<i>Tuesday 17-Feb</i>	Spinach with egg	Chili con carne with white rice	Vegetable chili	Banana cake
<i>Wednesday 18-Feb</i>	Ceviche	Chicken ají	Vegetable & cheese ají	Brownie
<i>Thursday 19-Feb</i>	Spinach & zucchini	Pesto pasta	Pesto pasta	Fruit
<i>Friday 20-Feb</i>	Russian salad	Chicken stew with potato & rice	Vegetable stew	Alfajores
<i>Tuesday 24-Feb</i>	Limeña causa	Chaufa rice	Vegetable chaufa	Brownie
<i>Wednesday 25-Feb</i>	Costa Rican ceviche	Rice with chicken	Rice with lentils and vegetables	Rice Pudding
<i>Thursday 26-Feb</i>	Mixed lettuce	Hamburgers with fries	Lentil hamburger	Fruit
<i>Friday 27-Feb</i>	Caesar salad	Chicken Parmesan	Chayote Parmesan	Jelly