



ACSCALVERT
AMERICAN COOPERATIVE SCHOOL
LA PAZ - BOLIVIA - 1955

OCTOBER 2026 MONTHLY MENU

Medical Consulting – Nutritionist – Food Safety Supervision – Catering Supervisor
Contact: 62982885 Nutritionists: Dr. Alejandra Vargas and Lic. Andrea Lupo

REGULAR MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Main Course:
Pesto Pasta
Soup:
Wheat soup

6 Main Course:
Chaufa Rice
Alphabet
Soup

7 Main Course:
Roasted
meats
Soup:
Macaroni soup

1 Main Course:
Chicken in
barbecue sauce
Soup:
Rice soup

8 Main Course:
Pork in
oriental sauce
Soup:
Quinoa flakes

2 Main Course:
Chicken
finger
Soup:
Peanut

9 Main Course:
chicken
popcorn
Soup:
Peanut

12 Main Course:
Meatballs
Soup:
Pumpkin
cream

13 Main Course:
Chicken with
orange
Soup:
Papalisa

14 Main Course:
Asado
Soup:
Vegetable
soup

15 Main Course:
Falso conejo
Soup:
Noodles

16 Main Course:
Broaster
Chicken
Soup:
Peanut

19 Main Course:
Bolognese
pasta
Soup:
Quinoa

20 Main Course:
Chicken
stroganoff
Soup:
Cream of corn

21 Main Course:
Beef cutlet
Soup:
Noodle soup

22 Main Course:
Lomo
Rice soup

23 Main Course:
Chicken Wings
Soup:
Peanut

26 Main Course:
Baked chicken
Soup:
Angel Hair
Pasta

27 Main Course:
Pasta with
pesto
Soup:
Asparagus Cream

28 Main Course:
Fish fingers
Soup:
Italian soup

29 Main Course:
Chicken
milanesa
Soup:
Chairo

30 Main Course:
Pique
Soup:
Peanut

Daily Menu (Light Diet)
Options: Chicken soup /
Grilled chicken
(white rice and steamed
vegetables).

All trays include soup,
salad bar,
juice of the day, and
dessert.

VEGETARIAN MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Eggplant
tempura

2

Eggplant
Milanese

5

Lentil
burger

6

Mushroom
omelet

7

Potato
pie

8

Quinoa
risotto

9

Cauliflower
popcorn

12

Vegetable
tortillas

13

Caesar
Salad

14

Vegetarian
tucumanas

15

Vegetable
stew

16

Lentil
burger

19

Soy meat
stew

20

Vegetarian
silpancho

21

Spinach
soufflé

22

Vegetarian
sushi

23

Pique with
soy meat

26

Huancaina
potatoes

27

Eggplant
milanese

28

Chickpea
Fingers

29

Potato
stuffed with
soy meat

30

Spanish
omelet

Daily Menu (Light Diet)
Options: Chicken soup /
Grilled chicken
(white rice and steamed
vegetables).

All trays include soup,
salad bar,
juice of the day, and
dessert.



HEALTHY SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Carrot cake / Juice of the Day

6

Pavita / Juice of the Day

7

Lemon pie / Juice of the Day

8

Buñuelo / Api

9

Cream-filled cones / Juice of the Day

12

Cuñape / Juice of the Day

13

Oatmeal cookie / Juice of the Day

14

Chocolate pancake / Juice of the Day

15

Passion fruit cheesecake / Juice of the Day

16

Cream puffs / Juice of the Day

19

Brownie / Juice of the Day

20

Banana Cake / Juice of the Day

21

Scrambled eggs with ham, served with whole-wheat bread / Juice of the Day

22

Oat pancakes with banana, yogurt, and berries / Juice of the Day

23

Passion fruit cheesecake / Juice of the Day

26

Whole-wheat chicken empanada / Juice of the Day

27

Fruit salad with yogurt and granola

28

Whole-wheat tortilla quesadilla with ham, cheese, tomato, and lettuce / Lemon juice

29

Carrot pancake with peach / Juice of the Day

30

Strawberry mousse with granola / Juice of the Day

Daily Menu (Light Diet)
Options: Chicken soup / Grilled chicken (white rice and steamed vegetables).

All trays include soup, salad bar, juice of the day, and dessert.

