

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

BANK HOLIDAY

8

LENTIL AND CARROT STEW WITH RICE
LENTEJAS GUISADAS CON ZANAHORIAS Y ARROZ
COURGETTE OMELETTE
TORTILLA DE CALABACIN
TOMATO
TOMATE ALIÑADO
FRUIT
FRUTA

15

POTATOES AND VEGETABLES STEW
PATATAS GUISADAS CON VERDURAS
CHEESE OMELETTE
TORTILLA DE QUESO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

22

RICE WITH VEGETABLES
ARROZ CALDOSO CON VERDURAS
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

29

PEAS WITH POTATOES
GUISANTES CON PATATAS
GRILLED HAKE
MERLUZA PLANCHA
BABY CARROTS
ZANAHORIA BABY
FRUIT
FRUTA

2

CREAM OF COURGETTE SOUP
CREMA DE CALABACIN
TURKEY, VEGETABLES AND POTATOES STEW
STOFADO DE PAVO CON VERDURAS Y PATATAS
FRUIT
FRUTA

9

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
TURKEY AND CARROTS RAGOUT
RAGOUT DE PAVO CON ZANAHORIAS
FRUIT
FRUTA

16

GREEN BEANS WITH TOMATO SAUCE, POTATO AND CARROT
JUDÍAS VERDES CON TOMATE, PATATA Y ZANAHORIA
BATTERED CHICKEN STEAK
FILETE DE POLLO REBOZADO
FRUIT
FRUTA

23

VEGETABLE STEW WITH RED KIDNEY BEANS
POTAJE DE JUDÍAS PINTAS
SPINACH OMELETTE
TORTILLA DE ESPINACAS
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

30

CREAM OF VEGETABLE SOUP WITH CROUTONS
CREMA DE VERDURAS CON COSTRONES DE PAN
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

3

MACARONI BOLOGNESE
MACARRONES A LA BOLOÑESA (CON TOMATE Y CARNE PICADA)
SPINACH OMELETTE
TORTILLA DE ESPINACAS
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

10

VEGETABLE SOUP
SOPA DE LLUVIA
BAKED FRESH SAUSAGES
SALCHICHAS FRESCAS AL HORNO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

17

LENTILS WITH RICE
LENTEJAS CON ARROZ
GRILLED HAKE
MERLUZA PLANCHA
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

24

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

4

CHICKPEAS WITH VEGETABLES
GARBANZOS CON VERDURAS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

11

CHICKPEAS WITH CHARDS AND BOILED EGG
GARBANZOS CON ACELGAS Y HUEVO DURO
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
ROAST POTATOES
PATATA ASADA
FRUIT
FRUTA

18

TRICOLOR VEGETABLES
VERDURA TRES COLORES (JUDÍA VERDE, ZANAHORIA Y PATATA)
MEATBALLS WITH TOMATO
ALBÓNDIGAS CON TOMATE
FRUIT
FRUTA

25

PUMPKIN AND SWEET POTATO CREAM
CREMA DE CALABAZA Y BONIATO
THANKSGIVING TURKEY
PAVO DE ACCIÓN DE GRACIAS
FRUIT
FRUTA

5

PASTA STAR SOUP
SOPA DE ESTRELLAS
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
BABY CARROTS
ZANAHORIA BABY
NATURAL YOGHURT
YOGUR NATURAL

12

RICE WITH VEGETABLES
ARROZ A LA CAZUELA CON VERDURAS
ROAST CHICKEN WITH LEMON AND THYME
POLLO ASADO AL LIMON Y TOMILLO
DICED TOMATO
TOMATE EN DADOS
NATURAL YOGHURT
YOGUR NATURAL

19

PASTA SOUP
SOPA DE CALDO CON PASTA
ROAST CHICKEN
POLLO ASADO
BAKED TOMATO AU GRATIN
TOMATE AL HORNO GRATINADO
NATURAL YOGHURT
YOGUR NATURAL

26

PASTA LETTER SOUP
SOPA DE LETRAS
TURKEY AND CARROTS RAGOUT
RAGOUT DE PAVO CON ZANAHORIAS
NATURAL YOGHURT
YOGUR NATURAL



What's for dinner today?

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
ESPIRALES SALTEADOS HUEVO REVUELTO CON VERDURAS SALTEADAS FRUTA	PANACHE DE VERDURAS REHOGADAS DORADA AL HORNO FRUTA	SOPA MINISTRONE FILETE DE POLLO AL AJILLO FRUTA	CREMA DE VERDURAS CONEJO ASADO AL LIMON Y TOMILLO FRUTA	CANELONES DE ESPINACAS FILETES RUSOS DE TERNERA EN SALSA FRUTA
8	9	10	11	12
SOPA DE VERDURAS LOMO A LA PLANCHA FRUTA	RISOTO A LA VALDOSTANA TRUCHA A LA MEDITERRANEA CON OLIVAS FRUTA	PATATAS SALTEADAS CON VERDURAS Y SEPIA CONTRAMUSLO DE POLLO ASADO FRUTA	GUISANTES ENCEBOLLADOS PAVO RELLENO DE CASTAÑAS Y UVAS FRUTA	HUMMUS CON GARBANZO, AGUACATE Y HUEVO TORTILLA DE PATATAS FRUTA
15	16	17	18	19
ARROZ CON TOMATE Y PIMIENTO SALMÓN A LA NARANJA FRUTA	COLIFLOR A LA NAVARRA TERNERA CON VERDURAS (PIMIENTO, ZANAHORIA, TOMATE Y CEBOLLA) FRUTA	SOPA DE MARISCO CARRILLADA EN SALSA FRUTA	PISTO FRESCO DE ACELGAS FILETE DE PAVO A LA CREMA DE QUESOS FRUTA	ENSALADA CATALANA TORTILLA DE CEBOLLA Y CALABACÍN FRUTA
22	23	24	25	26
SOPA DE FIDEOS SALMÓN A LA PLANCHA FRUTA	MENESTRA DE VERDURAS PAVO AL HORNO FRUTA	RISOTTO CON VERDURAS POLLO EN SALSA FRUTA	CREMA DE VERDURAS LOMO DE CERDO AL HORNO FRUTA	MACARRONES GRATINADOS TORTILLA DE CALABACÍN FRUTA
29	30			
RISOTO A LA VALDOSTANA PAVO A LA PLANCHA FRUTA	SOPA MARAVILLA CON PICADILLO REVUELTO DE CHAMPIÑÓN FRUTA			

Welcome to our
Safe School
dining room!



1

We are ready to guarantee the
safety of children in the dining
classroom

THE HEALTH GUARDIANS



2

We develop and implement
our Safety and prevention
Protocols, which are
verified by Bureau Veritas
Certification



3

The well-being of every
family is our priority.

Notes

This company is a member of the Collaboration Plan for the Improvement of Food and Beverage Composition and other measures for 2020.
In case of allergies or intolerances, try to maintain a healthy diet by replacing foods that are not tolerated with others within the same food group. Our company freezes fish that will be consumed raw or lightly cooked according to RD 1420/2006.
As established in RE 1169 /2011, the kitchen has information on the allergen content in prepared menus.

