

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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11

RICE WITH TOMATO SAUCE
ARROZ CON TOMATE
TURKEY RAGU
ESTOFADO DE PAVO
FRUIT
FRUTA

12

CHICKPEAS WITH CARROT STEW
GARBANZOS GUISADOS CON ZANAHORIA
CHEESE OMELETTE
TORTILLA DE QUESO
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

13

MACARONI CARBONARA
MACARRONES A LA CARBONARA
FISH FILLET WITH TOMATO
FILETE DE LIMANDA CON TOMATE
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
YOGHURT
YOGUR

14

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
ROAST CHICKEN WITH LEMON AND THYME
POLLO ASADO AL LIMON Y TOMILLO
LETTUCE AND RED PEPPER
LECHUGA Y PIMIENTO ROJO
FRUIT
FRUTA

15

CREAM OF VEGETABLE SOUP WITH CROUTONS
CREMA DE VERDURAS NATURAL CON PICATOSTES
BAKED PORK SAUSAGE
BUTIFARRA DE CERDO AL HORNO
VEGETABLES
VERDURAS
FRUIT
FRUTA

18

RICE WITH MUSHROOMS, PEAS AND CARROT
ARROZ CON CHAMPIÑONES, GUISANTES Y ZANAHORIA
BEEF BURGUR WITH BARBACUE SAUCE
HAMBURGUESA DE TERNERA CON SALSABARBACOA
MUNG BEAN SPROUT SALAD
ENSALADA CON BROTES DE JUDIA
FRUIT
FRUTA

19

BROCCOLI AU GRATIN WITH CHEESE EDAM
BRÓCOLI GRATINADO CON QUESO EDAM
CHICKEN THIGH WITH GARLIC
CONTRAMUSLO DE POLLO AL AJILLO
LETTUCE AND TOMATO
LECHUGA Y TOMATE
FRUIT
FRUTA

20

LENTIL STEW
LENTEJAS ESTOFADAS
TUNA OMELETTE
TORTILLA DE ATÚN
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

21

CREAM OF CARROT AND PUMPKIN
CREMA DE ZANAHORIA Y CALABAZA
BATTERED HAKE FILLET
FILETE DE MERLUZA REBOZADA
SLICED POTATOES
PATATA PANADERA
YOGHURT
YOGUR

22

PASTA STAR SOUP
SOPA DE ESTRELLAS
TURKEY AND VEGETABLES WOK
WOK DE PAVO CON VERDURAS
FRUIT
FRUTA

25

PEAS, POTATOES AND CARROT
GUISANTES, PATATAS Y ZANAHORIA
HOME-STYLE CHICKEN CROQUETTES
CROQUETAS ARTESANAS DE POLLO
FRESH TOMATO SLICES
TOMATE NATURAL EN RODAJAS
FRUIT
FRUTA

26

LENTIL CURRY
CURRY SUAVE DE LENTEJAS ESTOFADAS
SPANISH OMELETTE
TORTILLA DE PATATAS
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
FRUIT
FRUTA

27

TRICOLORE FUSILLI WITH FRESH TOMATO AND OREGANO SAUCE
ESPIRALES TRICOLOR CON SOFRITO DE TOMATE NATURAL Y OREGANO
HAKE IN GREEN SAUCE
MERLUZA EN SALSAS VERDE
PEAS
GUISANTES
FRUIT
FRUTA

28

PASTA SOUP
SOPA DE GALETAS
MEATBALLS WITH VEGETABLES
ALBÓNDIGAS A LA JARDINERA
FRUIT
FRUTA

29

"PEACE DAY"
RICE WITH FRESH TOMATO AND BLACK OLIVES
ARROZ CON TOMATE NATURAL Y OLIVAS NEGRAS
ROAST CHICKEN WITH ROSEMARY
CONTRAMUSLO DE POLLO ASADO CON ROMERO FRESCO
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
CHOCOLATE CUSTARD CREAM
NATILLAS DE CHOCOLATE



Start with a good **BREAKFAST**



Bread, cereal or derivatives

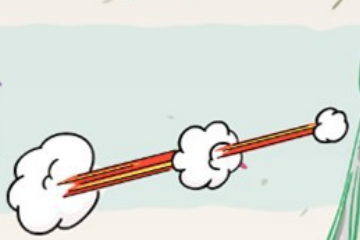


Milk or derivatives



Fresh fruit and vegetables

Welcome to our safe school dining room!



1

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

If we have had these for lunch:	Our dinner could be:
Cereals, starches or legumes	Raw vegetables or cooked legumes
Vegetables	Cereals or starches
Meat	Fish or egg
Fish	Lean meat or egg
Egg	Fish or lean meat
Fruit	Dairy or fruit
Dairy	Fruit

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.

