

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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15

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

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

MACARONI WITH TOMATO SAUCE
MACARRONES CON TOMATE
BAKED FISH
PESCADO AL HORNO
NATURAL YOGHURT
YOGUR NATURAL

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

SPAGHETTI WITH FRESH TOMATO SAUCE AND OREGANO
ESPAGUETIS CON SOFRITO DE TOMATE NATURAL Y OREGANO
BREADED TURKEY AND CHEESE
EMPANADO DE PAVO Y QUESO
GRATED CARROT
ZANAHORIA RALLADA
FRUIT
FRUTA

VEGETABLE CREAM
CREMA DE VERDURAS
BAKED PORK SAUSAGE
BUTIFARRA DE CERDO AL HORNO
VEGETABLES
VERDURAS
FRUIT
FRUTA

18

19

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21

22

RICE WITH MUSHROOMS, PEAS AND CARROT
ARROZ CON CHAMPIÑONES, GUISANTES Y ZANAHORIA
GRILLED BEEF BURGER
HAMBURGUESA DE TERNERA A LA PLANCHA
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA

BROCCOLI AU GRATIN WITH CHEESE EDAM
BRÓCOLI GRATINADO CON QUESO EDAM
GRILLED CHICKEN THIGH
CONTRAMUSLO DE POLLO A LA PLANCHA
LETTUCE AND TOMATO
LECHUGA Y TOMATE
FRUIT
FRUTA

LENTIL STEW
LENTEJAS ESTOFADAS
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

CREAM OF CARROT AND PUMPKIN
CREMA DE ZANAHORIA Y CALABAZA
GRILLED HAKE FILLET
FILETE DE MERLUZA A LA PLANCHA
SLICED POTATOES
PATATA PANADERA
NATURAL YOGHURT
YOGUR NATURAL

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

25

26

27

28

29

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

LENTIL STEW
LENTEJAS ESTOFADAS
SPANISH OMELETTE
TORTILLA DE PATATAS
LETTUCE
LECHUGA
FRUIT
FRUTA

PASTA SPIRALS WITH TOMATO SAUCE
ESPIRALES CON TOMATE
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
PEAS
GUISANTES
FRUIT
FRUTA

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

"PEACE DAY"
RICE WITH TOMATO SAUCE
ARROZ CON TOMATE
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
NATURAL YOGHURT
YOGUR NATURAL



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

[Empty dashed box for 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.

