

**MONDAY**
**TUESDAY**
**WEDNESDAY**
**THURSDAY**
**FRIDAY**










**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**

**PASTA (GLUTEN AND EGG FREE) WITH TOMATO SAUCE**  
CODITOS DE PASTA SIN GLUTEN Y SIN HUEVO CON SALSA DE TOMATE CASERA

**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**

**VEGETABLE CREAM**  
CREMA DE VERDURAS

**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 SALSA BARBACOA

**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**

**POTATOES WITH PEPPERS**  
PATATAS CON PIMIENTOS

**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

**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA

**SLICED POTATOES**  
PATATA PANADERA

**YOGHURT**  
YOGUR

**22**

**PASTA SOUP (EGG AND GLUTEN FREE)**  
SOPA DE PASTA SIN HUEVO Y SIN GLUTEN

**TURKEY AND VEGETABLES WOK**  
WOK DE PAVO CON VERDURAS

**FRUIT**  
FRUTA

**25**

**PEAS, POTATOES AND CARROT**  
GUISANTES, PATATAS Y ZANAHORIA

**FRIED CHICKEN WITH CORNMEAL**  
TIRAS DE POLLO FRITAS CON MAIZENA

**FRESH TOMATO SLICES**  
TOMATE NATURAL EN RODAJAS

**FRUIT**  
FRUTA

**26**

**CREAM OF LEEK SOUP**  
CREMA DE PUERROS

**SPANISH OMELETTE**  
TORTILLA DE PATATAS

**LETTUCE AND CUCUMBER**  
LECHUGA Y PEPINO

**FRUIT**  
FRUTA

**27**

**PASTA (GLUTEN AND EGG FREE) WITH TOMATO SAUCE**  
CODITOS DE PASTA SIN GLUTEN Y SIN HUEVO CON SALSA DE TOMATE CASERA

**HAKE IN GREEN SAUCE**  
MERLUZA EN SALSA VERDE

**PEAS**  
GUISANTES

**FRUIT**  
FRUTA

**28**

**PASTA SOUP (EGG AND GLUTEN FREE)**  
SOPA DE PASTA SIN HUEVO Y SIN GLUTEN

**BEEF MEATBALLS IN CORNMEAL SAUCE**  
ALBONDIGAS DE TERNERA CON SALSA DE MAIZENA

**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

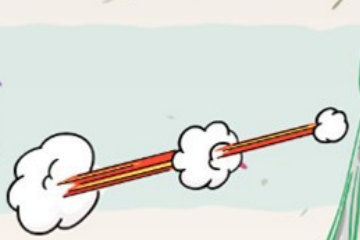


Milk or derivatives



Fresh fruit and vegetables

Welcome to our safe school dining room!



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**



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

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.

