

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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11

**ARTICHOKE WITH TOMATO SAUCE**  
ALCACHOFAS CON TOMATE  
**ROAST TURKEY**  
PAVO AL HORNO  
**FRUIT**  
FRUTA

12

**CAULIFLOWER WITH GARLIC**  
COLIFLOR AL AJO ARRIERO  
**FRENCH OMELETTE**  
TORTILLA FRANCESA  
**FRESH TOMATO**  
TOMATE NATURAL  
**FRUIT**  
FRUTA

13

**SAUTÉED PUMPKIN AND CARROT WITH SESAME AND OLIVE OIL**  
SALTEADO DE CALABAZA Y ZANAHORIA CON SESAMO Y ACEITE DE OLIVA  
**BAKED FISH**  
LIMANDA AL HORNO  
**LETTUCE AND SHREDDED CARROT**  
LECHUGA Y ZANAHORIA RALLADA  
**NONFAT YOGURT**  
YOGUR DESNATADO

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**  
CERDO AL HORNO  
**VEGETABLES**  
VERDURAS  
**FRUIT**  
FRUTA

18

**PEAS WITH CARROT**  
GUISANTES CON ZANAHORIA  
**GRILLED BEEF STEAK**  
FILETE DE TERNERA A LA PLANCHA  
**MUNG BEAN SPROUT SALAD**  
ENSALADA CON BROTES DE JUDIA  
**FRUIT**  
FRUTA

19

**BROCCOLI WITH OLIVE OIL**  
BRÓCOLI REHOGADO  
**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  
**ROAST POTATOES**  
PATATA ASADA  
**NONFAT YOGURT**  
YOGUR DESNATADO

22

**VEGETABLES SOUP**  
SOPA DE VERDURAS  
**SAUTEED TURKEY WITH VEGETABLES**  
PAVO SALTEADO CON VERDURAS  
**FRUIT**  
FRUTA

25

**PEAS, POTATOES AND CARROT**  
GUISANTES, PATATAS Y ZANAHORIA  
**GRILLED CHICKEN**  
TIRAS DE POLLO A LA PLANCHA  
**FRESH TOMATO SLICES**  
TOMATE NATURAL EN RODAJAS  
**FRUIT**  
FRUTA

26

**CREAM OF LEEK SOUP**  
CREMA DE PUERROS  
**FRENCH OMELETTE**  
TORTILLA FRANCESA  
**LETTUCE AND CUCUMBER**  
LECHUGA Y PEPINO  
**FRUIT**  
FRUTA

27

**ARTICHOKE WITH OLIVE OIL**  
ALCACHOFAS SALTEADAS  
**BAKED HAKE**  
MERLUZA AL HORNO  
**PEAS**  
GUISANTES  
**FRUIT**  
FRUTA

28

**VEGETABLES SOUP**  
SOPA DE VERDURAS  
**ROAST BEEF**  
TERNERA ASADA  
**FRUIT**  
FRUTA

29

**"PEACE DAY"**  
**PUMPKIN, OLIVE OIL AND BASIL RATATOUILLE**  
PISTO DE CALABAZA, ACEITE DE OLIVA Y ALBAHACA  
**ROAST CHICKEN WITH ROSEMARY**  
CONTRAMUSLO DE POLLO ASADO CON ROMERO FRESCO  
**LETTUCE AND SHREDDED CARROT**  
LECHUGA Y ZANAHORIA RALLADA  
**NONFAT YOGURT**  
YOGUR DESNATADO



Start with a good **BREAKFAST**



Bread, cereal or derivatives

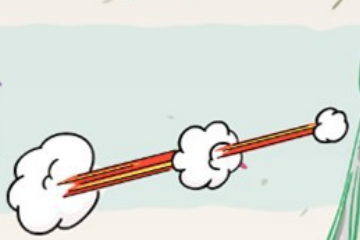


Milk or derivatives



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.

