

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

LENTILS WITH PUMPKIN
LENTEJAS CON CALABAZA
TURKEY STEW
GUISADO DE PAVO
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
FRUIT
FRUTA

4

VEGETABLE FIDEUÀ
FIDEUA CON VERDURITAS
BEEF HAMBURGER IN SAUCE
HAMBURGUESA DE TERNERA EN SALSA
TOMATO
TOMATE ALIÑADO
FRUIT
FRUTA

5

HARICOT BEANS STEW
ALUBIAS BLANCAS ESTOFADAS
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND TOMATO
LECHUGA Y TOMATE
YOGHURT
YOGUR

6

BROCCOLI WITH BECHAMEL SAUCE
BRÓCOLI CON BECHAMEL
ROAST CHICKEN WITH BAKED APPLE
CONTRAMUSLO DE POLLO AL HORNO CON MANZANA
FRUIT
FRUTA

7

FISH REVOLUTION RECIPE
RICE WITH TOMATO SAUCE Y OREGANO
ARROZ CON TOMATE Y OREGANO
ANDALUSIAN STYLE ANCHOVY WITH VEGETABLE "CAPONATA"
BOQUERON ANDALUZA CON CAPONATA DE VERDURAS
FRUIT
FRUTA

10

GREEN BEANS WITH OLIVE OIL
JUDÍAS VERDES REHOGADAS
HAKE FILLET WITH TOMATO SAUCE, GARLIC AND ONIONS
FILETE DE MERLUZA CON AJITOS Y CEBOLLA EN SALSA DE TOMATE
LETTUCE AND SWEETCORN
LECHUGA Y MAÍZ
FRUIT
FRUTA

11

CREAM OF COURGETTE WITH CROUTONS
CREMA DE CALABACÍN NATURAL CON PICATOSTES
CHICKPEAS WITH OLIVE OIL WITH EGG
GARBANZOS SALTEADOS CON CEBOLLA ,HUEVO Y CALABACIN
FRUIT
FRUTA

12

MACARONI WITH CREAMY BASIL SAUCE
MACARRONES CON CREMOSA DE ALBAHACA
GRILLED TURKEY FILLET
CHULETA DE PAVO A LA PLANCHA
SLICES FRESH TOMATO AND ONION
RODAJA DE TOMATE Y CEBOLLA
FRUIT
FRUTA

13

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

14

GASTRONOMIC DAY INTERNACIONAL
FAMILY DAY
PAELLA WITH VEGETABLES
ARROZ EN PAELLA CON VERDURAS
ROAST CHICKEN WITH ROSEMARY
CONTRAMUSLO DE POLLO ASADO CON ROMERO FRESCO
GREEN SALAD
ENSALADA VERDE
ICE CREAM
HELADO

17

CREAM OF VEGETABLE SOUP WITH CROUTONS
CREMA DE VERDURAS NATURAL CON PICATOSTES
CHEESE AND CHIVE OMELETTE
TORTILLA DE QUESO CON CEBOLLINO
TOMATO AND SWEETCORN
TOMATE Y MAÍZ
YOGHURT
YOGUR

18

PEAS WITH POTATOES
GUISANTES CON PATATAS
TURKEY RAGU
ESTOFADO DE PAVO
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

19

GRILLED RICE WITH VEGETABLES
ARROZ GRATINADO CON VERDURAS
BAKED FISH
ABADEJO AL HORNO
LETTUCE AND TOMATO
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

20

SPAGHETTI WITH TOMATO SAUCE
ESPAGUETIS CON TOMATE
ROAST CHICKEN WITH LEMON AND THYME
POLLO ASADO AL LIMON Y TOMILLO
BAKED COURGETTE
CALABACÍN AL HORNO
FRUIT
FRUTA

21

GERMAN GASTRONOMIC JOURNEY
KARTOFFENSALAT (POTATO, EGG, APPLE AND PICKLE SALAD WITH MAYONNAISE AND MUSTARD)
KARTOFFENSALAT (ENSALADA DE PATATA , HUEVO, MANZANA Y PEPINILLO CON MAHONESA Y MOSTAZA)
CURRYWURST (SAUSAGE WITH CURRY AND TOMATO SAUCE)
CURRYWURST (SALCHICHAS CON SALSA DE TOMATE Y CURRY)
FRUIT
FRUTA

24

CREAM OF GREEN PEAS SOUP
CREMA DE GUISANTES
HOME- STYLE CHICKEN CROQUETTES
CROQUETAS ARTESANAS DE POLLO
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

25

PASTA SALAD (CARROTS, CORN AND OLIVE GREEN)
ENSALADA DE PASTA (ZANAHORIA, MAIZ Y ACEITUNA VERDE)
SPANISH OMELETTE WITH BACON AND TOMATOES
TORTILLA PAISANA
TOMATO
TOMATE ALIÑADO
FRUIT
FRUTA

26

FISH REVOLUTION DAY
SEA LENTILS
LENTEJAS DE MAR
SALMON AND PUMPKIN MEDALLION IN PISTO SAUCE
MEDALLÓN DE SALMÓN Y CALABAZA EN SALSA DE PISTO
FRUIT
FRUTA

27

CANTONICE RICE
ARROZ CANTONÉS
GARLIC CHICKEN
FILETE DE POLLO AL AJILLO
LETTUCE
LECHUGA
YOGHURT
YOGUR

28

MINSTRONE SOUP
SOPA MINSTRONE
PORK LOIN STEAK WITH FINE HERBS
BISTEC DE MAGRA FINAS HIERBAS
SLICED POTATOES
PATATA PANADERA
FRUIT
FRUTA

31

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
TOMATO
TOMATE ALIÑADO
FRUIT
FRUTA



Start with a good **BREAKFAST**



Bread, cereal or derivatives

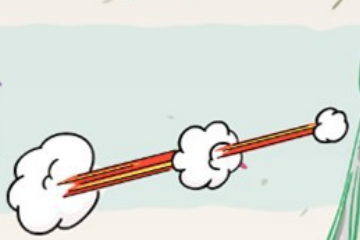


Milk or derivatives



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.

