

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

LENTIL STEW
LENTEJAS ESTOFADAS
SPANISH OMELETTE
TORTILLA DE PATATAS
MUSHROOMS
CHAMPIÑONES
FRUIT
FRUTA

4

RICE WITH VEGETABLES
ARROZ CALDOSO CON VERDURAS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

5

BROCCOLI AU GRATIN WITH CHEESE EDAM
BRÓCOLI GRATINADO CON QUESO EDAM
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
WHITE RICE
ARROZ BLANCO
FRUIT
FRUTA

6

TRICOLOR VEGETABLES (BROCCOLI, CARROT AND POTATO)
VERDURA TRICOLOR (BRÓCOLI, ZANAHORIA, PATATA)
HOME-MADE BREADED HAKE FILLET
EMPANADO CASERO DE MERLUZA
TOMATO SALAD
ENSALADA DE TOMATE
NATURAL YOGHURT
YOGUR NATURAL

7

CREAM OF CARROT AND PUMPKIN
CREMA DE ZANAHORIA Y CALABAZA
GRILLED TURKEY BURGUER
HAMBURGUESA DE PAVO A LA PLANCHA
MASHED POTATOES
PURÉ DE PATATAS
FRUIT
FRUTA

10

VEGETABLES RICE
ARROZ CON VERDURAS DE LA HUERTA
GRILLED HAKE FILLET
FILETE DE MERLUZA A LA PLANCHA
BABY CARROTS
ZANAHORIA BABY
FRUIT
FRUTA

11

CREAM OF COURGETTE SOUP
CREMA DE CALABACÍN
TURKEY, VEGETABLES AND POTATOES STEW
ESTOFADO DE PAVO CON VERDURAS Y PATATAS
FRUIT
FRUTA

12

MACARONI BOLOGNESE
MACARRONES A LA BOLOÑESA (CON TOMATE Y CARNE PICADA)
SPINACH OMELETTE
TORTILLA DE ESPINACAS
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

13

CHICKPEAS WITH VEGETABLES
GARBANZOS CON VERDURAS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

14

PASTA STAR SOUP
SOPA DE ESTRELLAS
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
BABY CARROTS
ZANAHORIA BABY
NATURAL YOGHURT
YOGUR NATURAL

17

LENTIL AND CARROT STEW WITH RICE
LENTEJAS GUIADAS CON ZANAHORIAS Y ARROZ
COURGETTE OMELETTE
TORTILLA DE CALABACÍN
TOMATO
TOMATE ALIÑADO
FRUIT
FRUTA

18

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
TURKEY AND CARROTS RAGOUT
RAGOUT DE PAVO CON ZANAHORIAS
FRUIT
FRUTA

19

VEGETABLE SOUP
SOPA DE LLUVIA
BAKED FRESH SAUSAGES
SALCHICHAS FRESCAS AL HORNO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

20

CHICKPEAS WITH CHARDS AND BOILED EGG
GARBANZOS CON ACELGAS Y HUEVO DURO
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
ROAST POTATOES
PATATA ASADA
FRUIT
FRUTA

21

RICE WITH VEGETABLES
ARROZ A LA CAZUELA CON VERDURAS
ROAST CHICKEN WITH LEMON AND THYME
POLLO ASADO AL LIMON Y TOMILLO
DICED TOMATO
TOMATE EN DADOS
NATURAL YOGHURT
YOGUR NATURAL

24

POTATOES AND VEGETABLES STEW
PATATAS GUIADAS CON VERDURAS
CHEESE OMELETTE
TORTILLA DE QUESO
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA

25

GREEN BEANS WITH TOMATO SAUCE, POTATO AND CARROT
JUDÍAS VERDES CON TOMATE, PATATA Y ZANAHORIA
BATTERED CHICKEN STEAK
FILETE DE POLLO REBOZADO
FRUIT
FRUTA

26

LENTILS WITH RICE
LENTEJAS CON ARROZ
GRILLED HAKE
MERLUZA PLANCHA
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

27

TRICOLOR VEGETABLES
VERDURA TRES COLORES (JUDÍA VERDE, ZANAHORIA Y PATATA)
MEATBALLS WITH TOMATO
ALBÓNDIGAS CON TOMATE
FRUIT
FRUTA

28

PASTA SOUP
SOPA DE CALDO CON PASTA
ROAST CHICKEN
POLLO ASADO
BAKED TOMATO AU GRATIN
TOMATE AL HORNO GRATINADO
NATURAL YOGHURT
YOGUR NATURAL

31

RICE WITH VEGETABLES
ARROZ CALDOSO CON VERDURAS
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
DICED TOMATO
TOMATE EN DADOS
FRUIT
FRUTA



Start with a good **BREAKFAST**



Bread, cereal or derivatives

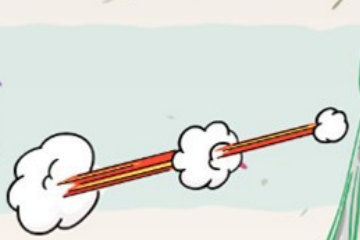


Milk or derivatives



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

[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.

