

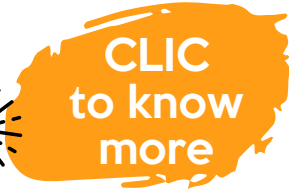
Monday

Tuesday

Wednesday

Thursday

Friday



8 Spaghetti with tomato and onion
Cured ham croquettes with lettuce and olives

Fresh seasonal fruit

Salad / Poultry and potato / Dairy

9 Lentil stew
Potato and onion omelette with lettuce and carrots

Fresh seasonal fruit

Grains / Fish and salad / Dairy

10 Broth with wholemeal noodles
Chicken with teriyaki sauce with sautéed vegetables

Fresh seasonal fruit

Potato / Egg and salad / Dairy

11 Vegetable paella
Baked cod with lettuce and sweetcorn

Artisan natural yoghurt

Veg. / Fresh cheese and grains / Fruit

12 Green beans with potatoes
Turkey stew with vegetables

Fresh seasonal fruit

Pasta / Veg. prot. and vegetables / Dairy

15 Rice with mushrooms
Baked hake with garlic and parsley with lettuce and bean sprouts

Fresh seasonal fruit

Salad / Egg and wholegrains / Dairy

16 Cauliflower and potatoes
Veal meatballs with peas and carrots

Fresh seasonal fruit

Rice / Veg. protein and salad / Dairy

17 Macaroni and cheese
Scrambled eggs with tomato with endive and tangerine

Artisan natural yoghurt

Vegetables / Fish and rice / Fruit

18 Escudella stew
Chicken cooked with peppers with sweet potato crisps

Fresh seasonal fruit

Vegetables / Pork and grains / Dairy

19 Rioja-style beans
Veggie burger with lettuce and tomato

Fresh seasonal fruit

Vegetables / Poultry and potato / Dairy

22 Galets in broth
Courgette and onion omelette with lettuce and carrots

Fresh seasonal fruit

Wholegrains / Veal and salad / Dairy

23 Chickpea stew
Battered fried squid rings with lettuce and sweetcorn

Fresh seasonal fruit

Vegetables / Poultry and potato / Dairy

24 Creamed pumpkin
Vegetable bolognese with fusilli

Fresh seasonal fruit

Wholegrains / Fish and salad / Dairy



25 Swiss chard with potatoes
Griddled butifarra sausage with sautéed beans

Fresh seasonal fruit

Salad / Egg and grains / Dairy

26 Rice with tomato
Chicken with garlic with lettuce and olives

Artisan natural yoghurt

Vegetables / Fresh cheese and grains / Fruit



29 Green beans with potatoes
Chicken stew with vegetables

Fresh seasonal fruit

Salad / Egg and potato / Dairy

30 Rice with quinoa, edamame beans and vegetables
Homemade battered monkfish tail with lettuce and carrot

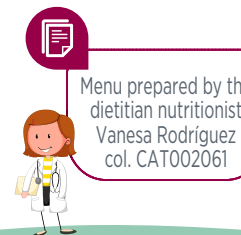
Fresh seasonal fruit

Vegetables / Pork and potato / Dairy

31 Broth with maravilla pasta
Roast chicken with herbs with lettuce and bean sprouts

Fresh seasonal fruit

Grains / Veg. prot. and salad / Dairy



* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.



Monday

Tuesday

Wednesday

Thursday

Friday



1 Spaghetti with sautéed vegetables
Veal burger with lettuce and olives
Artisan natural yoghurt
Vegetables / Fish and potato / Fruit

2 Lentils à la jardinière
Fired eggs with ham
Fresh seasonal fruit
Rice / Poultry and salad / Dairy

5 Rice with tomato
Veggie pizza (aubergine, courgette, onion, olives and cheese)
Fresh seasonal fruit
Vegetables / Egg and potato / Dairy



6 Spinach and potato
Pork loin with onion and carrots
Fresh seasonal fruit
Salad / Fresh cheese / Dairy

7 Bean stew
Homemade Andalusian-style hake with lettuce and sweetcorn
Artisan natural yoghurt
Potato / Poultry and grains / Fruit

8 Chickpea and galets soup
Potato omelette with onion and butifarra sausage with bread with tomato
Fresh seasonal fruit
Vegetables / Veg. prot. and potato / Dairy



9 Macaroni à la Norma
Chicken wings with homemade marinade with lettuce and bean sprouts
Fruit celebration
Rice / Fish and vegetables / Dairy



12 Broth with star pasta
Cod fritters with lettuce and sweetcorn
Artisan natural yoghurt
Salad / Veal and potato / Fruit

14 Vegetable paella
Scrambled eggs with tomato with lettuce and olives
Fresh seasonal fruit
Vegetables / Veg. prot. and potato / Dairy

15 Fusilli à la camperola
Baked mackerel with ratatouille
Fresh seasonal fruit
Vegetables / Grains and legumes / Dairy

16 Lentil stew
Chicken with thyme with escarola lettuce and tangerine
Fresh seasonal fruit
Vegetables / Egg and grains / Dairy

19 Cabbage and potato trinxat
Griddled pork sausages with lettuce and olives
Fresh seasonal fruit
Grains / Veg. prot. and vegetables / Dairy

20 Rice with homemade vegetable sauce
Andalusian maira hake with lettuce and carrots
Fresh seasonal fruit
Wholegrains / Veal and salad / Dairy

21 Broth with ditalini pasta
Rotisserie chicken with lettuce and bean sprouts
Fresh seasonal fruit
Salad / Fresh cheese and grains / Dairy

22 Chickpeas with vegetables
Potato and onion omelette with bread with tomato
Fresh seasonal fruit
Vegetables / Poultry and potato / Dairy

23 Mee Goreng (fried noodles with vegetables and meat)
Lumpiang Shangai (spring roll)
Fruit smoothie
Salad / Fish and potato / Fruit



26 Rice with vegetables
Spinach croquettes with pine nuts with lettuce and sweetcorn
Fresh seasonal fruit
Salad / Egg and potato / Dairy

27 Green beans with potatoes
Poultry stew à la jardinière
Fresh seasonal fruit
Grains / Fish and vegetables / Dairy

28 Lentil stew
Cheese omelette with escarola lettuce and tangerine
Artisan natural yoghurt
Vegetables / Legumes and wholegrains / Fruit

29 Broth with alphabet pasta
Roast chicken with lettuce and tomato
Fresh seasonal fruit
Potato / Veg. prot. and vegetables / Dairy

* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.

Menu prepared by the dietitian nutritionist Vanesa Rodríguez col. CAT002061



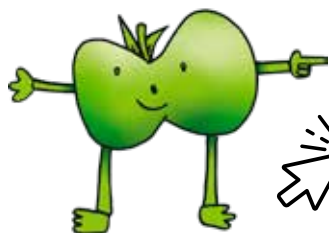
Monday

Tuesday

Wednesday

Thursday

Friday



CLIC
to know
more



- Macaroni and mushroom sauce
Hake à la marinière
Fresh seasonal fruit
Salad / Pork and potato / Dairy

- Rice with tomato
Griddled butifarra sausage with lettuce and olives
Artisan natural yoghurt
Wholegrains / Fish and salad / Fruit

- Bean stew
Veggie burger with lettuce and sweetcorn
Fresh seasonal fruit
Grain / Fresh cheese and vegetables / Fruit



- Chickpea and galets soup
Courgette and onion omelette with bread with tomato
Fresh seasonal fruit
Vegetables / Poultry and rice/ Dairy

- Fusilli à la napolitana
Anchovies in tempura with lettuce and tomato
Fresh seasonal fruit
Salad / Grains and legumes / Dairy

- Cauliflower and potato
Chicken curry with onion and pepper
Fresh seasonal fruit
Grains / Egg and vegetables / Dairy

- Rioja-style lentils
Broccoli and cheese nuggets with lettuce and bean sprouts
Fresh seasonal fruit
Vegetables / Pork and potato / Dairy

- Vegetable paella
Scrambled eggs with ham with salad and tomato
Fresh seasonal fruit
Vegetables / Fish and grains / Dairy

- Swiss chard and potatoes
Honey chicken on a bed of apple
Fresh seasonal fruit
Salad / Fresh cheese and grains / Dairy

- Broth with noodles
Veal meatballs à la jardinière
Fresh seasonal fruit
Grains / Egg and salad / Dairy

- Macaroni gratin
Battered cod with lettuce and celery
Artisan natural yoghurt
Rice / Poultry and salad / Fruit



- Vegetable purée
Veggie bolognese with spaghetti
Fresh seasonal fruit
Grains / Fresh cheese and salad / Dairy

- Broth with maravilla pasta
Battered fried squid rings with escarola lettuce and apple slices
Fresh seasonal fruit
Salad / Legumes and potato / Dairy

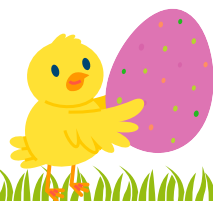
- Chickpeas stewed with pumpkin
Potato and onion omelette with lettuce and carrots
Fresh seasonal fruit
Grains / Poultry and vegetables / Dairy

- Rice casserole
Baked hake with lettuce and tomato
Fresh seasonal fruit
Vegetables / Egg and potato / Dairy

- Potato stew
Chicken with rosemary with ratatouille
Mona cake
Wholegrains / Fish and vegetables / Fruit



holidays



Menu prepared by the dietitian nutritionist
Vanessa Rodríguez
col. CAT002061

* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.