



	Monday	Tuesday	Wednesday	Thursday	Friday
27 NOVEMBER-1 DECEMBER WEEK 1	Noodle soup Mixed salad with tomato, cucumber, red pepper and sweet corn Hake fritters with boiled potatoes Spinach meatballs with potatoes	Vegetable soup with beans Salad with beet, seeds, apple and sweet corn Baked chicken with piquillo pepper sauce and couscous Lentil stew	Lentil soup Salad with piquillo peppers, onion, cucumber and carrot Elbow pasta with beef bolognese Vegetable elbow pasta Quark	Swiss chard cream Salad with tomato, watercress and soft cheese Grilled turkey breast with rice Stuffed peppers	Leek and courgette cream Cabbage salad with carrot, cheese, turkey and pineapple Marinated pork loin with potatoes Chickpeas with pumpkin and broccoli
4-8 DECEMBER WEEK 2	Fish soup Tropical salad with peach, seeds, red onion and carrot Meatballs with homemade sauce and rice Chickpea stew	Pumpkin cream Salad with orange, cheese and seeds Hake fritters with boiled potatoes and mojo Beans with Ratatouille	BANK HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY
11-15 DECEMBER WEEK 3	Star soup Bean salad with pepper, sweet corn, tuna and tomato Chicken croquettes with garlic farfalle Falafel with garlic farfalle	Pumpkin cream Watercress salad with tomato and soft cheese Rice with sausages, peas and carrot Peppers stuffed with vegetables	Swiss chard soup with white beans Garden salad with sweet corn, cucumber, piquillo pepper and cheese Turkey with teriyaki sauce and boiled potatoes Vegetable burger Quark	Courgette and broccoli cream Seasoned tomatoes Tuna macaroni Vegetable macaroni	Corn broth Greek salad with feta cheese, cucumber, onion and black olives Loin with apple sauce and diced potatoes Beans with curry and diced potatoes
18-21 DECEMBER WEEK 4	Noodle soup Salad with cherry tomatoes, lamb's lettuce and soft cheese Chicken Paella Vegetable Paella	Vegetable soup with chickpeas Crab salad with avocado, carrot and pineapple Riojana-style hake with boiled potatoes Lentil sauté with boiled potatoes	Watercress soup with beans Cabbage salad with grated apple and carrot Ham ravioli Spinach ravioli Quark	Mince broth (boiled egg and chicken) Salad with bacon, cheese, sweet corn and croutons Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts and baby carrots with cinnamon Vegetable quiche with cheese Cake	SCHOOL HOLIDAY


WEEK 1	Cal.865 Prot. 36,7 Hc. 90,2 Gr. 36,4 fibra 7,4	Cal. 1271 Prot. 86,17 Hc 160 Gr. 34,8 fibra 38,1	Cal. 1293 Prot. 65,8 Hc. 219 Gr. 15,2 fibra 7	Cal. 643 Prot. 43,9 Hc. 50,9 Gr. 24,7 fibra 3,1	Cal. 762 Prot: 38.13 Hc. 95.3 Gr. 25.32 Fibra: 17.38
WEEK 2	Cal. 984 Prot. 49 Hc.123 Gr. 32.8 Fibra: 11.85	Cal. 912 Prot. 50,8 Hc. 84,7 Gr. 40,8 fibra 3	BANK HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY
WEEK 3	Cal. 1190 Prot. 62,5 Hc 171,7 Gr. 27 fibra 7	Cal. 1223 Prot. 82,7 Hc 161,6 Gr. 30 fibra 11	Cal. 904 Prot. 40,1 Hc.12 Gr. 24 fibra 6	Cal. 753 Prot. 32,9 Hc.60,7 Gr. 41,5 fibra 8	Cal. 738 Prot. 44.7 Hc 11.82 Gr. 24.6 Fibra 13
WEEK 4	Cal. 1235 Prot.65,6 Hc.143 Gr. 44,5 fibra 17	Cal. 625 Prot. 27,1 Hc 66,2 Gr. 20,4 fibra 4,6	Cal. 1131 Prot. 58,7 Hc.167 Gr. 23,9 fibra 12	Cal. 1535 Prot. 76.7 Hc 191.3 Gr. 51 Fibra 25	SCHOOL HOLIDAY

***Vegetarian option in green**

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and vegetables. All made with seasonal and local vegetables.
- All our sauces are homemade and elaborated with fresh vegetables.
- We offer whole wheat bread, seasonal fruit and a dairy product once a week, normally on Wednesdays.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to **La Ley de Seguridad Alimentaria y Nutrición**, established 5th July 2011.

Nutritional needs and calories supervised by:

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