



	Monday	Tuesday	Wednesday	Thursday	Friday
1-4 DECEMBER WEEK 1	Star soup  Bean salad with pepper, corn, tuna and tomato  Squid Rabas with boiled potatoes and mojo  Falafel with garlic farfalle	Lentil stew  Salad with piquillo pepper, onion, carrot and boiled egg  Whole-wheat spaghetti with beef Bolognese  Whole-wheat spaghetti with soy Bolognese	Carrot and leek cream  Seasoned tomatoes  Baked hake in teriyaki sauce with couscous  Ratatouille with boiled egg  Fruit & Quark	Cauliflower cream  Salad with tomato, lamb's lettuce and soft cheese  Chicken tenderloins in curry sauce with rice  Stuffed peppers	SCHOOL HOLIDAY
9-12 DECEMBER WEEK 2	BANK HOLIDAY	Vegetable soup with rice and boiled egg  Salad with orange, cheese and seeds  Stuffed turkey with vegetables and carrot sauce with diced potatoes  Beans with ratatouille	Watercress soup with beans  Cabbage salad with apple and carrot  Ham ravioli  Spinach ravioli  Fruit & Quark	Vegetable stew with chickpeas  Salad with cherry tomatoes, bacon, corn, cheese, croutons with mustard and honey dressing  Chicken tandoori with rice  Stuffed courgettes	Swiss chard stew with beans  Salad with cheese, seeds, apple and turkey  Salmon battered in oatmeal and wholemeal macaroni with pesto sauce  Lentil sauté
15-19 DECEMBER WEEK 3	Noodle soup  Mixed salad with tomato, cucumber, red pepper and corn  Chicken croquettes with potatoes  Vegetable burger with potatoes	Pumpkin cream  Salad with beet, green pepper, green sprouts and tomato  Meatballs in homemade sauce with rice  Spinach meatballs with rice	Swiss chard stew with white beans  Garden salad with corn, cucumber, piquillo peppers and cheese  Chicken tenderloin in teriyaki sauce with boiled potatoes  Falafel  Fruit & Quark	Courgette and broccoli cream  Tabbouleh salad  Whole-wheat macaroni with salmon  Whole-wheat vegetable macaroni	Mince broth (boiled egg and chicken)  Rocket salad with cured ham, cheese, apple and nuts  Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts and baby carrots with cinnamon  Vegetable quiche with cheese  Profiterole

\*Vegetarian option in green

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and steamed vegetables, as well as a dish of legumes. All made with seasonal and local organic vegetables.
- Menus are adapted to our student's food allergies, we always try to elaborate same menu without the allergen, unless the allergy is to the main component of the dish in which case an alternative dish is offered.
- All our sauces are homemade and elaborated with fresh vegetables and our dressings are based on extra virgin olive oil.
- We use olive oil for stews and sauces and high oleic oil for fried foods.
- We offer whole wheat bread, 2 options of 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 5<sup>th</sup> July 2011 and **El Real Decreto 315/2025**, of 15<sup>th</sup> April, which establishes the rules for the development of the law 17/2011, of July, on food safety and nutrition, to promote the use of healthy and sustainable food in educational centres.

#### **Recommendations for Dinner Based on the School Lunch Menu**

To ensure a balanced diet throughout the day, it is important to adjust the evening meal according to what children have eaten at school. Below are some general guidelines for families:

- If lunch included meat or chicken: we recommend a dinner that includes a source of plant-based protein or fish, accompanied by cooked vegetables or a vegetable soup.
- If they had legumes or hearty dishes such as stews or rice with sauce: an ideal dinner would be something light, such as a complete salad, vegetable soup, or an omelette with vegetables.
- If lunch was particularly high in protein (e.g. meat with egg or cheese): it is best to offer a vegetable-rich, low-fat dinner.
- If pasta or rice was served at lunchtime: avoid repeating the same foods at dinner and opt instead for vegetables, eggs, white fish or light soups.
- If they had fish at school: dinner may include wholegrain cereals, egg or small portions of lean meat to balance the intake.
- If the first course was soup or purée: the evening meal can include a varied salad or a warm dish with a slightly higher protein content.
- On hot days or after particularly active days: ensure good hydration with water, fresh fruit and light meals in the evening.

These suggestions help round out the child's daily diet and encourage healthy habits at home.

[illegible]

[illegible]

ALLERGEN LIST                      WEEK 3                      15 - 19 DECEMBER															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
15	Noodle soup	X					X				X				
15	Mixed salad with tomato, cucumber, red pepper and corn														
15	Chicken croquettes with potatoes	X						X							
15	Vegetable burger with potatoes														
16	Pumpkin cream														
16	Salad with beet, green pepper, green sprouts and tomato						X								
16	Meatballs in homemade sauce with rice														
16	Spinach meatballs with rice														
17	Swiss chard stew with white beans														
17	Garden salad with corn, cucumber, piquillo peppers and cheese							X							
17	Chicken tenderloin in teriyaki sauce with boiled potatoes	X					X								X
17	Falafel	X													
18	Courgette and broccoli cream							X							
18	Tabbouleh salad	X													
18	Whole-wheat macaroni with salmon	X			X		X				X				
18	Whole-wheat vegetable macaroni	X					X				X				
19	Mince broth (boiled egg and chicken)			X											
19	Rocket salad with cured ham, cheese, apple and nuts							X	X		X				
19	Baked turkey with gravy sauce							X							
19	Vegetable quiche with cheese	X		X				X							
19	Profiterole	X						X							

SEMANA 1	Cal. 533 Prot. 33,2 Hc. 74 Gr. 11.9 Fibra 18,4	Cal. 667 Prot. 39,82 Hc. 83,02 Gr. 19,72 Fibra 7	Cal. 326 Prot. 27,7 Hc. 33,4 Gr. 8,95 Fibra 7,9	Cal. 526 Prot. 38,69 Hc. 39,7 Gr. 19 Fibra 2,4	SCHOOL HOLIDAY
SEMANA 2	BANK HOLIDAY	Cal. 700 Prot. 38,6 Hc. 68 Gr. 30,4 Fibra 3,8	Cal. 804 Prot. 59,7 Hc. 88,2 Gr. 28 Fibra 8	Cal. 995 Prot. 64,69 Hc. 101,6 Gr. 37,6 Fibra 8,4	Cal. 998 Prot. 55,1 Hc. 79,4 Gr. 48,5 Fibra 9,1
SEMANA 3	Cal. 957 Prot. 29,9 Hc. 76,7 Gr. 49,8 Fibra 6,8	Cal. 531 Prot. 29,53 Hc. 80,94 Gr. 10,32 Fibra	Cal. 939 Prot. 80,6 Hc. 110 Gr. 21,5 Fibra 11,4	Cal. 567 Prot. 15,78 Hc. 53,03 Gr. 31,98 Fibra 7,5	Cal. 964 Prot. 54,87 Hc. 76,5 Gr. 49,2 Fibra 6,8

Nutritional needs and calories supervised by:

