

	Monday	Tuesday	Wednesday	Thursday	Friday
	Star soup	Watercress soup with beans	Vegetable stew with chickpeas Rocket salad with pear, Parmesan	ITALY Tuscany minestrone soup with	Pumpkin cream with chickpeas and spinach
3-7 NOVEMBER	Whole-wheat rice salad with raisins, apple, chicken, boiled egg and parsley	Salad with piquillo pepper, mini maize, onion, green pepper and beet	cheese and cured ham with balsamic, mustard and honey dressing	vegetables and pasta Caprese salad with mozzarella, basil and tomato	Whole-wheat pasta salad with tomato, tuna, sweetcorn, red pepper and boiled egg
WEEK 1	Squid Rabas with boiled potatoes and mojo	Whole-wheat macaroni with homemade tomato sauce, basil, turkey and mushrooms	Portuguese-style hake with couscous Falafel with couscous	Chicken tenderloin alla cacciatora, stewed with tomato, carrot, herbs and potatoes with thyme	Meatballs with sauce and rice
	Ratatouille with chickpeas	Whole-wheat vegetable ravioli	Yogurt & Fruit	Parmigiana aubergines	Bean stew with rice
	Chicken soup with rice and egg	Lentil soup	Swiss chard and bean stew Country salad with green beans,	Vegetable cream	Corn broth with egg
10-14	Salad with red onion, sweetcorn, feta cheese, red pepper and lamb's lettuce	Cabbage salad with turkey, pineapple and cheese	boiled egg, parsley, tuna and tomato	Salad with pear and toasted corn Paella with haddock and green	Salad with watercress, soft cheese, tomato and cucumber
NOVEMBER WEEK 2	Fish fritters with boiled potatoes	Whole-wheat spaghetti Bolognese	Chicken tenderloin stroganoff with couscous	beans	Turkey stew with vegetables and diced potatoes
	and mojo Falafel	Vegetable whole-wheat spaghetti	Spinach meatballs Yogurt & Fruit	Vegetable Paella	Lentil sauté
	Alphabet soup with chicken	Cauliflower cream	Spinach stew with pinto beans	Carrot cream	Beans, potatoes and noodles stew
17-21	Salad with tomato, lamb's lettuce and soft cheese	Caesar salad Salmon with dill and lemon sauce	Whole-wheat rice salad with chicken, apple, parsley and sweetcorn	Salad with red pepper, green pepper, tomato, green sprouts and boiled egg	Salad with peach, seeds and feta cheese
NOVEMBER WEEK 3	Turkey Gordon Bleu with potatoes and homemade tomato sauce	and rice Beet Burger	Potato Tortilla	Chicken and mushroom lasagna	Cuban style rice with minced beef, fried banana and black beans
	Beans with curry	Seet Bulger	Vegan Tortilla	Vegetable lasagna	Rice with black beans
	Noodle soup	Swiss chard and bean stew	Yogurt & Fruit Broccoli cream	Pumpkin cream	Vegetable cream
24-28	Salad with cucumber, tomato, onion and cheese	Country salad with tuna, potatoes, pepper, tomato, onion and olives	Salad with onion, cucumber, sweetcorn, carrot, beet and boiled egg	Salad with turkey, parsley and cheese	Greek salad with feta cheese, red pepper, green pepper and onion with yogurt dressing
NOVEMBER WEEK 4	Chicken loin with homemade sauce and diced potatoes Lentil stew	Fresh pasta ravioli with ham and homemade tomato sauce Spinach and cheese ravioli	Turkey in pineapple sauce with rice	Breaded hake with boiled potatoes and green mojo Ratatouille	Chicken au gratin with tomato and mozzarella and potatoes and vegetables sauté
			Courgette with rice and vegetables Yogurt & Fruit		Vegetable burger

^{*}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 mail component of the dish in which case and 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 fired 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 5th July 2011 and **El Real Decreto 315/2025**, of 15th 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.

			ALLERGEN LIST				WEEI	3 - 7 NOVEMBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
3	Star soup	Х					Х				Х				
3	Whole-wheat rice salad with raisins, apple, chicken, boiled egg and parsley			Х					Х						
3	Squid Rabas with boiled potatoes and mojo		Х	Х	Х			Х	Х					Х	
3	Ratatouille with chickpeas														
4	Watercress soup with beans														
4	Salad with piquillo pepper, mini maize, onion, green pepper and beet														
4	Whole-wheat macaroni with homemade tomato sauce, basil, turkey and mushrooms	Х					х				Х				
4	Whole-wheat vegetable ravioli	Х					Х				Х				
5	Vegetable stew with chickpeas														
5	Rocket salad with pear, Parmesan cheese and cured ham							Х							
5	Portuguese-style hake with couscous	Х			Х										
5	Falafel with couscous	Х													
6	Tuscany minestrone soup with vegetables and pasta	Х					Х				Х				
6	Caprese salad with mozzarella, basil and							X							
6	Chicken tenderloin alla cacciatora, stewed with tomato, carrot, herbs and potatoes														
6	Parmigiana aubergines							Х							
7	Pumpkin cream with chickpeas and spinach														
7	Whole-wheat pasta salad with tomato, tuna, sweetcorn, red pepper and boiled egg	Х			Х		Х				Х				
7	Meatballs with sauce and rice							Х							
7	Bean stew with rice														

			ALLERGEN LIST			WEEK	(2	10) - 14	NOVI	EMBER					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph	
10	Chicken soup with rice and egg			Х												
10	Salad with red onion, sweetcorn, feta cheese, red pepper and lamb's lettuce							Х								
10	Fish fritters with boiled potatoes and mojo		Х	Х	Х			Х						Х		
10	Falafel	Х														
11	Lentil soup															
11	Cabbage salad with turkey, pineapple and cheese			Х				Х								
11	Whole-wheat spaghetti Bolognese	Х					Х				Х					
11	Vegetable whole-wheat spaghetti	Х					Х				Х					
12	Potaje de acelgas con judías blancas															
12	Country salad with green beans, boiled egg, parsley, tuna and tomato			Х	Х											
12	Chicken tenderloin stroganoff with couscous	Х						Х								
12	Spinach meatballs															
13	Vegetable cream															
13	Salad with pear and toasted corn							Х	Х							
13	Paella with haddock and green beans				Х											
13	Vegetable Paella															
14	Corn broth with egg			Х												
14	Salad with watercress, soft cheese, tomato and cucumber							Х								
14	Turkey stew with vegetables and diced potatoes															
14	Lentil sauté															

			ALLERGEN LIST WEEK 3 17 - 21 NOVEMBER				R								
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
17	Alphabet soup with chicken	Х					Х				Х				
17	Salad with tomato, lamb's lettuce and soft cheese							Х							
17	Turkey Gordon Bleu with potatoes and homemade tomato sauce	Х		Х				Х			Х				
17	Beans with curry														
18	Cauliflower cream							Х							
18	Caesar salad	Х						Х							
18	Salmon with dill and lemon sauce and rice				Х			Х							
18	Beet Burger														
19	Spinach stew with pinto beans														
19	Whole-wheat rice salad with chicken, apple, parsley and sweetcorn							Х							
19	Potato Tortilla			Х											
19	Vegan Tortilla														
20	Carrot cream														
20	Salad with red pepper, green pepper, tomato, green sprouts and boiled egg			Х			Х								
20	Chicken and mushroom lasagna	Х		Х				Х			Х				
20	Vegetable lasagna	Х		Х				Х			Х				
21	Beans, potatoes and noodles stew	Х													
21	Salad with peach, seeds and feta cheese							Х	Х						
21	Cuban style rice with minced beef, fried banana and black beans														
21	Rice with black beans														

		ALLE	RGEN LI	ST	V	VEEK 4		2	4 - 28	NOV	EMBEF	?			
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celer	Mustard	Sesame	Lupine	Mollusc	Sulph
24	Noodle soup	Х					Х				Х				
24	Salad with cucumber, tomato, onion and cheese							Х							
24	Chicken loin with homemade sauce and diced potatoes	Х													
24	Lentil stew														
25	Swiss chard and bean stew														
25	Country salad with tuna, potatoes, pepper, tomato, onion and olives				Х										
25	Fresh pasta ravioli with ham and homemade tomato sauce	Х		Х							Х				
25	Spinach and cheese ravioli	Х		Х							Х				
26	Broccoli cream							Х							
26	Salad with onion, cucumber, sweetcorn, carrot, beet and boiled egg			Х											
26	Turkey in pineapple sauce with rice							Х							
26	Courgette with rice and vegetables							Х							
27	Pumpkin cream														
27	Salad with turkey, parsley and cheese							Х							
27	Breaded hake with boiled potatoes and green mojo		Х	X	X			Х							
27	Ratatouille														
28	Vegetable cream														
28	Greek salad							Х							
28	Chicken au gratin							Х							
28	Vegetable burger														

WEEK 1	Cal. 566 Prot. 22,43 Hc. 82,1	Cal. 656 Prot. 35,3 Hc. 81,4	Cal. 832 Prot. 47,2 Hc. 84,5	Cal. 763 Prot. 38,1 Hc. 75,5	Cal. 588 Prot. 27,47 Hc. 69,92
VVLLNI	Gr. 13,2 Flbra 8,6	Gr. 16,7 Fibra 8,1	Gr. 34,2 Fibra 9,1	Gr. 33 Fibra 3,8	Gr. 20,25 Fibra 4,9
WEEK 2	Cal. 646 Prot. 25,5 Hc. 85,3	Cal. 669 Prot. 48,62 Hc. 66,22	Cal. 1009 Prot. 77,01 Hc. 98,88	Cal. 650 Prot. 32 Hc. 67	Cal. 691 Prot. 28,6 Hc. 62,5
VVEER 2	Gr. 22,9 Fibra 20,7	Gr. 24,52 Fibra 8	Gr. 34,42 Fibra 6,5	Gr. 28 Fibra 5,6	Gr. 37,5 Fibra 8,6
WEEK 2	Cal. 807 Prot. 27,2 Hc. 78	Cal. 591 Prot. 32,29 Hc. 47,9	Cal. 796 Prot. 53,33 Hc. 93,46	Cal. 423 Prot. 9,4 Hc. 23,5	Cal. 929 Prot. 24,99 Hc. 141,1
WEEK 3	Gr. 42,9 Fibra 5,8	Gr. 28,7 Fibra 4,4	Gr. 25,63 Fibra 10,3	Gr. 23,2 Fibra 8,7	Gr. 30,9 Fibra 11,57
MEEK A	Cal. 803 Prot. 41,2 Hc. 60,9	Cal. 775 Prot. 41,91 Hc. 63,.48	Cal. 680 Prot. 33,16 Hc. 97,55	Cal. 659 Prot. 25,4 Hc. 52,1	Cal. 878 Prot. 25,6 Hc. 90
WEEK 4	Gr. 42,89 Fibra 6,8	Gr. 28,02 Fibra 6,5	Gr. 19,35 Fibra 16,2	Gr. 24 Fibra 7	Gr. 46 Fibra 16,6

Nutritional needs and calories supervised by:

