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	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetable soup with rice	Vegetable cream	Chinese soup	Lentil soup	Courgette cream
29 SEPTEMBER-	Salad with red pepper, tomato, cucumber, onion and tuna	Cabbage salad with ham, carrot, pineapple and 4 cheeses	Oriental salad Spring roll	Salad with tomato, cucumber, carrot and sweetcorn	Whole-wheat pasta salad with cherry tomatoes, mozzarella and rocket lettuce
OCTOBER	Fish fritters with boiled potatoes and mojo	Whole-wheat spaghetti Bolognese	Sweet and sour chicken with 3	Beef and chicken Ropa Vieja	Hake with prawns and boiled
		Whole-wheat spaghetti with	delight rice	Vegetable Ropa Vieja	potatoes
WEEK 1	Falafel with potatoes	vegetables	Vegetable Gyoza with rice		Bean stew with mushrooms
			Yogurt & Fruit		
	Alphabet soup with beef	Pumpkin cream	Cauliflower cream	Swiss chard and chickpea stew	Rancho canario
6-10	Salad with lamb's lettuce, cherry tomatoes, seeds and turkey	Salad with red pepper, green pepper, green sprouts and onion	Rice salad with chicken, apple, sweetcorn and parsley	Greek salad with cucumber, feta cheese, green pepper, red pepper, tomato and yogurt dressing	Cabbage salad with carrot and apple
OCTOBER	Grilled chicken tenderloins with	Tortellini tricolori with homemade	Breaded salmon with boiled		Chicken croquettes with potatoes
WEEK 2	curry and coconut sauce, served with apple and rice	tomato sauce	potatoes	Cuban style rice with minced beef, fried banana and black beans	Vegetable burger
	with apple and rice	Spinach Tortellini	Falafel with boiled potatoes	illeu ballalla allu black bealls	vegetable bulger
	Peppers stuffed with vegetables and rice	·	Yogurt & Fruit	Rice with black beans	
	Fish soup with rice	Carrot cream	Watercress stew with white beans Whole-wheat pasta salad with	Courgette cream	Leek and mushroom cream
13-17	Lentil vinaigrette	Salad with toasted corn, pear and cheese	chicken, spinach and Parmesan cheese	Mixed salad with tomato, cucumber, tuna and boiled egg	Salad with lamb's lettuce, carrot, sweetcorn, soft cheese and cherry
OCTOBER	Baked Tennessee chicken with homemade sauce and diced	Spaghetti with chicken, vegetables	Hake with boiled potatoes and	Pork tenderloin in mushroom	tomatoes
WEEK 3	potatoes	and soy	mojo Stuffed courgettes	sauce with couscous	Turkey with pineapple sauce and rice
	Ratatouille with boiled egg and diced potatoes	Vegetable spaghetti	Yogurt & Fruit	Beans with curry	Chickpea stew
	Chicken soup with boiled egg	Vegetable stew with beans	Corn broth with egg Salad with beet, green olives,	MEXICO Pumpkin cream	
	Salad with apple, raisins and	Salad with salmon, avocado, corn,	tangerine and seeds	Pico de gallo	
20 -23	cheese	cherry tomatoes and feta cheese	Total and the second second	Nachos with guacamole	STAFF INSET
OCTOBER	Whole-wheat macaroni with	Rice with beef and vegetables	Turkey with parmesan sauce and couscous	Aztec chicken and coriander pie	
WEEK 4	salmon	acc. and regetables	Ratatouille with chickpeas	sale contained pie	(NO SCHOOL)
	Lentil stew	Vegetable rice	Yogurt & Fruit	Aztec vegetable pie	

^{*}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.

		ALLER	RGEN L	IST		WEEK	1	29	SEPTE	MBER	- 3 OC	ГОВЕR			
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
29	Vegetable soup with rice														
29	Salad with red pepper, tomato, cucumber, onion and tuna				Х										
29	Fish fritters with boiled potatoes	Х		Х	Х			Х							
29	Falafel with potatoes	Х													
30	Vegetable cream														
30	Cabbage salad with ham, carrot, pineapple and 4 cheeses			Х				Х							
30	Whole-wheat spaghetti Bolognese	Х		Χ			Х				X				
30	Whole-wheat spaghetti with vegetables	Х		Х			Х				Х				
1	Chinese soup						Х								
1	Oriental salad						Х								
1	Spring roll	Х		Х			Х	Х							
1	Sweet and sour chicken with 3 delight rice			Х											
1	Vegetable Gyoza with rice	Х					Х								
2	Lentil soup														
2	Salad with tomato, cucumber, carrot and sweetcorn														
2	Beef and chicken Ropa Vieja														
2	Vegetable Ropa Vieja														
3	Courgette cream							Х							
3	Whole-wheat pasta salad with cherry tomatoes, mozzarella and rocket lettuce	Х					Х	Х			Х				
3	Hake with prawns and boiled potatoes		Х		Х			Х						Х	
3	Bean stew with mushrooms														

		ALLE	RGEN	LIST	WEEK 2		6 - 10 OCTOBER								
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Alphabet soup with beef	Х													
6	Salad with lamb's lettuce, cherry tomatoes, seeds and turkey								Х						
6	Grilled chicken tenderloins with curry and coconut sauce							Х							
6	Peppers stuffed with vegetables and rice							Х							
7	Pumpkin cream														
7	Salad with red pepper, green pepper, green sprouts and onion						Х								
7	Tortellini tricolori with homemade tomato sauce	Х		Х				Х							
7	Spinach Tortellini	Х		Х				Х							
8	Cauliflower cream							Х							
8	Rice salad with chicken, apple, sweetcorn and parsley			Х							Х				
8	Breaded salmon with boiled potatoes	Х		Х	Х										
8	Falafel with boiled potatoes	Х													
9	Swiss chard and chickpea stew														
9	Greek salad with cucumber, feta cheese, green pepper, red pepper, tomato and yogurt dressing							х							
9	Cuban style rice with minced beef, fried banana and black beans														
9	Rice with black beans														
10	Rancho canario														
10	Cabbage salad with carrot and apple			Х				Х			Х				
10	Chicken croquettes with potatoes	Х						Х							
10	Vegetable burger														

		ALLE	RGEN I	.IST	WEEK 3		13	- 17 00	СТОВЕ	R					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Fish soup with rice				Х										
13	Lentil vinaigrette														
13	Baked Tennessee chicken with homemade sauce and diced potatoes	Х		Х				Х							
13	Ratatouille with boiled egg and diced potatoes			Х											
14	Carrot cream														
14	Salad with toasted corn, pear and cheese							Х	Х						
14	Spaghetti with chicken, vegetables and soy	Х					Х				Х				
14	Vegetable spaghetti	Х					Х				Х				
15	Watercress stew with white beans														
15	Whole-wheat pasta salad with chicken, spinach and parmesan cheese	Х					Х	Х			Х				
15	Hake with boiled potatoes and mojo	Х		Х	Х			Х							
15	Stuffed courgettes							Х							
16	Courgette cream							Х							
16	Mixed salad with tomato, cucumber, tuna and boiled egg			Χ	Х										
16	Pork tenderloin in mushroom sauce with couscous	Х						Х							
16	Beans with curry														
17	Leek and mushroom cream							Х							
17	Salad with lamb's lettuce, carrot, sweetcorn, soft cheese and cherry							Х							
17	Turkey with pineapple sauce and rice							Х							
17	Chickpea stew														

		ALLEF	RGEN L	IST	WEEK 4		20	- 23 00							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Chicken soup with boiled egg			Х											
20	Salad with apple, raisins and cheese							Х	Х						
20	Whole-wheat macaroni with salmon	Х			Х		Х	Х			Х				
20	Lentil stew														
21	Vegetable stew with beans														
21	Salad with salmon, avocado, corn, cherry tomatoes and feta cheese				Х			Х							
21	Rice with beef and vegetables														
21	Vegetable rice														
22	Corn broth with egg			Х											
22	Salad with beet, green olives, tangerine and seeds								Х						
22	Turkey with parmesan sauce and couscous	Х						Х							
22	Ratatouille with chickpeas														
23	Pumpkin cream														
23	Pico de gallo														
23	Nachos with guacamole														
23	Aztec chicken and coriander pie	Х						Х							
23	Aztec vegetable pie	Х													

WEEK 1	Cal. 685 Prot. 27,2 Hc. 87,5	Cal. 524 Prot. 12,88 Hc.41,62	Cal. 1084 Prot. 79,53 Hc. 135,2	Cal. 786 Prot. 44,6 Hc. 64	Cal. 579 Prot. 25,69 Hc. 71,48
VVLLKI	Gr. 25,6 Fibra 7,4	Gr. 34 Fibra 6,1	Gr. 27 Fibra 14,7	Gr. 31,08 Fibra 12	Gr. 21,93 Fibra 12
WEEK 2	Cal. 783 Prot. 43,15 Hc. 85,48	Cal. 560 Prot. 12,6 Hc. 49,6	Cal. 717 Prot. 40,7 Hc. 75,6	Cal. 882 Prot. 53,94 Hc. 119,3	Cal. 400 Prot. 31,4 Hc. 56
VVEER 2	Gr. 28,63 Fibra 1,8	Gr. 23,9 Fibra 5,6	Gr. 31 Fibra 15,7	Gr. 22,75 Fibra 21,3	Gr. 7,3 Fibra 9,4
WEEK 3	Cal. 598 Prot. 27,6 Hc. 66	Cal. 375 Prot. 14,22 Hc. 30,52	Cal. 870 Prot. 58,66 Hc. 109,88	Cal. 579 Prot. 42 Hc. 51,51	Cal. 537 Prot. 38,69 Hc. 51
WEEK 5	Gr. 23,4 Fibra 11,8	Gr. 22,82 Fibra 8,7	Gr. 23,63 Fibra 10,8	Gr. 27,5 Fibra 12,9	Gr. 19 Fibra 2,4
MEEK A	Cal. 681 Prot. 28,22 Hc. 67,3	Cal. 818 Prot. 52,55 Hc. 97,88	Cal. 605 Prot. 52,14 Hc. 81,8	Cal. 1030 Prot. 23,02 Hc. 113,4	STAFF INSET
WEEK 4	Gr. 32,9 Fibra 5,2	Gr. 25,37 Fibra 11,5	Gr. 11,4 Fibra 17,4	Gr. 46,92 Fibra 5,7	STAFF INSET

Nutritional needs and calories supervised by:

