



	Monday	Tuesday	Wednesday	Thursday	Friday
1-5 SEPTEMBER WEEK 1	Star soup with beef  Whole-wheat rice salad with sweet corn, tomato, tuna, egg and parsley  Chicken croquettes with potatoes  <b>Falafel with potatoes</b>	Pumpkin cream  Salad with chicken, apple, nuts and yogurt dressing  Hake en papillote with carrot, courgette and lemon sauce with rice  <b>Chickpea stew with pumpkin and spinach</b>	Red lentil stew with leek and carrots  Spinach salad with tangerine, sunflower seeds, red onion and honey and mustard vinaigrette  Whole-wheat Bolognese macaroni <b>Vegetable macaroni</b>  Fruit & Yogurt	Courgette and broccoli cream  Salad with cherry tomato, turkey, sweet corn and beet  Chicken tenderloin with carrot sauce and boiled potatoes  <b>Courgette stuffed with rice and vegetables</b>	<b>JAPANESE DAY</b> Suimono vegetable soup with rice noodles Salad with cucumber, edamame, carrot, sesame, chives and cabbage with soy and honey dressing  Salmon in teriyaki sauce with rice <b>Teriyaki bean stew with rice</b>
8-12 SEPTEMBER WEEK 2	<b>BANK HOLIDAY</b>	Noodle soup  Lentil vinaigrette  Fish fritters with boiled potatoes and mojo  <b>Spinach meatballs with potatoes</b>	Vegetable stew with chickpeas  Greek salad with feta cheese, cucumber, tomato, red pepper and yogurt dressing  Whole-wheat spaghetti with tuna <b>Whole-wheat vegetable spaghetti</b>  Fruit & Yogurt	Corn broth with egg  Chickpeas, tuna, red peppers, red onion, parsley, lemon and olive oil  Pork loin goulash with rice  <b>Stuffed peppers</b>	Carrot and spinach cream  Whole-wheat rice salad with chicken, apple, sweet corn and parsley  Potato Tortilla  <b>Vegan Tortilla</b>
15-19 SEPTEMBER WEEK 3	Noodle soup  Salad with tomato, Piquillo pepper, red onion and boiled egg  Ropa Vieja  <b>Vegetable Ropa Vieja</b>	Chard stew with beans  Salad with beet, green pepper, tangerine and cucumber  Whole-wheat Carbonara spaghetti  <b>Whole-wheat vegetable spaghetti</b>	Lentil soup Caesar salad with croutons, chicken, parmesan and cherry tomatoes  Baked bream fish with lemon, thyme, oregano with potatoes with onion and peppers <b>Falafel with boiled potatoes</b> Fruit & Yogurt	Cauliflower cream  Salad with turkey, sweet corn and red pepper  Chicken tenderloin in honey and mustard sauce with rice and carrots <b>Peppers stuffed with rice and vegetables</b>	Vegetable stew with beans  Salad with apple, raisins and cheese  Tuna lasagna  <b>Vegetable lasagna</b>
22-26 SEPTEMBER WEEK 4	Fish soup with rice  Salad with piquillo pepper, boiled egg and cucumber  Breaded hake with boiled potatoes and mojo  <b>Falafel</b>	Broccoli cream  Cabbage salad with carrot and apple  Ham ravioli with homemade tomato sauce  <b>Spinach ravioli</b>	Watercress stew  Mixed salad with tuna, onion, lamb's lettuce, red pepper and tomato  Tenderloin in mushroom sauce with couscous <b>Bean ratatouille with tomato</b> Fruit & Yogurt	Noodles, beans and potatoes  Seasoned tomatoes  Chicken parmesan with rice  <b>Chickpeas with vegetables and boiled potatoes</b>	Spinach, broccoli and pumpkin cream  Salad with pear, toasted corn and cheese  Salmon with dill sauce and whole-wheat pasta  <b>Beans with curry</b>

\*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.

ALLERGEN LIST                      WEEK 1                      1 <sup>st</sup> – 5 <sup>th</sup> SEPTEMBER															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
1	Star soup with beef	X					X				X				
1	Whole-wheat rice salad with sweet corn, tomato, tuna, egg and parsley			X	X										
1	Chicken croquettes with potatoes	X						X							
1	Falafel with potatoes	X													
2	Pumpkin cream							X							
2	Salad with chicken, apple, nuts and yogurt dressing							X	X						
2	Hake en papillote with carrot, courgette and lemon sauce with rice				X										
2	Chickpea stew with pumpkin and spinach														
3	Red lentil stew with leek and carrots														
3	Spinach salad with tangerine, sunflower seeds and red onion								X		X				
3	Whole-wheat Bolognese macaroni	X					X				X				
3	Vegetable macaroni	X					X				X				
4	Courgette and broccoli cream							X							
4	Salad with cherry tomato, turkey, sweet corn and beet														
4	Chicken tenderloin with carrot sauce and boiled potatoes														
4	Courgette stuffed with rice and vegetables							X							
5	Suimono vegetable soup with rice noodles														
5	Salad with cucumber, edamame, carrot, sesame, chives and cabbage						X					X			
5	Salmon in teriyaki sauce with rice	X			X		X		X						
5	Teriyaki bean stew with rice	X			X		X		X						

[illegible]

ALLERGEN LIST                      WEEK 3                      15 <sup>th</sup> – 19 <sup>th</sup> SEPTEMBER															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
15	Noodle soup	X					X				X				
15	Salad with tomato, Piquillo pepper, red onion and boiled egg			X											
15	Ropa Vieja														
15	Vegetable Ropa Vieja														
16	Chard stew with beans														
16	Salad with beet, green pepper, tangerine and cucumber														
16	Whole-wheat Carbonara spaghetti	X					X				x				
16	Whole-wheat vegetable spaghetti	X					X				X				
17	Lentil soup														
17	Caesar salad with croutons, chicken, parmesan and cherry tomatoes														
17	Baked bream fish with lemon, thyme, oregano with potatoes				X										
17	Falafel with boiled potatoes	X													
18	Cauliflower cream							X							
18	Salad with turkey, sweet corn and red pepper														
18	Chicken tenderloin in honey and mustard sauce with rice and carrots			X			X				X				
18	Peppers stuffed with rice and vegetables						X								
19	Vegetable stew with beans														
19	Salad with apple, raisins and cheese							X	X						
19	Tuna lasagna	X		X	X		X				X				
19	Vegetable lasagna	X		X			X				X				

[illegible]

WEEK 1	Cal. 773,75 Prot. 53,36 Hc. 87,8 Gr. 25, 73 Fibra. 19	Cal. 937 Prot. 66,5 Hc. 106,6 Gr. 27,9 Fibra. 9,3	Cal. 718 Prot. 33 Hc. 102,6 Gr. 18,2 Fibra. 10.8	Cal. 714 Prot. 50,2 Hc. 65,1 Gr. 29,4 Fibra. 7	Cal. 617,5 Prot. 45,79 Hc. 65,35 Gr. 17, 92 Fibra. 13
WEEK 2	<b>BANK HOLIDAY</b>	Cal. 729 Prot. 46,43 Hc. 81,8 Gr. 23,3 Fibra. 8,4	Cal. 949 Prot. 57,6 Hc. 129,5 Gr. 22 Fibra. 7	Cal. 723 Prot. 44,3 Hc. 67,2 Gr. 27,4 Fibra. 9,4	Cal. 763 Prot. 50,69 Hc. 111 Gr. 15,4 Fibra. 19,6
WEEK 3	Cal. 831 Prot. 47,1 Hc. 82,3 Gr. 42,9 Fibra. 25,8	Cal. 912 Prot. 46,44 Hc. 156,4 Gr. 12,5 Fibra. 14,3	Cal. 827 Prot. 74,4 Hc. 81,7 Gr. 23,4 Fibra 8,9	Cal. 527 Prot. 36,58 Hc. 59,7 Gr. 15,9 Fibra. 12,1	Cal. 1137 Prot. 63,4 Hc. 116,6 Gr. 46, 6 Fibra. 8,9
WEEK 4	Cal. 456 Prot. 33,87 Hc. 43 Gr. 15,49 Fibra 4,3	Cal.441 Prot. 14 Hc. 62,1 Gr. 15 Fibra 9	Cal. 633 Prot. 41,5 Hc. 53,8 Gr. 26,4 Fibra 6,5	Cal. 899 Prot. 37,78 Hc. 81,82 Gr. 47,78 Fibra 7,3	Cal. 620 Prot. 24,4 Hc. 64,51 Gr. 31,2 Fibra 9

Nutritional needs and calories supervised by:

