



María Colomer Valiente
Dietista-Nutricionista
Col. IB00005

Ismael Rosa Clemente, school Chef



General Menu **March 2021**

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
LOCAL HOLIDAY	PUMPKIN & BEANS CREAM SOUP WITH GINGER ROAST CHICKEN WITH VEGETALES ROAST POTATOES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Pasta soup & floured sole fillet with salad / Fruit</i>	FISH & SEAFOOD RICE (2,4,14) SPANISH OMELETTE (3) MIXED SALAD WITH CHEESE (7) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Sautéed couscous with vegetables, chickpeas & cumin / Fruit</i>	FUSILLI WITH RED PESTO SAUCE (garlic, dry tomatoes, chese & basil) (1,3,7) HOMEMADE TUNABURGER (3,4) STEAMED BROCCOLI WITH GINGER SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mixed salad & french omelette with bread / Fruit</i>	CRUDITÉS WITH HUMMUS (11) HOMEMADE VEAL MEATBALLS WITH VEGETABLES SAUCE & BASMATI RICE SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Variety of homema de "Quesadillas" / Fruit</i>
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
SPIRALS WITH TOMATO SAUCE, BLACK OLIVES & OREGANO (1,3) FRENCH OMELETTE WITH CHEESE (3,7) MIXED SALAD WITH CORN & BLACK OLIVES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Vegetables pudding with carrots sacue & rice / Fruit</i>	LENTIL STEW or LENTIL STEW PURÉE (1) HOMEMADE BREADED CHICKEN (1,3) HOMEMADE MASHED POTATOES (7) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mixed salad & spanish omelette / Fruit</i>	WHOLE GRAIN RICE WITH RATATOUILLE BAKED HAKE WITH GREEN PEAS (4) MIXED SALAD WITH OLIVES NATURAL YOGHOURT (7) or <i>Evening meal suggestion:</i> <i>Legume pasta with sauteed vegeta bles / Fruit</i>	SEASONAL VEGETABLES CREAM SOUP & RED BEANS GRILLED VEAL BURGER ROAST POTATOES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Squid stew with vegetables & buckwheat / Fruit</i>	MIXED SALAD WITH AVOCADO CHINESE NOODLES WITH VEGETABLES & SOY SAUCE (1,6) BAKED SALMON WITH LIME & DILL (4) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mexican tortillas with vegetables & chicken / Fruit</i>
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
CAULIFLOWER CREAM SOUP WITH COCONUT MILK & CUMIN POTATO GNOCCHI WITH CHEESE SAUCE (1,7) MIXED SALAD WITH OLIVES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Vegebeta les & green peas curry with quinoa / Fruit</i>	PICO DE GALLO (onios, tomatoes, green peppers, lemon) CORN CREAM SOUP CHILI WITH VEAL MEAT & RICE (onions, tomatoes, red peppes, beans, minced meat) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Baked codfish with vegetables & potatoes / Fruit</i>	CHICKPEA STEW or CHICKPEA STEW PURÉE ROAST CHICKEN WITH THYME "TUMBET" (Majorcan style vegetables) & CHIPS SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mixed salad & vegeta bles frittata / Fruit</i>	MIXED SALAD WITH CABBAGE & CARROT WHOLE GRAIN SPAGHETTI WITH TOMATO SAUCE (1,3) GRILLED ROOSTER FILLET (4) SAUTÉED PEPPERS NATURAL YOGHOURT (7) or <i>Evening meal suggestion:</i> <i>Sautéed vegeta bles with amaranth & beans / Fruit</i>	International menú: KARTOFFEL SALAT CURRYWURST SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Poke bowl / Fruit</i>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
WHOLE GRAIN MACARONI WITH TOMATO SAUCE & CHEESE (1,3,7) POTATOES, CAULIFLOWER & ONIONS OMELETTE (3) MIXED SALAD WITH APPLE & CABBAGE SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Legume pasta with peppers / Fruit</i>	MEAT & VEGETABLES "PAELLA" GRILLED SEABREAM WITH "ALA ESPALDA" SAUCE (4,12) CRUDITÉS WITH GUACAMOLE SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Steamed vegeta bles, potatoes & eggs / Fruit</i>	MIXED SALAD WITH CORN LENTIL STEW or LENTIL STEW PURÉE (1) HOMEMADE CHICKEN FINGERS (1,3) STEAMED POTATOES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Sautéed couscous with vegeta bles & goat cheese / Fruit</i>	PASTA SOUP (whole grain pasta) (1,3) BAKED SALMON WITH LIME & DILL (4) STEAMED BROCCOLI & SAUTÉED RICE NATURAL YOGHOURT (7) or <i>Evening meal suggestion:</i> <i>Mixed salad & turkey chops with mashed potatoes / Fruit</i>	Last Friday PUMPKIN & RED LENTIL CREAM SOUP WITH CURRY (1) HOMEMADE PIZZA WITH HAM & CHEESE (1,7) & MIXED SALAD WITH TUNA & OLIVES (4) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mexican tacos / Fruit</i>
MONDAY 29	TUESDAY 30	WEDNESDAY 31	HOLIDAYS	
MIXED SALAD WITH CORN & OLIVES SEASONAL VEGETABLES CREAM SOUP with SEEDS WHOLE GRAIN MACARONI WITH VEGETAL BOLOGNESE SAUCE (1,3,6) SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Sautéed vegeta bles & grilled eggs with bread / Fruit</i>	CRUDITÉS WITH BEETROOT HUMUS (11) CHICKPEA STEW or CHICKPEA STEW PURÉE VEAL MEAT STEW VEGETABLES & POTATOES SEASONAL FRUIT <i>Evening meal suggestion:</i> <i>Mixed salad & floured anchovies / Fruit</i>			

Alérgenos presentes:

1: Gluten 2: Crustáceos 3: Huevo 4: Pescado 5: Cacahuetes 6: Soja 7: Leche 8: Frutos secos de cáscara 9: Apio 10: Mostaza 11: Sésamo 12: Sulfitos 13: Altramuces 14: Moluscos