

MAY 2024
GENERAL MENU



				WEDNESDAY 1	THURSDAY 2	FRIDAY 3
LUNCH	DINNER			HOLIDAY	CHICKPEA SALAD	GAZPACHO
					PASTA WITH SPINACH PESTO (1,3,6,10)	MIXED PAELLA (2,4,14)
				SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
				Hake with rice and ratatouille	French omelette with quinoa and asparagus	seasonal fruit
				seasonal fruit	seasonal fruit	seasonal fruit
		MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
LUNCH	DINNER	CHINESE SALAD (6)	HUMUS WITH CRUDITÉS	TOMATO AND BLACK OLIVE SALAD	GREEN SALAD	BEAN STEW
		RICE 3 DELIGHTS (3)	SALMON WITH LIME AND GINGER SAUCE (4)	CHICKEN WITH LEMON AND ROSEMARY	MIXED FIDEUÁ (1,2,3,4,6,10)	BREADED HAKE (1.4)
		SPRING ROLLS (1.6)	COUSCOUS WITH STEAMED BROCCOLI (1)	BAKED POTATO	SEASONAL FRUIT	VEGETABLES AND POTATO
		SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
		Sausages with potatoes and green beans	Chicken soup + omelet with salad	Grilled sea bream with peas and carrot	Chicken wings with ratatouille and potato	Tabbouleh with hard-boiled egg
		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
		MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
LUNCH	DINNER	MIXED SALAD WITH AVOCADO	GERMAN DAY	LENTIL SALAD WITH TUNA (1,4)	CHICKPEA AND PUMPKIN SOUP	GUACAMOLE WITH CRUDITÉS
		NOODLES WITH VEGETABLES, SOY SAUCE (1,3,6,10)	CUCUMBER SALAD WITH YOGURT SAUCE (7)	STEW TURKEY WITH MADRAS CURRY	FISH AND CHIPS (1,4)	CHILLI CON CARNE
		SCRAMBLED EGG (3)	FRANKFURTER SAUSAGE (6,9)	COUSCOUS WITH GREEN BEANS (1)	SEASONAL FRUIT	PILAU RICE
		SEASONAL FRUIT	MASHED POTATO AND SAUERKRAUT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
		Grilled monkfish with broccoli and baby carrot	Vegetable soup + Potato omelette	Vegan burger with rice salad	Chicken fajitas with vegetables	Salad + bread with tomato and cheese
		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
		MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
LUNCH	DINNER	CAPRESSE SALAD (7)	COUSCOUS WITH BROCCOLI AND CARROT WITH GINGER (1)	PEAS AND MINT SOUP	GAZPACHO	MIXED SALAD WITH TUNA (4)
		FRIED SQUID (1,14)	BEEF LASAGNA (1,3,7)	BAKED HADDOCK (4) WITH LEMON	CHICKEN WITH PEPPER SAUCE (7)	PIZZA (1,7)
		COUSCOUS WITH BROCCOLI AND CARROT WITH GINGER (1)	SEASONAL FRUIT	POTATO	BASMATI RICE	SEASONAL FRUIT
		SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
		Spinach with potato + hard-boiled egg	Broccoli stir fry with chickpeas + shrimp	Salad + turkey crepes with mushrooms	Baked sea bass with zucchini and potato	Beef with vegetables and rice
		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
		MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
LUNCH	DINNER	VEGETABLE SOUP	GUACAMOLE WITH CRUDITÉS	MIXED SALAD	LENTIL SALAD (1)	CAESAR SALAD (1)
		CUBAN STYLE RICE	GRILLED CHICKEN WITH CHIMICHURRI SAUCE	BEEF CHEESE BURGER (1,3,7)	BAKED HAKE (4)	PASTA CARBONARA (1,3,6,7,10)
		CHEESE OMELETTE (3,7)	BULGUR WITH CARROT (1)	POTATO WEDGES	FRENCH FRIES	SEASONAL FRUIT
		SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
		Grilled salmon with couscous salad	mushrooms with quinoa and salad	Stuffed eggplant + roast potato	Asparagus cream + ham and cheese omelette	Baked chicken with vegetables and potatoes
		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit



Información sobre los menús

Cada día se ofrece entre 20-40g de pan integral con el menú, aportando de ese modo una opción integral diaria

Las ensaladas están aliñadas con aceite de oliva virgen extra prensado en frío.

Cocinamos alternando aceite de oliva y de girasol alto oleico. Utilizamos poca sal y siempre yodada.

Nuestros yogures no contienen más de 12,3g de azúcar por cada 100ml, tal como dicta la normativa

El 5% de nuestras carnes de ave tienen el certificado "WELFAIR", que promueve el bienestar animal.

Todo nuestra meluza tiene certificado MSC (pesca sostenible certificada)

En ocasiones utilizamos alimentos integrales

Utilizamos productos ecológicos (numero inscrito Comensals: 1115E Consell Balear de la Producció Agrària Ecològica)

Intentamos utilizar Productos km0

A modo de lo posible utilizamos productos de temporada según el calendario APAEMA:

Para la elaboración de los menús se tiene en cuenta: Documento de consenso sobre la alimentación en los centros educativos así como el Decreto 39/2019, de 17 de mayo, sobre la promoción de la dieta mediterránea en los centros educativos y sanitarios de las Islas Baleares.

*** En caso de alergia o intolerancia alimentaria se adaptará el menú siempre que se entregue un certificado médico.**

*** En caso de dieta astringente o por dolor de barriga se le dará sopa de arroz blanco o puré de zanahoria + un hervido de pollo o pescado con patata, zanahoria o arroz hervido de guarnición.**

Información completa sobre el Reglamento de alérgenos 1169/2011, 13 de Diciembre de 2014 **1 Gluten 2 Crustacios 3 Huevos 4 Pescados 5 Cacauetes 6 Soja 7 Leche, Lactosa 8 Frutos secos con cáscara 9 Apio 10 Mostaza 11 Sésamo 12 Dióxido de sofre 13 Altramuces 14 Moluscos**