



# NOVEMBER 2024 GENERAL MENU



					FRIDAY 1ST
					
					FRIDAY 8TH
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH		
LUNCH	TOMATO AND OLIVE SALAD SPINACH PESTO PASTA (1,3,6,10) FRENCH OMELETTE (3) SEASONAL FRUIT	LENTIL CREAM SOUP WITH PUMPKIN (1) HAKE ROASTED WITH GARLIC AND PARSLEY (4) ROAST POTATOES SEASONAL FRUIT	APPLE SALAD CHICKEN TIKKA MASSALA COUSCOUS WITH CARROTS (1) YOGURT (7)	CHICKPEA HUMMUS WITH VEGGIE STICKS MIXED PAELLA (2,4,14) SEASONAL FRUIT	SOUP (1,3,6,10) CORDÓN BLUE (1,3,7) GREEN BEANS AND POTATOES SEASONAL FRUIT
SUPPER	Chicken croquettes and vegetables seasonal fruit	French omelette with rice and peas seasonal fruit	Grilled sea bass with broccoli and potatoes seasonal fruit	Mexican burritos with vegetables seasonal fruit	Grilled cod with rice and salad seasonal fruit
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH	
LUNCH	BEAN STEW WITH VEGETABLES GRILLED SALMON WITH TOMATO AND VEGAN CREAM SAUCE (4) MASHED POTATO SEASONAL FRUIT	CARROT AND GINGER CREAM SOUP TURKEY GOULASH WHITE RICE SEASONAL FRUIT	GREEN SALAD WITH EGGS (3) BEEF LASAGNA (1,3,7) VANILLA PUDDING (7)	MIXED SALAD FISH AND CHIPS (1,4) SEASONAL FRUIT	MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY BULGUR WHEAT AND STEAMED BROCCOLI(1) SEASONAL FRUIT
SUPPER	Quinoa salad with boiled egg seasonal fruit	Grilled hake with zucchini and potatoes seasonal fruit	Rice soup and chicken with cabbage seasonal fruit	Spanish omelette with salad and tomato toast seasonal fruit	Grilled seabream with green beans and carrots seasonal fruit
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND	
LUNCH	CAULIFLOWER AND COCONUT CREAM SOUP PASTA NAPOLITANA (1,3,6,10) SCRAMBLED EGGS (3) SEASONAL FRUIT	SOUP WITH NOODLES (1,3,6,10) TUNA BURGER (3,4) SAUTEED PEAS AND CARROTS SEASONAL FRUIT	<b>NACHOS WITH GUACAMOLE (1)</b>  <b>CHILLI CON CARNE</b> <b>BASMATI RICE</b> <b>FLAN (3, 7)</b>	GREEK SALAD (7) PEPPERED CHICKEN COUSCOUS WITH VEGETABLES (1) SEASONAL FRUIT	TUNA SALAD (4) PIZZA (1,7) SEASONAL FRUIT
SUPPER	Grilled chicken with potatoes and spinach seasonal fruit	Cream of vegetables soup and spanish omelette seasonal fruit	Grilled hake with boiled carrots and sweetcorn seasonal fruit	Soup + beef meatballs and vegetables seasonal fruit	Toast with tomato puree and cheese + salad seasonal fruit
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH	
LUNCH	LENTIN STEW (1) ZUCCHINI TORTILLA (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT	CEASER SALAD (1,7) MIXED FIDEUAS (1,2,3,4,6,10,14) SEASONAL FRUIT	GREEN SALAD BEEF HAMBURGER (1,3,7,12) OVEN BAKED POTATO WEDGES YOGURT (7)	CHICKPEA STEW WITH VEGETABLES CHICKEN WITH CHIMICHURRI BULGUR WHEAT (1) SEASONAL FRUIT	SOUP (1,3,6,10) HAKE BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT
	Grilled turkey with mashed potatoes and green beans	Cauliflower and potatoes with a boiled egg	Grilled salmon with rice and broccoli	Zucchini tortilla + tomato salad	PUMPKIN SOUP + CHICKEN CROQUETTES

seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit
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### INFORMACIÓN SOBRE NUESTROS MENÚS

- \* las comidas con pan y agua
- \*Las ensaladas están aliñadas con aceite de oliva virgen extra prensado en frio
- \*Nuestros yogures no contienen más de 12,3g de azúcar por 100g de producto
- \*Intentamos utilizar productos de temporada sobretodo cuando hablamos de fruta
- \*para la elaboración de estos menús se ha tenido en cuenta la normativa vigente del BOE ( decreto 39/2019, del 17 de mayo) sobre la promoción de la dieta mediterranea en los centros educativos y sanitarios de las Islas Baleares y el Documento Español de Consenso sobre la alimentación en los centros educativos.
- \*En caso de no poder comer cerdo por razones religiosas, se le dará otra opción de proteína.
- \*En caso de dieta astringente o blanda ( dolores de barriga, diarreas..) se dará al comensal sopa o puré de zanahoria o arroz con zanahoria de primero y carne blanca o pescado blanco hervido o a la plancha con patata o arroz hervido de segundo. Teniendo en cuanta el menú del día
- \*En caso de alergia alimentaria se adaptará el menú siempre que se presente un certificado médico al respecto