



DECEMBER 2024
GENERAL MENU



	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	FRIDAY 5TH	FRIDAY 6TH
LUNCH	CHINESE SALAD (6) SPECIAL FRIED RICE(3,6) SPRING ROLLS (1) SEASONAL FRUIT	LENTIL STEW WITH VEGETABLES (1) CHICKEN FINGERS ROAST POTATOES WITH ONIONS SEASONAL FRUIT	GUACAMOLE WITH CRUDITÉS ROAST HAKE(4) COUSCOUS WITH BROCCOLI (1) SEASONAL FRUIT	GREEN SALAD WITH EGGS (3) BEEF LASAGNA (1,3,6,7) SEASONAL FRUIT	
SUPPER	Pea soup + grilled salmon with cauliflower seasonal fruit	Spanish omelette with peas and carrots seasonal fruit	Salad + chicken fajitas with vegetables seasonal fruit	Roast hake with potatoes and broccoli seasonal fruit	
	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
LUNCH	CAULIFLOWER AND COCONUT MILK CREAM SOUP MEATBALLS WITH TOMATO SAUCE (1,7) BOILED RICE SEASONAL FRUIT	HUMMUS WITH VEGETABLE STICK ROAST CHICKEN WITH LEMON AND ROSEMARY SEASONING MASHED POTATOES SEASONAL FRUIT	PANZANELLA SALAD(1) PASTA CARBONARA (1,3,6,7,10) SEASONAL FRUIT	SOUP (1,3,6,10) BREADED POUT FISH (4) PEAS AND CARROTS YOGURT (7)	MIXED TUNA SALAD(4) PIZZA (1,7) SEASONAL FRUIT
SUPPER	Soup + scrambled eggs and green beans seasonal fruit	Grilled seabream with couscous and roast pumpkin seasonal fruit	Rice and carrots with grilled turkey seasonal fruit	Spinach quiche with roast sweetpotatoes seasonal fruit	Sausages with rice and guacamole seasonal fruit
	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
LUNCH	CHICKPEA AND PUMPKIN CREAM SOUP RED PESTO PASTA (1,3,6,7,10) SEASONAL FRUIT	SALAD WITH APPLE TUNA BURGER (4) POTATOES WITH SOUR CREAM SAUCE (7) SEASONAL FRUIT	BEAN STEW CHICKEN WITH PEPPER SAUCE BULGUR WHEAT(1) SEASONAL FRUIT	GREEN SALAD WITH AVOCADO SPANISH OMELETTE (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT	MENÚ DE NAVIDAD TRADITIONAL SPANISH CHRISTMAS SOUP (1,3) TURKEY WITH BERRY SAUCE POTATOES WITH VEGETABLES CHOCOLATE MOUSSE (7)
SUPPER	Soup and fish with salad seasonal fruit	Fried eggs with broccoli and rice seasonal fruit	Pumpkin soup + pork fillet with mashed potatoes seasonal fruit	Cauliflower pastry + potatoes with minced meat seasonal fruit	Salad+ home made pizza seasonal fruit
					



INFORMACIÓN SOBRE NUESTROS MENÚS

- * las comidas con pan y agua
- *Las ensaladas están aliñadas con aceite de oliva virgen extra prensado en frío
- *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 mediterránea 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 cuenta el menú del día
- *En caso de alergia alimentaria se adaptará el menú siempre que se presente un certificado médico al respecto**