


JANUARY 2025
GENERAL MENU

		WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD		
						
		MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH
LUNCH	HOLIDAY	HOLIDAY	GREEN SALAD	CARROT AND ORANGE SOUP	CHICKPEA STEW	
			SPAGHETTI BOLOGNESE (1,3,6,10)	FISH AND CHIPS (1,4)	CHICKEN CURRY	
SUPPER	HOLIDAY	HOLIDAY	YOGURT (7)	SEASONAL FRUIT	RICE AND BROCCOLI	
			Chicken with rice and peas	Soup + omelette with salad	SEASONAL FRUIT	
		MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH GREEK MENU
LUNCH	GUACAMOLE WITH CRUDITÉS	TOMATO AND OLIVE SALAD	PUMPKIN SOUP	LENTIL STEW (1)	GREEK SALAD (1)	
	CHILLY CON CARNE	SPINACH PESTO PASTA (1,3,6,7,10)	HAKE BREADED IN CHICKPEA FLOUR (4)	PEPPERED CHICKEN (7)	GYROS (1)	
SUPPER	RICE	MUSHROOM OMELETTE (3)	BULGUR WHEAT WITH CARROTS (1)	MASHED POTATOES	OVEN BAKED POTATO WEDGES	
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	GREEK YOGHURT WITH BERRIES(7)	
LUNCH	Boiled potatoes with green beans + boiled egg	Carrot and pumpkin puree + grilled monk fish with salad	Soup + turkey with vegetables	Salad and fish with rice	Vegetable cream soup + spanish omelette and baby carrots	
	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	
		MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH
LUNCH	HOLIDAY	HUMUS WITH VEGGIE STICK	PUMPKIN AND LENTIL SOUP (1)	PUMPKIN AND LENTIL SOUP (1)	CEASAR SALAD (1,6,7,10)	CHICKEN SOUP (1,3,6,10)
		VEGETABLE NOODLES WITH SOY SAUCE(1,3,6,10)	SALMÓN WITH CHIMICHURRI (4)	SALMÓN WITH CHIMICHURRI (4)	MIXED PAELLA (2.14)	SQUID RINGS (1,14)
SUPPER	HOLIDAY	FRENCH OMELETTE (3)	POTATOES WITH SOUR CREAM SAUCE(7)	POTATOES WITH SOUR CREAM SAUCE(7)	SEASONAL FRUIT	RATATOUILLE
		SEASONAL FRUIT	VANILLA PUDDING (7)	VANILLA PUDDING (7)	SEASONAL FRUIT	SEASONAL FRUIT
LUNCH	Grilled chicken with cauliflower and carrots	Soup + scrambled eggs and broccoli	Stuffed aubergine + couscous	Quinoa with veggies and prawns		
	seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit		
		MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	
LUNCH	AVOCADO SALAD	LENTIL STEW (1)	SALAD WITH EGGS (3)	TOMATO SOUP		
	MAC AND CHEESE (1,3,6,7,10)	GRILLED HAKE (4)	BEEF HAMBURGER WITH BREAD (1,7) AND OVEN BAKED POTATO WEDGES	OVEN ROASTED LEMON CHICKEN		
SUPPER	SEASONAL FRUIT	BULGUR WHEAT (1)	YOGURT (7)	ROAST POTATOES		
	Grilled hake with tomato sauce + potatoes and rice	Soup + french omelette with salad	Pea soup + boiled potatoes and roast fish	SEASONAL FRUIT		
		seasonal fruit	seasonal fruit	seasonal fruit	Salad + "pa amb oli" with cheese	
		seasonal fruit	seasonal fruit	seasonal fruit	seasonal fruit	



Información sobre los menús

- * Acompañamos 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 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 cuenta el menú del día
- * **En caso de alérgia alimentaria se adaptará el menú siempre que se presente un certificado médico al respecto**