

FEBRUARY 2025
GENERAL MENU



	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
LUNCH	TOMATO AND OLIVE SALAD	PUMPKIN SOUP	CHICKPEA SALAD	GUACAMOLE WITH CRUDITÉS	SOUP (1,3,6,10)
	RED PASTO SPAGHETTI (1,3,6,10,7)	MEATBALLS WITH SAUCE (6,9,12)	BREADED SQUID FINGERS (1,14)	ROAST CHICKEN WITH LEMON FLAVOUR	SALMON WITH CHIMICHURRY (4)
	FRENCH OMELETTE (3)	WHITE RICE	COUSCOUS WITH CORN AND GREEN BEANS (1)	ROAST POTATOES	PEAS AND CARROTS
	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	Green beans and potatoes with grilled seabass	Chicken fajitas + avocado salad	Soup with noodles + scrambled eggs with tomato sauce	Pea cream soup + ham croquettes + tuna salad	Oven roast turkey with sweet potato and pumpkin.
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
LUNCH	AVOCADO SALAD	HUMMUS WITH CRUDITÉS	GERMAN MENU	COURGETTE SOUP	LENTIL STEW (1)
	CHILLI CON CARNE (BEEF)	VEGETABLE NOODLES (1,3,6,10)	CUCUMBER SALAD WITH YOGHURT SAUCE (7)	HAKE BREADED IN CHICKPEA FLOUR(4)	TURKEY CURRY
	BASMATI RICE	SCRAMBLED EGGS (3)	FRANKFURT SAUSAGES (6)	BULGUR WHEAT WITH CARROTS (1)	COUSCOUS AND GREEN BEANS (1)
	SEASONAL FRUIT	SEASONAL FRUIT	MASHED POTATOES	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	Vegetable cream soup + fish with boiled potatoes.	Roast chicken with grilled cabbage and brussel sprouts	Fried eggs with cauliflower and broccoli	Sirloin steak with sweet potatoes and vegetables	Seafood soup and vegetable fried rice
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
LUNCH	COCONUT AND CAULIFLOWER SOUP	GREEN SALAD WITH EGGS(3)	TROPICAL SALAD	WHITE BEAN STEW	MIXED TUNA SALAD(4)
	FISH AND CHIPS (1,4)	CANELONES WITH MINCED MEAT FILLING (1,3,6,10)	PEPPERED CHICKEN	ROAST HAKE WITH GARLIC AND PARSLEY (4)	PIZZA (1,7)
	SEASONAL FRUIT	SEASONAL FRUIT	RICE	OVEN BAKED POTATOES	SEASONAL FRUIT
SUPPER	Chicken with boiled potatoes, broccoli and carrots	Salmon with mashed potatoes and broccoli	Couscous with vegetables and chickpea	Grilled turkey with rice and mushrooms	Carrot mash + tortilla with sweetcorn pure
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
LUNCH	HOLIDAYS				
SUPPER					



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 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**