

MARCH 2025

GENERAL MENU



	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
LUNCH	GREEN SALAD MAC AND CHEESE (1,3,6,7,10) FRENCH OMELETTE (3) SEASONAL FRUIT	LENTIL AND CARROT CREAM SOUP (1) FISH AND CHIPS (1,4) PANCAKES WITH LEMON AND SUGAR (1,3,7)	TOMATO AND OLIVE SALAD CHICKEN STEW WHITE RICE SEASONAL FRUIT	SOUP (1,3,6,10) SALMON WITH CHIMICHURRI SAUCE (4) ROAS VEGGIES (PEPPERS, ONIONS, MUSHROOMS AND BROCCOLI) SEASONAL FRUIT	GUACAMOLE WITH CRUDITÉS HAMBURGER WITH BUN (1,7) POTATO WEDGES SEASONAL FRUIT
SUPPER	BEEF STEAK WITH PEAS AND POTATOES SEASONAL FRUIT	SPANISH OMELETTE WITH BROCCOLI AND CARROTS SEASONAL FRUIT	MEATBALLS WITH TOMATO SAUCE AND MASHED POTATOES SEASONAL FRUIT	SALAD + HAM AND CHEESE WRAP SEASONAL FRUIT	PUMPKIN AND PRAWN SPAGHETTI SEASONAL FRUIT
	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
LUNCH	AVOCADO AND EGG SALAD (3) MEATBALL STEW (6,9,12) MASHED POTATOES SEASONAL FRUIT	BEAN STEW TURKEY CURRY BASMATI RICE SEASONAL FRUIT	MENÚ ITALIANO CAPRESSE SALAD (7) TORTELLINI A LA NAPOLITANA (1,3,6,10) PANNACOTA WITH BERRIES (7)	HUMUS WITH CRUDITÉS ROAST CHICKEN WITH ROSEMARY AND LEMON BULGUR WHEAT WITH CARROTS (1) SEASONAL FRUIT	TOMATO SOUP BREADED HAKE (4) OVEN ROAST POTATOES SEASONAL FRUIT
SUPPER	SOUP + FISH WITH ROAST VEGGIES SEASONAL FRUIT	FRIED EGGS WITH SWEETPOTATO FRIED AND VEGGIES SEASONAL FRUIT	SALMON WITH RICE AND BROCCOLI SEASONAL FRUIT	BURGER WITH SWEETPOTATO MASH AND SALAD SEASONAL FRUIT	SALAD + "pa amb oli" WITH CHEESE SEASONAL FRUIT
	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
LUNCH	GREEK SALAD (7) SPRING ROLLS (1) SPECIAL FRIED RICE + OMELETTE (3) SEASONAL FRUIT	CHICKPEA SALAD FISH FIDEUÁ - PASTA DISH (1,3,4,6,10) SEASONAL FRUIT	CAULIFLOWER AND COCONUT CREAM SOUP GRILLED CHICKEN BREAST COUSCOUS (1) YOGHURT (7)	SOUP (1,3,6,10) HAKE IN GREEN SAUCE (4) BOILED POTATOES AND CARROTS SEASONAL FRUIT	LENTIL STEW (1) NAPOLITAN STYLE TURKEY ROLL BASMATI RICE SEASONAL FRUIT
SUPPER	OVEN ROAST CHICKEN WITH AUBERGINES SEASONAL FRUIT	SCRAMBLED EGGS WITH VEGETABLES SEASONAL FRUIT	HAM CROQUETTES + RICE AND VEGGIES SEASONAL FRUIT	Crema de calabaza + brusquettas con queso SEASONAL FRUIT	ANGLER FISH SOUP SEASONAL FRUIT
	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
LUNCH	BEAN AND PUMPKIN CREAM SOUP SPINACH PESTO PASTA (1,3,6,7,10) SEASONAL FRUIT	TROPICAL SALAD HOME MADE CHICKEN TENDERS (1,3) POTATOES SEASONAL FRUIT	CHICKPEA SALAD SPANISH OMELETTE (3) RICE WITH TOMATO SAUCE JELLY	CEASAR SALAD (1,7) TUNA BURGERS (4) BULGUR WHEAT WITH CARROTS (1) SEASONAL FRUIT	MIXED SALAD PIZZA (1,7) SEASONAL FRUIT
SUPPER	SCRAMBLED EGGS WITH HAM AND SALAD SEASONAL FRUIT	HUMMUS WITH HAKE AND VEGETABLES SEASONAL FRUIT	ROAST TURKEY WITH PUMPKIN AND SWEETPOTATO SEASONAL FRUIT	VEGETALE PUREE + TOFU FAJITAS SEASONAL FRUIT	GREEN BEAN AND CHICKEN SOUP SEASONAL FRUIT
	MONDAY 31ST				
LUNCH	SALAD WITH BREAD (1) LASAGNA (1,3,7) SEASONAL FRUIT				

SUPPER	SPINACH WITH POTATO + GRILLED SEA BASS SEASONAL FRUIT
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INFORMATION ABOUT OUR MENU

- * We accompany meals with bread and water
- * Salads are dressed with cold-pressed extra virgin olive oil
- * Our yogurts do not contain more than 12.3g of sugar per 100g of product
- *We try to use seasonal products, especially when it comes to fruit.
- *These menus have been prepared taking into account the current regulations of the BOE (decree 39/2019, of May 17) on the promotion of the Mediterranean diet in educational and health centres in the Balearic Islands and the Spanish Consensus Document on nutrition in educational centres.
- *If you are unable to eat pork for religious reasons, you will be given another protein option.
- *In case of astringent or soft diet (stomach aches, diarrhea, etc.) the diner will be given carrot soup or puree or rice with carrot as a first course and white meat or boiled or grilled white fish with potato or boiled rice as a second course, taking into account the menu of the day.
- *In case of food allergy, the menu will be adapted provided a medical certificate is presented in this regard.**