

				HOLIDAY	HOLIDAY
				THURSDAY 8TH	FRIDAY 9TH
MONDAY 5TH		TUESDAY 6TH	WEDNESDAY 7TH		
LUNCH	MIXED SALAD	VEGETABLE CREAM SOUP	MEXICAN MENU GUACAMOLE WITH CRUDITES	LENTIL STEW (1)	CHICKEN SOUP (1,3,6,10)
	MEATBALLS WITH TOMATO SAUCE (6,9,12)	GRILLED HAKE (4)	CHICKEN FAJITAS (1)	SPANISH OMELETTE (3)	CALAMAR STRIPS (1,14)
	BOILED RICE	FRIES	SEASONAL FRUIT	CAPRESSE SALAD (7)	GREEN BEANS AND POTATOES
	SEASONAL FRUIT	JELLY	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	SPANISH OMELETTE WITH VEGGIES SEASONAL FRUIT	SOUP WITH GREEN BEANS AND BURGERS SEASONAL FRUIT	GRILLED SALMON WITH BOILED POTATOES SEASONAL FRUIT	ROAST CHICKEN WITH RICE AND MUSHROOMS SEASONAL FRUIT	GAZPACHO AND P'AMB'OLI SEASONAL FRUIT
MONDAY 12TH		TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
LUNCH	CHINESE SALAD	LAMB'S LETTUCE SALAD	PUMPKIN SOUP	CHICKPEA SALAD	TOMATO SALAD
	SPRING ROLLS(1)	FISH FIDEUAS (1,2,3,4,6,10,14)	ROAST CHICKEN	PASTA NAPOLITANA (1,3,6,10)	MIXED BURGERS (1,7,12)
	SPECIAL FRIED RICE	SEASONAL FRUIT	ROAST POTATOES	SCRAMBLED EGGS(3)	POTATO WEDGES
	SEASONAL FRUIT	SEASONAL FRUIT	YOGUR (7)	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	ROAST TURKEY WITH BRUSSELS SPOUTS AND POTATOES SEASONAL FRUIT	FRENCH OMELETTE WITH SWEET POTATOES AND SALAD SEASONAL FRUIT	FISH WITH VEGGIES AND RICE SEASONAL FRUIT	GUACAMOLE WITH CHICKEN WINGS AND COUSCOUS SEASONAL FRUIT	HUMMUS AND FISH CROQUETAS WITH SALAD SEASONAL FRUIT
MONDAY 19TH		TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
LUNCH	VEGETABLE CREAM SOUP	CEASAR SALAD (1,7,11)	HUMMUS WITH VEGGIE STICKS	TROPICAL SALAD	MIXED SALAD
	RED PESTO SPAGGHETI (1,3,6,10)	FISH AND CHIPS (1,4)	SPANISH OMELETTE (3)	CHICKEN CURRY	PIZZA (1,7)
	SEASONAL FRUIT	YOGURT (7)	ROAST PEAS AND TURKEY SEASONAL FRUIT	RICE SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	SALAD + MEATBALL SOUP SEASONAL FRUIT	HAM AND CHEESE WRAPS WITH PEAS SEASONAL FRUIT	CHICKEN FAJITAS WITH VEGGIES SEASONAL FRUIT	FISH WITH POTATOES AND TOMATO FRIED VEGGIES SEASONAL FRUIT	GRILLED PORK WITH SALAD AND POTATOES SEASONAL FRUIT
MONDAY 26TH		TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH
LUNCH	FISH SOUP WITH RICE (4)	PASTA SALAD (1,3,4,6,10)	CUCUMBER SALAD WITH YOGURT SAUCE (7)	CREAM SOUP	LENTIL SALAD(1)
	CHICKEN CROQUETAS WITH RICE (1,6,7,14,2,3,4,9)	FRENCH OMELETTE AND BABY CARROTS (3)	HOT DOGS (1,6)	CHICKEN STEW WITH BOILED RICE	GRILLED SALMON WITH MASHED POTATOES (4)
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT
SUPPER	SARDINES WITH RICE AND BROCCOLI SEASONAL FRUIT	ROAST CHICKEN AND ROAST VEGGIES SEASONAL FRUIT	SCRAMBLED EGGS WITH MUSHROOMS AND SWEET POTATO SEASONAL FRUIT	QUINOA SALAD WITH CHEESE SEASONAL FRUIT	ROAST TURKEY WITH BOILED RICE AND VEGGIES SEASONAL FRUIT



acompañamos las comidas con pan y agua. **información sobre los menús**
 Las ensaladas están acompañadas con aceite de oliva virgen extra prensado en frío.

Intentamos utilizar productos de temporada sobre todo 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 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**