

(Menus adapted to the new regulations currently in force under Royal Decree 315/2025 of 15 April, which are mandatory for private, public and state-subsidised schools in Spain providing Early Childhood Education (second cycle), Primary Education, Special Education, Compulsory Secondary Education, Baccalaureate, or Basic and Intermediate Vocational Training.)

LUNCH				THURSDAY 1ST: HOLLAND 	FRIDAY 23RD
				COLESLAW SALAD (carrot, white cabbage, apple, mayonnaise, oil, mustard and salt) (6,10) HACHÉE: BEEF STEW WITH MASHED POTATO (6,12) SEASONAL FRUIT	LENTIL STEW (1) HOMEMADE BREADED CHICKEN FINGERS (with flour and water) (1) MIXED SALAD SEASONAL FRUIT
SUPPER				Grilled salmon with peas and carrots + fruit	Green beans with potatoes and scrambled egg + fruit
LUNCH	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH: INDIA 	FRIDAY 9TH
	NAPOLITANA-STYLE BROWN RICE	MAC AND CHEESE (1,3,6,10,7)	CREAMY PEA SOUP	CACHUMBA SALAD: tomato, cucumber, onion, lime, salt, pepper and coriander	CAULIFLOWER AND POTATO GRATIN (7)
	SPANISH POTATO OMELETTE (3)	OVEN-BAKED CHICKEN THIGHS WITH LEMON AND ROSEMARY	FISH AND CHIPS) (1,4 y tr: 1,3,6,7,10,14)	LENTIL DAL WITH BASMATI RICE (1) (plant-based protein dish)	CHICKEN SAUSAGES (12)
	GRATED CARROT AND SWEETCORN SALAD	TOMATO AND OLIVE SALAD	SEASONAL FRUIT	SEASONAL FRUIT	MIXED SALAD (mixed leaves, iceberg lettuce, tomato, cucumber and sweetcorn)
SUPPER	Oven-baked fish with courgette and potatoes + fruit	Grilled eggs with vegetable ratatouille and brown bread + fruit	Pork ribs with sweet potato and broccoli + fruit	Quinoa with vegetables + chicken wings + fruit	Fruit salad
LUNCH	MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH: ARGENTINA 	FRIDAY 16TH
	Public Holiday 	WHOLEGRAIN SPAGHETTI BOLOGNESE (1,3,6,10)	CURRIED RICE	MIXED SALAD (red onion, lettuce and tomato)	LENTIL AND CARROT SOUP (1)
		OVEN-BAKED HAKE WITH GARLIC AND PARSLEY DRESSING (4)	CORN AND TURKEY OMELETTE (3)	CHIMICHURRI CHICKEN	HOMEMADE BREADED FISH WITH CHICKPEA FLOUR (4)
		SALAD: lettuce and sweetcorn	SALAD: tomato, cheese and black olives (7)	ROASTED POTATOES	PICO DE GALLO
SUPPER		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	FRUIT SALAD
SUPPER		Ternera con judía verde y patata + fruta	Pumpkin soup + salmon with peas + fruit	Salad + homemade pizza + fruit	Chicken with mushrooms and rice + fruit

	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND: ITALY	FRIDAY 23RD
LUNCH	THREE-DELIGHT RICE: peas, carrot and turkey	CARBONARA GNOCCHI (1,3,6,7,10)	VICHYSOISE (6)	ITALIAN-STYLE OVEN- BAKED CHICKEN (sage, rosemary, butter, garlic, lemon, pepper and salt) (7)	LENTIL SALAD (1)
	SCRAMBLED EGGS WITH CHEESE (3,7)	OVEN-BAKED SALMON WITH SOY SAUCE (4,6)	JACKET POTATO WITH BAKED BEANS (plant- based protein dish)	POLLO AL HORNO A LA ITALIANA (salvia, romero , mantequilla, ajo ,limón, pimienta y sal) (7)	FULL BURGER WITH OVEN- BAKED POTATOES (1,7)
	SALAD: tomato and olives	APPLE SALAD		CAPRESE SALAD (7)	
	SEASONAL FRUIT	FRUIT SALAD	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	Grilled pork loin with corn on the cob and aubergine + fruit	Vegan meatballs with rice and vegetables + fruit	Oven-baked fish with sweet potato and courgette + fruit	Creamy spinach soup + Spanish potato omelette + fruit	Vegetable and chicken noodle stir-fry + fruit
LUNCH	HALF TERM HOLIDAY				
	School Closed				
SUPPER					
SEASONAL PRODUCE INFORMATION ACCORDING TO APAEMA: OCTOBER: aubergine, Swiss chard, persimmon, cabbage, cauliflower, broccoli, lettuce, endive, spinach, fig, leek, lemon, pomegranate, mandarin, green beans, sweet potato, carrot, pepper, apple, grapes, radish, orange, pumpkin, melon, watermelon and tomato.					