

(menus have been adapted according to the new regulations "Real Decreto 315/2025" de 15 de abril, published on the 15th of April 2026. All public, private and concentrado(religious) schools in Spain are required to comply with this law.

LUNCH	MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH🇮🇹	FRIDAY 11TH
	CHICKPEA SALAD	POTATO SALAD: POTATO, CELERY, PICKLES, SPRING ONION, MAO AND MUSTARD (3,6,9,10)	RICE WITH CURRY	PASTA CARBONARA (1,3,6,10) (WHOLEMEAL PASTA)	VICHYSOISE (6)
	FISH AND CHIPS (1,4 y tr: 1,3,6,7,10,14)	CHICKEN SAUSAGES	BAKED SALMON WITH SOY SAUCE (6)	MOZZARELLA OMELETTE (3,7)	VEGAN MEATBALLS WITH TOMATO SAUCE (1,6)
	SEASONAL FRUIT	SALAD: LETTUCE, CARROTS AND SWEETCORN FRUTA DEL TIEMPO	MIXED SALAD YOGURT (7) NO ADDED SUGARS	TOMATO AND OLIVE SALAD SEASONAL FRUIT	ROAST POTATOES HOME-MADE FRUIT SALAD
SUPPER SUGGESTION	CHICKEN SKEWERS WITH CORN ON THE COB AND VEGGIES	GRILLED TOFU WITH MASHED POTATO AND GREEN BEANS + FRUIT	SALAD - HOMEMADE PIZZA	BEEF WITH RATATOUILLE AND WHOLEWHEAT BREAD	BAKED FISH AND POTATO +SALAD
LUNCH	MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH🇯🇵	FRIDAY 18TH
	CHINESE SALAD(6)	PINTO BEAN SALAD	MAC AND CHEESE (1,3,7)	RICE NOODLES WITH VEGETABLES AND SOY SAUCE (6)	POTATO PIE WITH MINCED MEAT1,3,7)
	LENTIL DAAL WITH RICE (1)	PORK STEW	BAKED FISH WITH GARLIC AND PARSLEY (4)	TERIYAKI CHICKEN (1,6,12,11)	SCRAMBLED EGGS (3)
	SEASONAL FRUIT	CHIPS YOGURT (7) NO ADDED SALAD	TOMATO SALAD SEASONAL FRUIT	SALAD SEASONAL FRUIT	SALAD HOME-MADE FRUIT SALAD
SUPPER SUGGESTION	CHICKPEA SALAD WITH TUNA + FRUIT	SCRAMBLED EGGS WITH HAM AND PEAS	HUMMUS WITH CRUDITES + BAKED TURKEY WINGS	QUINOA SALAD WITH FETA CHEESE AND FRUIT	BEEF STEAK WITH POTATO AND BROCCOLI
LUNCH	MONDAY 21ST	WEDNESDAY 22TH	THURSDAY 23RD	THURSDAY 24TH🇪🇸	FRIDAY 25TH
	GNOCCHI WITH PUMPKIN SAUCE (1,6)	GREEK SALAD WITH FETA CHEESE (7)	NAPOLITANA PASTA (1,3,6,10)(WHOLEWHEAT PASTA)	GAZPACHO (1)	LENTIL SALAD(1)
	HOMEMADE BREADED SQUID RINGS WITH CHICKPEA FLOUR (14)	MOROCCAN COUSCOUS WITH CHICKPEAS (1)	SPANISH OMELETE(3)	FISH AND SEAFOOD PAELLA (2,3,14)	MIXED BURGERS WITH OVEN BAKED POTATOES (1,6,9,12,7)
	APPLE SALAD SEASONAL FRUIT	HOME-MADE FRUIT SALAD	SALAD YOGURT (7) NO ADDED SUGARS	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER SUGGESTION	VEGETABLE CREAM SOUP + BOILED EGGS AND POTATOES	CHICKEN FAJITAS WITH VEGETABLE	GRILLED PORK LOIN WITH POTATO AND CAULIFLOWER	MINSTRONE SOUP + STUFFED AUBERGINE WITH MINCED MEAT	VEGETABLE SOUP + FRENCH OMELETTE WITH SALAD
LUNCH	MONDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	ALLERGEN INFORMATION: 1 Gluten 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soy 7 Milks, Lactose 8 Nuts 9 Celery 10 Mustard 11 Sesame 12 Sulphur dioxide 13 Lupin 14 Molluscs	
	CUBAN STYLE RICE WITH FRIED EGG (3) (WHOLEWHEAT RICE)	HUMMUS WITH CRUDITES	TUNA SALAD (4)		
	BAKED FISH (4)	OVEN BAKED CHICKEN THIGHS WITH ROSEMARY AND LEMON	VEGAN PASTA BOLOGNESE (1,3,6,10)		
	SALAD SEASONAL FRUIT	CHIPS SEASONAL FRUIT	SEASONAL FRUIT		
SUPPER SUGGESTION	OVEN BAKED CHICKEN WITH SWEET POTATO AND SALAD	Ensalada de quinoa con nueces y queso feta + fruta	Pescado al horno con patata y verdura + fruta		
SEASONAL PRODUCE INFORMATION ACCORDING TO APAEMA: SEPTEMBER: AUBERGINE, PERSIMMON, PUMPKIN, COURGETTE, FIG, PEACH, PEAR, MELON, GREEN BEANS, NECTARINE, PEPPER, APPLE, PLUM, WATERMELON, TOMATO AND LEMON					