GENERAL MENU

NOVEMBER 2026

(menus adapted to the new regulations currently in force, **Royal Decree 315/2025 of 15 April**, which are mandatory for all schools — private, public and state-subsidised — providing early childhood education (2nd cycle), primary, special education, compulsory secondary education, baccalaureate, or basic and intermediate vocational training in Spain)

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5: BALEARIC	FRIDAY 6
LUNCH		CREAMY CHICKPEA AND CARROT SOUP FISH AND CHIPS (oven-baked potatoes) (1,4 and traces: 1,3,6,7,10,14) SEASONAL FRUIT	**BROWN** RICE WITH CURRY SCRAMBLED EGGS WITH CHEESE (3,7) TOMATO AND OLIVE SALAD SEASONAL FRUIT	"BOLLIT" SOUP (1,3,6,9,10) BOILED CHICKEN ("BOLLIT") WITH POTATO, CARROT AND GREEN BEANS SEASONAL FRUIT	MIXED SALAD (tomato, carrot, lettuce and onion) CHILLI CON CARNE WITH BASMATI RICE (mostly a plant-protein dish) SEASONAL FRUIT
DINNER		Grilled pork loin with sweetcorn on the cob and broccoli + fruit	Baked hake with potato and courgette + fruit	Fried eggs with sweet potato and salad + fruit	Salmon with mashed potato and green beans + fruit

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12: JAPANESE	FRIDAY 13
LUNCH	CHICKPEA STEW SPANISH OMELETTE (3) MIXED SALAD (tomato, mixed leaves and sweetcorn) SEASONAL FRUIT	GREEK SALAD (tomato, cucumber, olives, cheese and red onion) (7) MEATBALLS IN TOMATO SAUCE WITH CHIPS (6,9,10) SEASONAL FRUIT	**BROWN** RICE WITH TOMATO SAUCE BAKED HAKE WITH LEMON (4) TROPICAL SALAD (tomato, lettuce, sweetcorn and pineapple) SEASONAL FRUIT	ASIAN SALAD (cabbage, carrot, red pepper, coriander and rice vinegar) CHICKEN YAKISOBA NOODLES (1,3,6,10) SEASONAL FRUIT	VICHYSSOISE (6) LENTIL DAL WITH BASMATI RICE (1) (plant-protein dish) HOMEMADE JELLY
DINNER	Vegetable cream soup + homemade pizza + fruit	Scrambled eggs with mixed vegetables + fruit	Sausages with mixed vegetables + fruit	Grilled fish with carrot and peas + fruit	Soup + roast chicken with cabbage + fruit

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19:	FRIDAY 20
LUNCH	THREE DELIGHTS RICE (6) BAKED HAKE WITH GARLIC AND PARSLEY (4) APPLE SALAD (lettuce, cucumber, mixed leaves, apple and sweetcorn) SEASONAL FRUIT	LENTIL AND PUMPKIN CREAM SOUP (1) BAKED CHICKEN THIGHS WITH LEMON AND ROSEMARY BAKED POTATO SEASONAL FRUIT	**WHOLE-WHEAT** PASTA CARBONARA (1,3,6,10,7) PLAIN OMELETTE (3) TOMATO, LAMB'S LETTUCE AND OLIVE SALAD SEASONAL FRUIT	PLOUGHMAN'S SALAD (green leaves, cheese, ham, apple, radishes and pickled onion) (7) JACKET POTATO WITH BEANS (plant-protein dish) SEASONAL FRUIT	NOODLE SOUP (1,3,6,9,10) HOMEMADE FISH IN CHICKPEA-FLOUR BREADING (4) CHINESE SALAD (lettuce, carrot, sweetcorn, ham and soya bean sprouts) (6) YOGURT (7)
DINNER	Scrambled egg with ham + bread with tomato + fruit	Quinoa with vegetables + fruit	Beef burger with ratatouille and rice + fruit	Chicken wings with sweet potato and green beans + fruit	Vegetable cream soup + plain omelette + fruit

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GENERAL MENU

NOVEMBER 2026

GREEN VALLEY SCHOOL

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27: 	FRIDAY 28
LUNCH	TREMPÓ SALAD WITH CHICKPEAS AND TUNA (4) BURGER WITH CHIPS (1,7,12) SEASONAL FRUIT	MILANESE-STYLE RICE PLAIN OMELETTE (3) TOMATO AND OLIVE SALAD SEASONAL FRUIT	CHICKEN AND VEGETABLE BROTH SOUP (1,3,6,9,10) HAKE IN RED PEPPER SAUCE (4) STEAMED BROCCOLI FRUIT SALAD	KACHUMBER SALAD (tomatoes, cucumbers, red onion, coriander and lemon) CHICKEN CURRY WITH RICE SEASONAL FRUIT	GREEN SALAD WITH EGG (3) HOMEMADE VEGAN LASAGNE WITH TEXTURED SOY (1,3,6,10) (plant-protein dish) SEASONAL FRUIT
DINNER	Baked fish with sweet potato and pumpkin + fruit	Spinach quiche + fruit	Vegetable cream soup + chops with potato	Swiss chard with potato and hard-boiled eggs + fruit	Fish soup with rice, cod and vegetables + fruit

	MONDAY 30
LUNCH	**WHOLE-WHEAT** SPAGHETTI WITH TOMATO SAUCE (NAPOLITANA) (1,3,6,10) BAKED SALMON (4) GREEN BEANS AND CARROT SEASONAL FRUIT
DINNER	Baked chicken with potato and mushrooms + fruit

INFORMATION ON SEASONAL PRODUCE ACCORDING TO APAEMA: aubergine, chard, persimmon, cabbage, cauliflower, broccoli, lettuce, endive, spinach, fig, leek, lemon, pomegranate, mandarin, green beans, carrot, pepper, apple, grapes, radish and orange.