







Menu 2019



School Menu



Week 1

Course	Monday	Tuesday	Wednesday	Thursday	Friday
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Cream asparagus soup	Chicken clear soup	Cream mushrooms soup	Beef bearley soup	Vegetable clear soup
	Lettuce with cucumber	Avocado and cherry tomatoes	Cabbage, baby carrots and tomatoes	Avocado and lettuce	Artichoke with fresh cheese
	Grilled chicken Couscous with vegetables	Tuna Pumpkin puree	Integral spaghetti a la bolognesa	Breaded eggplants with mozzarella	Salmon Cooked spinach
	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie
	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals



Snack 1



First Course



Salad



Main Course and Side Dish



smoothie









Snack 2

School Menu



Week 2

Course	Monday	Tuesday	Wednesday	Thursday	Friday
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Cream artichoke soup	Cream corn soup	Beef bearley soup	Cream chicken soup	Vegetable clear soup
	Lettuce with cucumber	Avocado and cherry tomatoes	Cabbage, baby carrots and tomatoes	Avocado and lettuce	Artichoke with fresh cheese
	Turkey Burger Potato puree	Grilled merluza Spring rice	Gnocchi with chicken sauce	Cheesy mushroom quinoa	Grilled salmon with herbs Green beans
	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie
	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals



Snack 1



First Course



Salad



Main Course and Side Dish



smoothie









Snack 2

School Menu



Week 3

Course	Monday	Tuesday	Wednesday	Thursday	Friday
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Cream beans soup	Cream peas soup	Vegetable clear soup	Beef bearley soup	Cream mushrooms soup
	Lettuce with cucumber	Avocado and cherry tomatoes	Cabbage, baby carrots and tomatoes	Avocado and lettuce	Artichoke with fresh cheese
	Red meat Grilled vegetables	Tuna Pumpkin and potatoes puree	Ravioli with tomatoe sauce	Veggie burger	Salmon Couscous with vegetables
	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie
	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals



Snack 1



First Course



Salad



Main Course and Side Dish



smoothie









Snack 2

School Menu



Week 4

Course	Monday	Tuesday	Wednesday	Thursday	Friday
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Cream artichoke soup	Cream corn soup	Vegetable clear soup	Cream chicken soup	Vegetable clear soup
	Lettuce with cucumber	Avocado and cherry tomatoes	Cabbage, baby carrots and tomatoes	Avocado and lettuce	Artichoke with fresh cheese
	Chicken with mushrooms Rice with herbs	Grilled merluza Pumpkin puree	Meatballs with tomatoe sauce Pasta al dente	Cheesy mushroom quinoa	Salmon Cauliflower and Broccoli
	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie	Fresh squeezed fruit smoothie
	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals	Yoghurt with cereals



Snack 1



First Course



Salad



Main Course and Side Dish



smoothie



Snack 2