

# C. AMERICANO 6-12

Octubre - 2024

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

6

1

ALACANT PAELLA  
NATURAL GREEN BEANS  
ROASTED RIBS WITH HONEY SOY SAUCE  
LEMON HAKE  
LETTUCE AND OLIVES  
ASSORTED DESSERT

2

WHITE BEANS STEWED WITH CHARD  
ARTICHOKE WITH OLIVE OIL  
BEEF MEATBALLS IN CURRY SAUCE  
ANDALUSIAN STYLE ANCHOVY  
CARROT WITH DILL  
ASSORTED DESSERT

3

MACARONI WITH GARLIC  
SPINACH WITH CARROTS  
FRIED EGGS WITH BACON  
SALMON WITH MEDITERRANEAN SAUCE  
FRENCH FRIES  
GREEN PEPPERS  
ASSORTED DESSERT

4

PUMPKIN AND SWEET POTATO CREAM  
BROCCOLI WITH HAM  
ROAST CHICKEN BROCHETTE  
DICED HUMBOLDT SQUID WITH GARLIC  
SLICED POTATOES  
ASSORTED DESSERT

7

SPAGHETTI CARBONARA  
PEAS WITH ONION SAUCE  
"SAN JACOBO"  
PORTUGUESE STYLE POUT  
LETTUCE AND ONION  
ASSORTED DESSERT

8

CASTILIAN LENTILS  
ZUCCHINI AU GRATIN WITH CHEESE  
BEEF BURRITO  
GALICIAN STYLE HAKE FILLET  
LETTUCE AND CUCUMBER  
ASSORTED DESSERT

9

CREAM OF LEEK SOUP WITH CROUTONS  
CAULIFLOWER WITH GARLIC  
TANDOORI CHICKEN  
LEMON MACKEREL  
LETTUCE, TOMATO, OLIVES AND TUNA SALAD  
ASSORTED DESSERT

10

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN  
AND VEGETABLES  
BROCCOLI WITH OLIVE OIL  
CHICKPEAS, CHICKEN, CARROTS, POTATO & CABBAGE  
STEW  
CARBONARA PIZZA  
STEAMED POTATOES  
ASSORTED DESSERT

11

NO SCHOOL

14

CREAM OF COURGETTE SOUP  
GREEN BEANS WITH CARROT  
GRILLED CHICKEN WITH GRAVY  
ANDALUSIAN STYLE ANCHOVY  
POTATOES AU GRATIN  
ASSORTED DESSERT

15

FARFALLE WITH CHEESE SAUCE  
RATATOUILLE  
100% BEEF BURGER WITH CARAMELISED ONION  
MONKFISH DICE CASSEROLE WITH VEGETABLES  
FRENCH FRIES  
ASSORTED DESSERT

16

WHITE BEANS WITH VEGETABLE JULIANA  
MIXED VEGETABLES  
BEEF DUMPLINGS IN SPANISH SAUCE  
MARINATED FISH  
LETTUCE AND TOMATO  
ASSORTED DESSERT

17

RICE WITH TOMATO SAUCE AND EGG  
VEGETABLE WOK, MUNG BEANS AND SOYA  
CHINESE SPRING ROLLS  
BILBAINA STYLE JACK MACKEREL  
LETTUCE AND CUCUMBER  
ASSORTED DESSERT

18

POTATO STEW WITH CHISTORRA  
GARLIC MUSHROOMS  
BREADED HAM PORK STEAK  
BAKED SALMON WITH OLIVE OIL MOJO AND HERBS  
LETTUCE AND SWEETCORN  
ASSORTED DESSERT

21

GRANNY'S STEWED LENTILS  
BROCCOLI WITH BOILED EGG  
CHICKEN NUGGETS  
FISH FILLET IN SAUCE  
TOMATO AND CARROT  
ASSORTED DESSERT

22

**FISH REVOLUTION DAY**  
TRICOLOR VEGETABLES (CAVOLFIORRE, FAGIOLLO  
VERDE, CAROTA)  
CREAM OF VEGETABLE SOUP WITH CROUTONS  
FISHPIZZA PROVENCE  
SGHREDDED HAKE WITH COURGETTE  
ASSORTED DESSERT

23

VEGETABLE SOUP WITH PASTA  
CABBAGE WITH APPLE  
COMPLETE HAMBURGER  
MARINERA STYLE SQUIDS  
FRENCH FRIES  
ASSORTED DESSERT

24

PAELLA WITH VEGETABLES  
ZUCCHINI AU GRATIN WITH CHEESE  
ROAST CHICKEN WITH PINEAPPLE  
COD WITH GARLIC MUSLIN  
GREEN SALAD  
ASSORTED DESSERT

25

SQUID FIDEUA  
SPINACH WITH OLIVE OIL AND GARLIC  
FRIED EGGS WITH BACON  
MACKEREL PAPILOTE WITH LEEK, CARROT AND  
ONION  
FRENCH FRIES  
GREEN PEPPERS

28

THAI RICE  
RATATOUILLE  
HAKE DUMPLINGS IN SWEET-SOUR SAUCE  
CHICKEN FILLET WITH ORANGE SAUCE  
LETTUCE, SWEETCORN AND CARROTS  
ASSORTED DESSERT

29

HARICOT BEANS WITH SAUSAGE  
HARICOT BEANS WITH VEGETABLES  
CHEESE PIZZA  
SALMON IN ORANGE SAUCE  
ONION RINGS  
ASSORTED DESSERT

30

US/MS/LS Learning  
Conferences

31

US/MS/LS Learning  
Conferences

aprende  
acomer  
sano.org



FISH  
REVOLUTION



GUARDIANES  
DE LA SALUD



Grow  
FOOD  
BANKS

NOTAS: Nuestros menús incluyen PAN y BEBIDA. \*La bebida a elegir será: entre zumo, batido, ó brick de leche. \*Les recordamos que para consumir en cafetería, es necesario, estar domiciliado, tener un dinero a cuenta, ó pago al momento. **Gracias.**