

Swans Menu - Summer Term 2026

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
13th Apr	11th May	8th Jun	14th Apr	12th May	9th Jun	15th Apr	13th May	10th Jun	16th Apr	14th May	11th Jun	17th Apr	15th May	12th Jun
Asparagus Soup (10) Chicken/Tuna/Lentil Wrap (1,2,4) Corn on the cob Carrot with Onion Spring Salad Fruit			Courgette Soup (10) Macaroni Bolognese (1,3,9,11) Vegetarian Macaroni Bolognese (1,3,9,10,11) Baked Broccoli and Cauliflower with Cheese (2) Mixed Salad with Egg (3) Fruit			Leek Soup (10) Bacalao Dorado (Cod) (3,4) Baked Chickpeas Green Beans Greek Salad (2) Homemade Yogurt (2) Fruit			Tomato Soup (10) Roasted Pork Loin (2,3,10) Baked Potato Peas and Sweetcorn Cherry Tomato Frittata (3) Spinach Salad Fruit			Chicken Soup (1,3,9,10,11) Turkey Meatballs with Tomato Sauce (2,9,14) Vegan Meatballs with Tomato Sauce (1,3,9,10,13) Rice, Sautéed Mushrooms, Courgette and Red Pepper Valencian Salad Homemade Pancakes with Ice Cream (1,2,3) Fruit		
20th Apr	18th May	15th Jun	21st Apr	19th May	**16th Jun	22nd Apr	20th May	17th Jun	23rd Apr	21st May	18th Jun	24th Apr	22nd May	19th Jun
Pea Soup (10) Beef Steak Courgette, Aubergine, Potato and Tomato Baked with Cheese (2) Quinoa (9) Greek Salad (2) Fruit			Roasted Red Pepper Soup (10) Chicken Curry (2) Vegetarian Curry with Soy (2,9) Glazed Carrots Rice Mixed Salad with Egg (3) Fruit			Carrot Soup (10) Breaded Rosada Fish (1,4) Sautéed Courgette, Onion and Cherry Tomatoes Bean Salad Roasted Potatoes Valencian Salad Homemade Yogurt (2) Fruit			Leek Soup (10) Turkey and Cherry Tomato Omelette (3) Sautéed Peas and Sweetcorn Whole Wheat Pasta Salad (1,3,4,9,11) Spring Salad Fruit			Sweetcorn And Hake Soup (2,4,10) Garlic Chicken Fillet Mushroom with Onion Sweet Potato Fries Tabbouleh (1,9) Spinach Salad Carrot Cake (1,2,3) Fruit		
27th Apr	25th May	22nd Jun	28th Apr	26th May	23rd Jun	29th Apr	27th May	24th Jun	30th Apr	28th May	25th Jun	1st May	29th May	26th Jun
Broccoli Soup (10) Chicken Paella with Asparagus (3,10) Mushroom and Pea Risotto (2,10) Fried Squid (5) Courgette, Aubergine, Potato and Tomato Baked with Cheese (2) Greek Salad (2) Fruit Salad (Watermelon, Pineapple and Melon) Fruit			Chicken Soup (1,3,9,10,11) Tuna Puff Pastry with Tomato and Egg Spinach Puff Pastry with Tomato and Egg (1,2,3,4,7,10,13) Roasted Potatoes Spinach Salad Sautéed Peas and Corn Fruit			Courgette Soup (10) Chicken Thighs with Barbecue Sauce Rice with Tomato Chickpea Salad Sautéed Cabbage, Mushrooms and Red Pepper Mediterranean Salad (2) Homemade Yogurt (2) Fruit			Sweetcorn and Hake Soup (2,4,10) Whole Wheat Turkey Pizza (1,2,3,4,9,10,11,14) Whole Wheat Vegetable Pizza (1,2,3,4,9,10,11,14) Whole Wheat Margarita Pizza (1,2,3,4,9,10,11,14) Whole Wheat Pesto Pizza (1,2,3,4,9,10,11,14) Green Beans, Mixed Salad with Egg (3) Fruit			Asparagus Soup (10) Baked Salmon with Pesto (4) Quinoa (9) Steamed Broccoli Spring Salad Apple and Custard Crumble (1,2,3,9) Fruit		
4th May	1st Jun		5th May	2nd Jun		6th May	3rd Jun		*7th May	4th Jun		8th May	5th Jun	
Carrot Soup (10) Grilled Chicken Thigh Fillet Baked Potato Sautéed Peas Mixed Salad with Egg (3) Fruit			 Tomato Soup (10) Wholewheat Spaghetti with Pesto (1,3,9,10,11) Baked Pasta with Bechamel (1,2,3,9,10,11) Sautéed Mushrooms, Courgette and Red Pepper Greek Salad (2) Fruit			Pea Soup (10) Baked Hake Fish Sticks With Lemon (1,4) Rice with Tomato Broccoli Lentil Salad (2) Spring Salad Homemade Yogurt (2) Fruit			Gazpacho Soup Spanish Omelette (3) Turkey and Cheese (2) Pasta Salad (1,3,4,9,11) Vegetables in Tomato Sauce Mediterranean Salad (2) Fruit			Hake Soup with Noodles (1,2,3,4,9,11) Beef Burger (1,2,9,14) Quinoa Burger (1,9) Baked Potato Wedges Creamy Coleslaw (3) Spinach Salad Rice Pudding (2) Fruit		

Allergens



***7th of May is International British Food Day:** Sweetcorn Soup, Fish and Chips (1,3,4) Sautéed Peas with Onions, Quinoa (9), Crumble with Berries and Vanilla Ice Cream (1,2,9), Fruit.

****16th of June is International Filipino Food Day:** Roasted Red Pepper Soup (10), Chicken Adobo (9), Rice, Sautéed Vegetables, Mahablanca (2), Fruit.

All meals include milk or water and brown bread, with vegetarian options, and seasonal dishes, with a daily salad bar offering fresh salad toppings. Gluten-free options are available.

In Primary fruit is the only snack allowed at playtime, except on Healthy Snack Fridays. In Secondary all snacks must be healthy.

Please note Swans is a nut-free school so snacks must NOT contain any nuts. Sweets and chewing gum are strictly forbidden.

swansschool.com

Swans Menu - Tercer Trimestre 2026

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
13 Abr	11 May	8 Jun	14 Abr	12 May	9 Jun	15 Abr	13 May	10 Jun	16 Abr	14 May	11 Jun	17 Abr	15 May	12 Jun
Crema de espárragos (10) Wrap de pollo/atún/lentejas (1,2,4) Mazorca de maíz Zanahorias con cebolla Ensalada de primavera Fruta			Crema de calabacín (10) Macarrones boloñesa (1,3,9,11) Macarrones boloñesa vegetariano (1,3,9,10,11) Brócoli y coliflor con queso al horno (2) Ensalada mixta con huevo (3) Fruta			Crema de puerro (10) Bacalao dorado (3,4) Garbanzos al horno Judías verdes Ensalada griega (2) Yogurt casero (2) Fruta			Crema de tomate (10) Lomo de cerdo asado (2,3,10) Patata asada Guisantes y maíz Frittata de tomate cherry (3) Ensalada de espinacas Fruta			Sopa de pollo (1,3,9,10,11) Albóndigas de pavo con tomate (2,9,14) Albóndigas veganas con tomate (1,3,9,10,13) Arroz, salteado de champiñones, calabacín y pimiento rojo Ensalada valenciana Tortitas caseras con helado (1,2,3) Fruta		
20 Abr	18 May	15 Jun	21 Abr	19 May	**16 Jun	22 Abr	20 May	17 Jun	23 Abr	21 May	18 Jun	24 Abr	22 May	19 Jun
Crema de guisantes (10) Filete de ternera Calabacín, berenjena, patata y tomate al horno con queso (2) Quinoa (9) Ensalada griega (2) Fruta			Crema de pimiento rojo asado (10) Pollo al curry (2) Curry vegetariano con soja (2,9) Zanahorias glaseadas Arroz Ensalada mixta con huevo (3) Fruta			Crema de Zanahoria (10) Rosada empanada (1,4) Salteado de calabacín, cebolla y tomate cherry Ensalada de alubias Patatas asadas Ensalada valenciana Yogurt casero (2) Fruta			Crema de puerro (10) Tortilla francesa de pavo y tomate cherry (3) Guisantes y maíz salteados Ensalada de pasta integral (1,3,4,9,11) Ensalada primavera Fruta			Crema de maíz y merluza (2,4,10) Filete de pollo al ajillo Champiñones con cebolla Bastones de batata Tabulé (1,9) Ensalada de espinacas Tarta de zanahoria (1,2,3) Fruta		
27 Abr	25 May	22 Jun	28 Abr	26 May	23 Jun	29 Abr	27 May	24 Jun	30 Abr	28 May	25 Jun	1 Abr	29 May	26 Jun
Crema de brócoli (10) Paella de pollo con espárragos (3,10) Risotto de champiñones y guisantes (2,10) Calamares fritos (5) Calabacín, berenjena, patata y tomate al horno con queso (2) Ensalada griega (2) Macedonia de fruta (sandía, piña y melón) Fruta			Sopa de pollo (1,3,9,10,11) Hojaldre de atún con tomate y huevo Hojaldre de espinacas con tomate y huevo (1,2,3,4,7,10,13) Patatas asadas Ensalada de espinacas Salteado de guisantes y maíz Fruta			Crema de calabacín (10) Muslos de pollo con salsa barbacoa Arroz con tomate Ensalada de garbanzos Salteado de col, champiñones y pimiento rojo Ensalada mediterránea (2) Yogurt casero (2) Fruta			Sopa de merluza con maíz (2,4,10) Pizza integral de pavo (1,2,3,4,9,10,11,14) Pizza integral de verdura (1,2,3,4,9,10,11,14) Pizza integral margarita (1,2,3,4,9,10,11,14) Pizza integral pesto (1,2,3,4,9,10,11,14) Judías verdes Ensalada mixta con huevo (3) Fruta			Crema de espárragos (10) Salmón al horno con pesto (4) Quinoa (9) Brócoli al vapor Ensalada primavera Crumble de manzana y natillas (1,2,3,9) Fruta		
4 May	1 Jun		5 May	2 Jun		6 May	3 Jun		*7 May	4 Jun		8 May	5 Jun	
Crema de zanahoria (10) Filete de contramuslo de pollo a la plancha Patata asada al horno Guisantes salteados Ensalada mixta con huevo (3) Fruta			 Crema de tomate (10) Espaguetis integrales al pesto (1,3,9,10,11) Pasta al horno con bechamel (1,2,3,9,10,11) Salteado de champiñones, calabacín y pimiento rojo Ensalada griega (2) Fruta			Crema de guisantes (10) Palitos de merluza con limón al horno (1,4) Arroz con tomate Brócoli Ensalada de lentejas (2) Ensalada primavera Yogurt casero (2) Fruta			Gazpacho Tortilla española (3) Pavo y queso (2) Ensalada de pasta (1,3,4,9,11) Pisto Ensalada mediterránea (2) Fruta			Sopa de fideos con merluza (1,2,3,4,9,11) Hamburguesa de ternera (1,2,9,14) Hamburguesa de quinoa (1,9) Gajos de patata al horno Ensalada cremosa de col (3) Ensalada de espinacas Arroz con leche (2) Fruta		

Alérgenos													
													
1 - Gluten	2 - Leche	3 - Huevos	4 - Pescado	5 - Moluscos	6 - Crustaceos	7 - F.Cascara	8 - Cacahuete	9 - Soja	10 - Apio	11 - Mostaza	12 - Altramuz	13 - Sésamo	14 - Sulfitos

***7 de mayo es el Día Internacional de la Comida Británica**, Sopa de maíz, Fish and chips (1,3,4) Salteado de guisantes con cebolla, Quinoa (9), Crumble de frutos rojos con helado de vainilla (1,2,9)

****16 de junio es el Día Internacional de la Comida Filipina**, Sopa de crema de pimiento rojo asado (10), Pollo en adobo (9), Arroz, Verduras salteadas, Mahablanca (2), Fruta

Todas las comidas incluyen leche o agua y pan integral, con opciones vegetarianas y platos de temporada. Además, hay un bar de ensaladas diario con verduras frescas y acompañamientos. También se ofrecen opciones sin gluten. En Primaria, solo se permite fruta como snack durante el recreo, salvo los viernes de snack saludable. En Secundaria, todos los snacks deben ser opciones saludables.

Swans es un colegio libre de frutos secos, por lo que ningún snack puede contenerlos. Dulces y chicle están estrictamente prohibidos