# Elementary+Kinder basal Menu

JUNE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 01<br>Green beans with steamed potatoes<br>Catalan-style chicken<br>Rustic sauté<br>White/wholemeal bread and fresh fruit | 02<br>Chickpeas with vegetables<br>Butifarra sausage in the oven or grilled<br>Lettuce and tomato<br>White/wholemeal bread and fresh fruit | 03<br>Noodles with vegetables<br>Chicken croquettes<br>Grilled aubergine<br>White/wholemeal bread and natural yoghurt | 04<br>Cream of leek soup<br>Baked cod<br>Potato rissole<br>White/wholemeal bread and fresh fruit | 05<br>Rice with tomato sauce<br>Spanish omelette with onion<br>Roast courgette<br>White/wholemeal bread and fresh fruit |
| 08<br>Broccoli cream soup (k)-steamed broccoli with potatoes<br>Roast chicken fillet<br>Mediterranean sauté<br>White/wholemeal bread and fresh fruit | 09<br>Green beans with steamed potatoes<br>Andalusian hake<br>Lettuce, tomato and olives<br>White/wholemeal bread and chocolate custard | 10<br>Brown rice with a tomato sauce<br>Battered calamari rings<br>Lettuce and corn<br>White/wholemeal bread and fresh fruit | 11<br>Lentils with baby vegetables<br>Grilled salmon<br>Mashed potato<br>White/wholemeal bread and fresh fruit | 12<br>Poultry soup with noodles<br>Spanish omelette with onion<br>Sautéed vegetables<br>White/wholemeal bread and fresh fruit |
| 15<br>Rice with tomato and boiled egg<br>Baked turkey breast<br>Roast courgette<br>White/wholemeal bread and fresh fruit | 16<br>Cream of vegetable soup with croutons<br>Andalusian-style cod<br>Lettuce, carrot and olives<br>White/wholemeal bread and fresh fruit | 17<br>Green beans with steamed potatoes<br>Roast chicken fillet<br>Lettuce and tomato<br>White/wholemeal bread and natural yoghurt | 18<br>Chickpeas with vegetables<br>Cod croquets<br>Straw chips<br>White/wholemeal bread and fresh fruit | 19<br>DAY AT YOUR DISPOSAL |
| 22<br>FRESH<br>Fresh seasonal fruit: apple, pear, banana, melon and watermelon | 23 | 24<br>Extra virgin olive oil | 25 | 26<br>COCINADO EN EL COLE<br>Cooked at school |
| 29 | 30 | 01 | 02 | 03 |

Regional recipe · Whole grain · Omega-3 rich · Plant based · Homemade · Seasonal · International recipe

# List of allergens per dish for Kinder basal

Allergens have been indicated before purchasing the ingredients, but may vary depending on changes in suppliers, products, or availability. Updated information will be available daily in the dining room.

| Menu | Week | Day | Order | Dish | GLUTEN | MILK | EGG | FISH | MOLUSKS | CRUSTACEANS | PEANUTS | NUTS | SOY | SESAME | MUSTARD | CELERY | LUPINES | SULFITES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Kinder basal | Week 1 | Monday | First course | Green beans with steamed potatoes | | | | | | | | | | | | | | 14 |
| | | | Second course | Catalan-style chicken | | | | | | | | 8 | | | | | | |
| | | | Side dish | Rustic sauté | | | | | | | | | | | | | | |
| | | Tuesday | First course | Chickpeas with vegetables | | | | | | | | | | | | | | 14 |
| | | | Second course | Butifarra sausage in the oven or grilled | 1 | 2 | 3 | | | | | | 9 | | | | | 14 |
| | | | Side dish | Lettuce and tomato | | | | | | | | | | | | | | 14 |
| | | Wednesday | First course | Noodles with vegetables | 1 | | | | | | | | 9 | | 11 | | | |
| | | | Second course | Chicken croquettes | 1 | 2 | 3 | 4 | 5 | | | | 9 | | | | | 14 |
| | | | Side dish | Grilled aubergine | | | | | | | | | | | | | | |
| | | Thursday | First course | Cream of leek soup | | | | | | | | | | | | | | 14 |
| | | | Second course | Baked cod | | | | 4 | | | | | | | | | | |
| | | | Side dish | Potato rissole | | | | | | | | | | | | | | 14 |
| | | Friday | First course | Rice with tomato sauce | | | | | | | | | | | | | | |
| | | | Second course | Spanish omelette with onion | | | 3 | | | | | | | | | | | 14 |
| | | | Side dish | Roast courgette | | | | | | | | | | | | | | |
| | Week 2 | Monday | First course | Broccoli cream soup (k)-steamed broccoli w | | | | | | | | | | | | | | 14 |
| | | | Second course | Roast chicken fillet | | | | | | | | | | | | | | |
| | | | Side dish | Mediterranean sauté | | | | | | | | | | | | | | |
| | | Tuesday | First course | Green beans with steamed potatoes | | | | | | | | | | | | | | 14 |
| | | | Second course | Andalusian hake | 1 | | | 4 | | | | | | | | | | |
| | | | Side dish | Lettuce, tomato and olives | | | | | | | | | | | | | | 14 |
| | | Wednesday | First course | Brown rice with a tomato sauce | | | | | | | | | | | | | | |
| | | | Second course | Battered calamari rings | 1 | 2 | 3 | 4 | 5 | | | | 9 | | | | | 14 |
| | | | Side dish | Lettuce and corn | | | | | | | | | | | | | | 14 |
| | | Thursday | First course | Lentils with baby vegetables | 1 | | | | | | | | | | | | | 14 |
| | | | Second course | Grilled salmon | | | | 4 | | | | | | | | | | |
| | | | Side dish | Mashed potato | | 2 | | | | | | | | | | | | 14 |
| | | Friday | First course | Poultry soup with noodles | 1 | | | | | | | | 9 | | 11 | 12 | | |
| | | | Second course | Spanish omelette with onion | | | 3 | | | | | | | | | | | 14 |
| | | | Side dish | Sautéed vegetables | | | | | | | | | | | | | | |
| | Week 3 | Monday | First course | Rice with tomato and boiled egg | | | 3 | | | | | | | | | | | |
| | | | Second course | Baked turkey breast | | | | | | | | | | | | | | |
| | | | Side dish | Roast courgette | | | | | | | | | | | | | | |
| | | Tuesday | First course | Cream of vegetable soup with croutons | 1 | | | | | | | | | | | | | 14 |
| | | | Second course | Andalusian-style cod | 1 | | | 4 | | | | | | | | | | |
| | | | Side dish | Lettuce, carrot and olives | | | | | | | | | | | | | | 14 |
| | | Wednesday | First course | Green beans with steamed potatoes | | | | | | | | | | | | | | 14 |
| | | | Second course | Roast chicken fillet | | | | | | | | | | | | | | |
| | | | Side dish | Lettuce and tomato | | | | | | | | | | | | | | 14 |
| | | Thursday | First course | Chickpeas with vegetables | | | | | | | | | | | | | | 14 |
| | | | Second course | Cod croquets | 1 | 2 | 3 | 4 | 5 | | | | 9 | | | | | 14 |
| | | | Side dish | Straw chips | | | | | | | | | | | | | | |
| | | Friday | First course | Ravioli with tomato | 1 | 2 | 3 | | | | | | 9 | | 11 | | | 14 |
| | | | Second course | Pork escalope | 1 | | 3 | | | | | | | | | | | |
| | | | Side dish | Lettuce and carrots | | | | | | | | | | | | | | 14 |
| | Week 4 | Monday | First course | Cream of vegetable soup-steamed tricolor v | | | | | | | | | | | | | | 14 |
| | | | Second course | Roast chicken fillet | | | | | | | | | | | | | | |
| | | | Side dish | Sautéed corn | | | | | | | | | | | | | | |
| | | Tuesday | First course | Lentils with baby vegetables | 1 | | | | | | | | | | | | | 14 |
| | | | Second course | Spanish omelette with onion | | | 3 | | | | | | | | | | | 14 |
| | | | Side dish | Lettuce and corn | | | | | | | | | | | | | | 14 |
| | | Wednesday | First course | Brown rice with a tomato sauce | | | | | | | | | | | | | | |
| | | | Second course | Meatballs a la jardinera | | 2 | 3 | | | | | | 9 | | | | | 14 |
| | | | Side dish | - | | | | | | | | | | | | | | |
| | | Thursday | First course | Macaroni with cheese | 1 | 2 | 3 | | | | | | 9 | 10 | 11 | 12 | | |
| | | | Second course | Chickpeas in tomato sauce | | | | | | | | | | | | | | |
| | | | Side dish | Rustic sauté | | | | | | | | | | | | | | |
| | | Friday | First course | Carrot soup | | | | | | | | | | | | | | 14 |
| | | | Second course | Grilled fillet hake | | | | 4 | | | | | | | | | | |
| | | | Side dish | Chips | | | | | | | | | | | | | | |
| | Week 5 | Monday | First course | Russian salad | | | 3 | 4 | | | | | 9 | | | | | 14 |
| | | | Second course | Chicken croquettes | 1 | 2 | 3 | 4 | 5 | | | | 9 | | | | | 14 |
| | | | Side dish | Rustic sauté | | | | | | | | | | | | | | |
| | | Tuesday | First course | Mixed paella | | 2 | | 4 | 5 | | | | 9 | | | 12 | | 14 |
| | | | Second course | Grilled fillet hake | | | | 4 | | | | | | | | | | |
| | | | Side dish | Roasted peppers and onions | | | | | | | | | | | | | | |
| | | Wednesday | First course | Vegetable soup | | | | | | | | | | | | | | 14 |
| | | | Second course | Grilled beef fillet | | | | | | | | | | | | | | |
| | | | Side dish | Tomato provençal | 1 | 2 | 3 | | | | | | 9 | | | | | |
| | | Thursday | First course | Whole-grain pasta with tomato | 1 | | | | | | | | 9 | | 11 | | | |
| | | | Second course | Gyozas-spring rolls | 1 | 2 | 3 | 4 | 5 | | | | 9 | | | | | 14 |
| | | | Side dish | Roast courgette | | | | | | | | | | | | | | |
| | | Friday | First course | Chickpeas with vegetables | | | | | | | | | | | | | | 14 |
| | | | Second course | Baked cod | | | | 4 | | | | | | | | | | |
| | | | Side dish | Battered cauliflower | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |

White/whole wheat bread: gluten; Fresh fruit: no allergens; Yogurt: milk; Gluten-free bread: no allergens. Soy yogurt: soy.

# The Healthy Route

*Embarking on a daily journey towards a healthier, more inclusive, and sustainable life*

## 01 Health

Eat well today, grow stronger tomorrow!
Discovering healthy habits for a lifetime.

## 03 Sustainability

Nothing goes to waste! Every bite counts in our journey to recycle and nurture the planet.

## 02 Getting

At our table, we unite as a team! Embracing togetherness, respecting, and celebrating diversity.



## 04 Play

Learning through play is the ultimate fun! Noon is our time to laugh and explore together.

# DINNER RECOMMENDER

## FIRST COURSES

| If at school your first course was | For dinner maybe |
|---|---|
| Vegetables | Pasta/Rice |
| Pasta/Rice | Vegetables |
| Legumes | Vegetables o Pasta/Rice |

## SECOND COURSES

| If at school your second course was | For dinner maybe |
|---|---|
| Egg | Meat o Fish |
| Fish | Egg o Meat |
| Legumes | Fish o Egg |
| Meat | Egg o Fish |

Fruit o Dairy

*You can consult the allergen declaration for each dish in the list attached to this menu.*

DOWN España · FACE Federación de Asociaciones de Celíacos de España · Fundación Vicki Bernadet