

C. AMERICANO 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

September - 2026

FRIDAY

1

1

PASTA SALAD
CREAM OF CARROTS SOUP
BAKED SALMON
IBERIAN SECRET PAELLA WITH THYME MUSHROOMS
FRUIT

2

LENTIL STEW
PEAS WITH ONION SAUCE
VEGETABLE HAMBURGER
SPANISH OMELETTE
FRUIT

3

GREEN BEANS WITH OLIVE OIL
PASTA SPIRALS CARBONARA
BAKED HAKE FILLET
MEATBALLS WITH VEGETABLES
FRUIT

4

GREEK CUCUMBER, TOMATO, OREGANO, BLACK OLIVES, ONION AND CHEESE SALAD
CAULIFLOWER WITH BECHAMEL SAUCE
LEMON CHICKEN
PORK FILET BREADED (STUFFED WITH CHEESE)
FRUIT

7

CASTILIAN LENTILS
RICE SALAD
HOME- STYLE CHICKEN CROQUETTES
DICE OF MONKFISH WITH SAUCE
SWEETCORN AND GRATED CARROTS
FRUIT

8

CREAM OF COURGETTE WITH CROUTONS
COUNTRY SALAD
BEEF GOULASH
CHICKPEAS STEW A LA MARINERA
FRUIT

9

WHOLE-WHEAT PASTA WITH TOMATO AND BASIL
COLD TOMATO AND BREAD SOUP
HAKE FILLET WITH GREEN TAPENADE AND RATATOUILLE
TEXAN CHICKEN WINGS WITH SAUTED CORN AND FRIED POTATOES
LETTUCE SALAD WITH BEETROOT AND SWEETCORN
FRUIT

10

CANTONICE RICE
RATATOUILLE WITH ZUCCHINI AND EGGPLANT
CHICKPEAS WITH SAUTÉED VEGETABLES AND TURKEY
PORK LOIN WITH PIPERRADA AND TOMATO
LETTUCE AND TOMATO
FRUIT

11

BROCCOLI AND SOY WOK
TRAMPÓ MALLORQUIN WITH WHITE BEANS
SCRAMBLED EGGS WITH PRAWNS, GARLIC AND ASPARAGUS
TURKEY BURGER WITH CARAMELIZED ONION
QUINOA SAUTEED WITH ONION
YOGHURT

14

PAELLA WITH CHICKEN, LEGUMES AND VEGETABLES
PEAR VICHYSOISE WITH CROUTONS
SALMON WITH MEDITERRANEAN SAUCE
EGG QUICHE WITH MINCED MEAT AND ZUCCHINI
LETTUCE SALAD WITH TOMATO, CARROT, CORN AND OLIVES
YOGHURT

15

CREAM OF CARROTS SOUP
VEGETABLE FIDEUÀ
100% BEEF BURGER IN MUSHROOM SAUCE
ROAST VEGETABLES PIE WITH LEGUME BOLOGNESE
POTATOE AND ONION
FRUIT

16

GRANNY'S STEWED LENTILS
WATERMELON GAZPACHO (COLD VEGETABLE SOUP)
SCRAMBLED EGGS WITH POTATOES AND RED PEPPER
BATTERED HAKE FILLET
LETTUCE AND SWEETCORN
FRUIT

17

RUSSIAN SALAD (POTATOES, CARROTS, PEAS, GREEN BEANS, TUNA, EGGS, OLIVES AND MAYONNAISE)
ARTICHOKE WITH OLIVE OIL
"TINGA" (CHICKEN WITH ONION AND TOMATO) WITH INTYEGRAL RICE
SQUID RAGOUT
TOMATO, CUCUMBER AND CORN SALAD
FRUIT

18

TROPICAL PASTA SALAD WITH COCKTAIL SAUCE
VEGETABLE CREAM WITH CRISPY HAM (CHARD, COURGETTE, LEEK, CARROT)
CHILI FAJITAS OF RED BEAN AND LEGUMBRETA
SAXONY LOIN ROASTED WITH HONEY
FRUIT

21

GREEN BEANS WITH ROSEMARY OIL
GERMAN SALAD
ROAST CHICKEN IN SOYA AND HONEY SAUCE
BREADED FISH FILLET
LETTUCE WITH TOMATO, TUNA AND OLIVES SALAD
FRUIT

22

HARICOT BEANS WITH (ECOLOGICAL) RICE
VEGETAL LASAGNA WITH SPINACH, TOMATO SAUCE & PARMESAN CHEESE
COURGETTE OMELETTE
RIBS WITH BARBACUE SAUCE
TOMATO AND CUCUMBER SALAD
FRUIT

23

HONEYED RICE WITH GREEN ASPARAGUS
COLD CREAM OF PEAS SOUP
ST PETER'S FISH WITH CHIVE MENIER SAUCE
BATTERED PORK FILLET STUFFED WITH CURED HAM
GREEN SALAD WITH LETTUCE, CUCUMBER AND OLIVES
FRUIT

24

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN AND VEGETABLES AND WHOLEWHEAT NOODLES
CABBAGE WITH OLIVE OIL
CHICKPEAS, MEAT, SAUSAGE, POTATO & CARROTS STEW
VEGETABLES
FRUIT

25

GAZPACHO (COLD VEGETABLE SOUP)
PAELLA WITH SQUIDS
SWEDISH-STYLE MEATBALLS
STUFFED EGGS WITH TUNA AND TOMATO
SLICED POTATOES
YOGHURT

28

CREAM OF CARROTS WITH BASIL OIL
RIOJA STYLE POTATO STEW (WITH CHORIZO SAUSAGE AND RED PEPPERS)
TIKKA MASALA CHICKEN
LEGUME CHOP SUEY WITH WHITE RICE
LETTUCE AND CUCUMBER
FRUIT

29

GREEK PASTA SALAD
MIXED VEGETABLES WITH ARTICHOKE
MONKFISH DICE CASSEROLE WITH VEGETABLES
BREADED PORK STEAK
FRUIT

30

MANILA GALLEON'S ROUTE
MEXICAN RICE
BEAN SALAD
PORK FILIPINO ADOBO
SAN PEDRO ROOSTER IN MARINADE, BAKED
TOMATO, ONION AND OLIVE SALAD
CORNETTO



FISH
REVOLUTION



GUARDIANS
OF HEALTH

Skool
arest
Meraki



grow
FOOD
BANKS

Scolarest

NOTAS: Nuestros menús van acompañados de agua, pan o pan integral (2 veces/semana). Utilizamos sal yodada y, según la elaboración, aceite de girasol, girasol alto oleico u oliva.

*La bebida a elegir será: entre zumo, batido, ó bróck de leche. *Les recordamos que para consumir en cafetería, es necesario, estar domiciliado, tener un dinero a cuenta, ó pago al momento. **Gracias.**