

C. AMERICANO 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

October - 2026

FRIDAY

5

GREEN BEANS WITH TOMATO SAUCE
SPAGHETTI WITH CREAM
BEEF MEATBALLS IN SPANISH SAUCE
ROMAN-STYLE CALAMARI
PEAS WITH OLIVE OIL
FRUIT

12

FESTIVO

19

PEAS, CARROT AND GREEN BEANS
PAELLA
MARINATED PORK LOIN
MONKFISH DICE IN TERIYAKI SAUCE
LETTUCE AND RED PEPPER
FRUIT

26

LENTILS STEW WITH INTEGRAL RICE
SPINACH WITH BECHAMEL SAUCE
CHICKEN NUGGETS
BAKED HAKE IN MOJO CANARIO VERDE
LETTUCE AND ONION
FRUIT

6

HARICOT BEANS AND CARROT STEW
RICE WITH TOMATO SAUCE AND FRIED EGG
SCRAMBLED EGGS WITH POTATOES AND CHEESE
GRILLED MARINATED PORK LOIN
LETTUCE AND TOMATO
FRUIT

13

LENTIL STEW
PASTA SALAD
LEEK AND SALMON QUICHE
BUTTER CHICKEN
LETTUCE AND MUNGS
FRUIT

20

COUS COUS "TABULÉ" WITH AROMATIC HERB AND
VEGETABLE OIL
RATATOUILLE WITH HAM
MARINATED FISH
MEATBALLS WITH FRENCH FRIES
LETTUCE AND TOMATO
YOGHURT

27

MACARONI CARBONARA
VEGETABLES QUICHE
TUNA FISH IN TOMATO SAUCE
VEAL STROGONOFF & MUSHROOM
WHITE RICE
FRUIT

7

CREAM OF CARROT AND GARLIC SOUP
RUSSIAN SALAD (POTATOES, CARROTS, PEAS, GREEN
BEANS, TUNA, EGGS, OLIVES AND MAYONNAISE)
CHICKEN IN TOMATO AND RED PEPPER SAUCE
BAKED SALMON WITH SOY SAUCE
LETTUCE AND ASPARAGUS
FRUIT

14

CAJUN STYLE BROCCOLI
RED KIDNEY BEANS STEW
BEEF STEW
BATTERED ANCHOVIES
TOMATO AND SWEETCORN
FRUIT

21

SILK ROAD
GENOESE STYLE TAGLIATELLE
ITALIAN STYLE GREEN BEANS
KHORESH MORGH (PERSIAN CHICKEN STEW)
COD TO "MARCHIGIANA"
CARROT CUBES
FRUIT

28

CREAM OF PUMPKIN SOUP
RICE FRIED CHINESE STYLE
BEEF BEANS STEWED WITH PORK
LEMON CHICKEN
SLICED POTATOES
FRUIT

1

MISO SOUP WITH TOFU
CABBAGE WITH APPLE
CHICKPEAS WITH SQUID
BOILED LEG OF PORK WITH COOKED POTATOES
CABBAGE
FRUIT

8

FISH REVOLUTION RECIPE
PAELLA WITH VEGETABLES
SWISS CHARD WITH OLIVE OIL
GRATINATED HAKE FILLET WITH TOMATO SAUCE AND
SOFT BECHAMEL
SCRAMBLED EGGS WITH POTATOES AND MUSHROOM
GREEN SALAD WITH LETTUCE, CUCUMBER AND OLIVES
CORNETTO

15

TURKEY RICE WITH CHICKPEAS
CREAM OF MUSHROOM SOUP
BAKED SALMON WITH LEEK SAUCE
CHICKEN WINGS WITH BARBECUE SAUCE
LETTUCE AND ONION
YOGHURT

22

PUMPKIN AND CARROTS CREAM WITH CROUTONS
POTATOES IN GREEN SAUCE
CHICKPEAS WITH SAUTÉED VEGETABLES AND TURKEY
PORK LOIN WITH MARSALA SAUCE
WHOLE MEAL RICE
FRUIT

29

MARINERA STYLE RICE WITH CUTTLE FISH AND MUSSELS
MUSHROOMS WITH HAM AND PARSLEY
COURGETTE OMELETTE
BEEF AND VEGETABLES RAGOUT
LETTUCE AND CUCUMBER
FRUIT

2

CAULIFLOWER WITH BECHAMEL SAUCE
PAELLA WITH CHICKEN
TURKEY STEW WITH POTATOES
SPINACH OMELETTE
GRATED CARROT
FRUIT

9

WHOLE-WHEAT PASTA NAPOLITANA
SWEET POTATO CREAM
CHICKPEAS, MONKFISH AND SQUID STEW
TURKEY RAGOUT
FRUIT

16

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN
AND VEGETABLES
CABBAGE WITH OLIVE OIL
CHICKPEAS, CHICKEN, CARROTS, POTATO &
CABBAGE STEW
CHICKPEAS, MEAT, CHICKEN, POTATO & CABBAGE
STEW
ROAST POTATOES

23

WHITE BEANS STEWED WITH CHORIZO SAUSAGE
FISH SOUP WITH STARS PASTA
SPANISH OMELETTE
SAUSAGES WITH TOMATO
TOMATO SALAD
FRUIT

30

HALLOWEEN SPECIAL MENU
CREAM OF TOADS AND SNAKES (Peas and leeks)
SPAGHETTI WITH GARLIC AND GRATED CHEESE
TURKEY BURGER TERRIFIES WITH TOMATO AND CHEESE
ANDALUSIAN STYLE FISH
LETTUCE
YOGHURT



FISH
REVOLUTION



GUARDIANS
OF HEALTH

Skool
arest
Meraki ERS



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.**