

C. AMERICANO K 1-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

November - 2026

2

FESTIVO

3

507 Kcal. P.: 22 HC.: 37 L.: 38 G.: 8

- PUMPKIN AND SWEET POTATO CREAM
- PORK TENDERLOIN IN APPLE SAUCE
- SLICED POTATOES
- SEASON FRUIT

4

756 Kcal. P.: 14 HC.: 35 L.: 47 G.: 7

- STEWED LENTILS (ECOLOGICAL) WITH POTATO
- HOMEMADE POTATO OMELETTE
- LETTUCE AND TOMATO
- SEASON FRUIT

5

547 Kcal. P.: 21 HC.: 37 L.: 39 G.: 6

- WHOLE GRAIN NOODLES SOUP
- BAKED SALMON
- LETTUCE AND SHREDDED CARROT
- SEASON FRUIT

6

945 Kcal. P.: 10 HC.: 68 L.: 20 G.: 3

- CHINESE FRIED RICE
- VEGETABLE HAMBURGER
- LETTUCE AND SWEETCORN
- SEASON FRUIT

9

706 Kcal. P.: 17 HC.: 39 L.: 39 G.: 7

- WHITE BEANS (ECOLOGICAL) STEWED WITH PUMPKIN
- COURGETTE AND POTATO OMELETTE
- LETTUCE, TOMATO AND SWEETCORN
- SEASON FRUIT

10

752 Kcal. P.: 9 HC.: 66 L.: 23 G.: 4

- RICE WITH VEGETABLES
- FALAFEL FAJITAS WITH YOGHURT SAUCE
- LETTUCE AND TOMATO
- SEASON FRUIT

11

436 Kcal. P.: 16 HC.: 44 L.: 36 G.: 8

- FISH REVOLUTION DAY
- CREAM OF LEEK AND POTATO SOUP
- FISH LASAGNA OF HAKE
- LETTUCE AND SHREDDED CARROT
- SEASON FRUIT

12

410 Kcal. P.: 28 HC.: 42 L.: 28 G.: 7

- TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN AND VEGETABLES AND WHOLEWHEAT NOODLES
- GRIDDLED TURKEY BREAST
- ROAST POTATOES
- YOGHURT

13

642 Kcal. P.: 31 HC.: 29 L.: 37 G.: 8

- CARROT AND SWEET POTATO CREAM
- BAKED CHICKEN HAMS
- LETTUCE AND SWEETCORN
- SEASON FRUIT

16

509 Kcal. P.: 21 HC.: 51 L.: 25 G.: 3

- PUMPKIN AND CARROTS CREAM
- BAKED COD
- HOMEMADE MASHED POTATOES
- SEASON FRUIT

17

575 Kcal. P.: 25 HC.: 40 L.: 29 G.: 6

- VEGETABLE LENTILS (ECOLOGICAL)
- BAKED PORK LOIN
- LETTUCE AND TOMATO
- SEASON FRUIT

18

793 Kcal. P.: 26 HC.: 39 L.: 32 G.: 6

- WHOLE-WHEAT MACARONI WITH TOMATO
- ROAST CHICKEN
- LETTUCE AND SHREDDED CARROT
- SEASON FRUIT

19

771 Kcal. P.: 13 HC.: 56 L.: 26 G.: 3

- GREEN BEANS WITH POTATOES
- MEATBALLS WITH LEGUME (CHICKPEAS AND RICE)
- LETTUCE, TOMATO AND SWEETCORN
- SEASON FRUIT

20

825 Kcal. P.: 11 HC.: 37 L.: 51 G.: 10

- UNIVERSAL CHILDREN'S DAY
- RICE WITH TOMATO SAUCE AND EGG
- FRIED EGGS
- LETTUCE AND SWEETCORN
- YOGHURT

23

762 Kcal. P.: 16 HC.: 41 L.: 41 G.: 6

- WHOLE-GRAIN RICE WITH TOMATO
- BAKED SALMON
- LETTUCE AND TOMATO
- SEASON FRUIT

24

535 Kcal. P.: 20 HC.: 42 L.: 30 G.: 6

- RED KIDNEY BEANS WITH VEGETABLES
- FRENCH OMELETTE
- LETTUCE, SWEETCORN AND CARROTS
- SEASON FRUIT

25

618 Kcal. P.: 19 HC.: 38 L.: 40 G.: 14

- THANKSGIVING DAY
- CREAM OF PUMPKIN SOUP
- BAKED TURKEY BREAST WITH ITS FILLING AND MASHED NEW POTATOES WITH GRAVY
- ROASTED SWEET POTATO
- SEASON FRUIT

26

THANKSGIVING DAY

27

THANKSGIVING DAY

30

562 Kcal. P.: 26 HC.: 42 L.: 25 G.: 4

- ORGANIC HARICOT BEANS WITH VEGETABLES
- ROOSTED FISH
- LETTUCE AND SHREDDED CARROT
- SEASON FRUIT



FISH
REVOLUTION



GUARDIANS
OF HEALTH



grow
FOOD
BANKS



NOTAS: **Leyenda:** Kcal.: Kilocalorías (Energía) / P: Proteínas/ H: Hidratos de Carbono / L: Lípidos / G: ácidos Grasos saturados. Valores de nutrientes expresados en % sobre energía total. Aportes calóricos teóricos calculados para niños/as de 6 a 9 años. 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. *Les recordamos que para consumir en cafetería, es necesario, estar domiciliado, tener un dinero a cuenta, ó pago al momento. **Gracias.**