

C. AMERICANO 6-12

MONDAY

2

FESTIVO

9

WHITE BEANS (ECOLOGICAL) STEWED WITH PUMPKIN
JULIENNE SOUP

BEEF BURGER WITH CARAMELISED ONION
COURGETTE AND POTATO OMELETTE

LETTUCE, CORN AND RED CABBAGE

ASSORTED DESSERT

16

PUMPKIN AND CARROTS CREAM
PASTA WITH PESTO SAUCE

BAKED COD WITH TOMATO SAUCE
BEEF GOULASH

HOMEMADE MASHED POTATOES

ASSORTED DESSERT

23

MINISTRONE SOUP
AUTUMN RICE

SALMON IN ORANGE SAUCE
PORK AND MUSHROOM STROGONOFF

LETTUCE, TOMATO AND CARROT SALAD

ASSORTED DESSERT

30

ORGANIC HARICOT BEANS WITH VEGETABLES
CREAM OF LEEK AND COURGETTE SOUP

ROOSTED FISH
CHICKEN IN TOMATO AND RED PEPPER SAUCE

LETTUCE, SWEETCORN AND CARROTS

ASSORTED DESSERT

TUESDAY

3

PUMPKIN AND SWEET POTATO CREAM
WHOLE-WHEAT PASTA SPIRALS WITH FRESH TOMATO
AND OREGANO SAUCE

HAKE IN GREEN SAUCE
PORK TENDERLOIN IN APPLE SAUCE

SLICED POTATOES

ASSORTED DESSERT

10

MEDITERRANEAN STYLE PILAF RICE
CREAM OF MUSHROOM SOUP

CHICKEN SHAWARMA
FALAFEL FAJITAS WITH YOGHURT SAUCE

LETTUCE, TOMATO AND RED ONION

ASSORTED DESSERT

17

VEGETABLE LENTILS (ECOLOGICAL)
VEGETABLE PURÉE

BAKED LOIN IN MUSTARD SAUCE
WOK OF RED BEANS WITH VEGETABLES AND QUINOA

LETTUCE AND BEETROOT

ASSORTED DESSERT

24

RED KIDNEY BEANS WITH VEGETABLES
CREAM OF COURGETTE SOUP

BILBAINA STYLE POUT
TIKKA MASALA CHICKEN

LETTUCE AND RED CABBAGE

ASSORTED DESSERT

WEDNESDAY

4

STEWED LENTILS (ECOLOGICAL) WITH POTATO
MIXED VEGETABLES

HOMEMADE POTATO OMELETTE
TURKEY AND PEAS AND CARROTS RAGOUT

LETTUCE, TOMATO AND SHREDDED CARROT SALAD

ASSORTED DESSERT

11

FISH REVOLUTION DAY
CREAM OF LEEK AND POTATO SOUP
CHICKPEAS (ORGANIC) WITH SPINACH STEW

FISH LASAGNA OF HAKE
TURKEY ROUND WITH MUSHROOM SAUCE

TOMATO AND SPROUT SALAD

ASSORTED DESSERT

18

INTEGRAL PASTA WITH MUSHROOM
GREEN BEANS WITH TOMATO SAUCE

TUNA FISH IN TOMATO SAUCE
ROAST CHICKEN WITH LEMON AND THYME

LETTUCE AND APPLE SALAD

ASSORTED DESSERT

25

THANKSGIVING DAY
CREAM OF PUMPKIN SOUP
MAC&CHEESE (MACARONI AND CHEESE)
BAKED TURKEY BREAST WITH ITS FILLING AND MASHED
NEW POTATOES WITH GRAVY
ROAST BEEF WITH GRAVY SAUCE AND ROSEMARY
POTATOES

ROASTED SWEET POTATO

THURSDAY

5

NOODLES SOUP
GREEN BEANS WITH POTATOES

BAKED SALMON WITH TERIYAKI SAUCE AND SESAME
BEEF WITH MUSHROOMS STEW

ENDIVE AND ORANGE SALAD

ASSORTED DESSERT

12

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN
AND VEGETABLES
CAULIFLOWER AU GRATIN WITH CHEESE
PORK RIBS WITH HONEY AND MUSTARD
GYPSY STEW

ROAST POTATOES

ASSORTED DESSERT

19

CHICKEN PASTA SOUP
VEGETAL LASAGNA WITH SPINACH, TOMATO SAUCE &
PARMESAN CHEESE

TURKEY STEW WITH POTATOES AND MUSHROOMS
MEATBALLS WITH LEGUME (CHICKPEAS AND RICE)

MIXED SALAD

ASSORTED DESSERT

26

THANKSGIVING DAY

November - 2026

FRIDAY

6

MEXICAN RICE
CORN CREAM (Corn, onion and potato)

"FAJITAS" (CHICKEN, PEPPER, TOMATO AND ONION)
TEX MEX CHICK PEAS BURRITO WITH BROAD BEANS
AND VEGETABLES

MEXICAN SALAD

ASSORTED DESSERT

13

PASTA (INTEGRAL) WITH NORMA'S SAUCE
CARROT AND SWEET POTATO CREAM
HORSE MACKEREL WITH GARLIC IN TOMATO SAUCE
CHICKEN DRUMSTICKS CHASSEUR

SPINACH SALAD WITH TOMATO AND APPLE

ASSORTED DESSERT

20

UNIVERSAL CHILDREN'S DAY
RICE WITH TOMATO SAUCE AND EGG
PASTA STAR SOUP

FRIED EGGS
BREADED CHICKEN BREAST
LETTUCE AND SWEETCORN

ASSORTED DESSERT

27

THANKSGIVING DAY



**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 bríck de leche. *Les recordamos que para consumir en cafetería, es necesario, estar domiciliado, tener un dinero a cuenta, ó pago al momento. **Gracias.**