

MENÚ DE JUNIO 2021

	M 1	GAZPACHO CREMA DE CALABAZA ALBÓNDIGAS CASERAS (TERNERA, POLLO, CERDO) PATATAS A LA ESPAÑOLA FRUTAS VARIADAS (MELÓN, SANDÍA, MANZANAS)	X 2	GAZPACHO LENTEJAS ESTOFADAS ROSADA EN ADOBO (AJO, PEREJIL LIMÓN) ENSALADAS VARIADAS (LECHUGA, TOMATE, ATÚN, MAÍZ) FRUTA VARIADA (PLÁTANO, PERAS, MELÓN)	J 3	GAZPACHO SOPA DE MARISCOS CONTRA DE TERNERA AL HORNO CON PURÉ DE MANZANA ENSALADAS VARIADAS (LECHUGA, TOMATE , ATÚN, ACEITUNAS) FRUTA EN ALMÍBAR (MELOCOTÓN)	V 4	PAELLA MIXTA CALAMARES A LA ROMANA ENSALADAS VARIADAS (LECHUGA, TOMATE, ATÚN, ZANAHORIA) YOGURES Y NATILLAS VARIADAS
L 7	M 8	MACARRONES BOLOÑESA FILETES DE TERNERA A LA PLANCHA VERDURAS SALTEADAS ENSALADAS VARIADAS (LECHUGA, TOMATES, ATÚN, MAÍZ) FRUTA VARIADA (MELÓN, SANDÍA)	X 9	GAZPACHO LENTEJAS CON CHORIZO SALMON A LA PLANCHA ENSALADAS VARIADAS (LECHUGA, MAÍZ, TOMATE, ATÚN) FRUTA VARIADA (PERAS, MANZANAS)	J 10	GAZPACHO CAZUELA DE JIBIA ALITAS DE POLLO / PINCHITOS DE POLLO ENSALADAS VARIADAS (LECHUGA, TOMATE ,ACEITUNAS, ZANAHORIAS) FRUTA VARIADA / HELADO	V 11	SAN BERNABÉ
L 14	M 15	LASAÑA FILETES DE LOMO EMPANADO VERDURAS SALTEADAS ENSALADAS VARIADAS (LECHUGA, TOMATE, MAÍZ, ATÚN) FRUTA VARIADA (PLÁTANO, FRESAS)	X 16	GAZPACHO LENTEJAS ESTAFADAS LENGUADOS REBOZADOS ENSALADAS VARIADAS (LECHUGA, TOMATE, ATÚN, MAÍZ) FRUTA VARIADA (MELÓN FRESAS, SANDÍA)	J 17	FABADA ASTURIANA POLLO ASADO AL LIMÓN PATATAS ESPAÑOLA ENSALADAS VARIADAS (LECHUGA TOMATE, ATÚN, ZANAHORIAS) FRUTA EN ALMÍBAR (PIÑA)	V 18	ENSALADILLA RUSA BOQUERONES REBOZADOS ENSALADAS VARIADAS (LECHUGA , TOMATE, ATÚN ,ACEITUNAS) FRUTA VARIADA (MANZANAS Y PERAS) YOGURES Y NATILLAS
L 21	M 22	COCIDO HUEVOS REVUELTOS ENSALADAS VARIADAS (LECHUGA, TOMATE, MAÍZ, ATÚN, ACEITUNAS) FRUTA VARIADA (PERAS, MANZANAS, NARANJAS)	X 23	GAZPACHO LENTEJAS CON CHORIZO ROSADA A LA ANDALUZA ENSALADAS VARIADAS (LECHUGA, TOMATE, ATÚN ,MAÍZ) HELADO / FRUTA VARIADA (KIWI, PERAS, MANZANA)	J 24	GAZPACHO ESPAGUETI BOLOÑESA FILETES DE LOMO A LA PLANCHA ENSALADAS VARIADAS (LECHUGA, TOMATE, ATÚN, MAÍZ) FRUTA VARIADA (SANDÍA, MELÓN, PERAS)		

ENSALADAS: LECHUGA, TOMATE, MAÍZ, ATÚN, ACEITUNAS.



**¡FELICES
VACACIONES!**

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

LUNES	MOLLETE CON ACEITE DE OLIVA O PAVO LECHE CON CACAO	MARTES	FRUTA DE TEMPORADA (MANZANAS Y PERAS)	MIÉRCOLES	MOLLETE DE CREMA DE QUESO	JUEVES	FRUTA DE TEMPORADA (MANZANAS Y PERAS)
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SUGERENCIAS PARA LA CENA

	M 1	ATÚN A LA PLANCHA, YOGURT	X 2	PURÉ DE VERDURAS, CARNE A LA PLANCHA, FRUTA	J 3	PECHUGA DE POLLO A LA PLANCHA, FRUTA	V 4	SOPA, CHAMPIÑONES SALTEADOS, FRUTA
L 7	M 8	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	X 9	MENESTRA DE VERDURAS, YOGURT, FRUTA	J 10	CREMA DE VERDURAS, FRUTA Y YOGURT	V 11	SAN BERNABÉ
L 14	M 15	BRÓCOLI HERVIDO, PESCADO, FRUTA Y VASO DE LECHE	M 16	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	X 17	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 18	MENESTRA DE VERDURAS, YOGURT, FRUTA
L 21	M 22	CREMA DE CALABACINES, FILETES DE LOMO, FRUTA	M 23	ATÚN A LA PLANCHA, YOGURT	X 24	PECHUGA DE POLLO A LA PLANCHA, FRUTA		SOPA, JUDÍAS VERDES SALTEADAS, FRUTA Y YOGURT

JUNE MENU 2021

	T 1	GAZPACHO CREAM OF PUMPKIN SOUP HOMEMADE MEATBALLS (PORK, BEEF, CHICKEN) SPANISH POTATOES MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) CARROTS) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, APPLES)	W 2	GAZPACHO LENTIL STEW SEASONED PINKROCK FISH (LEMON, GARLIC, PARSLEY) MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) FRUTA VARIADA (PLÁTANO, PERAS, MELÓN)	T h 3	GAZPACHO SEAFOOD CHOWDER BEEF TENDERLOIN WITH APPLE SAUCE MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) FRUIT IN SYRUP (PEACHES)	F 4	MIXED PAILLA BATTERED SQUID RINGS (CALAMARES) MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) CARROTS) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, STRAWBERRIES) YOGHURTS AND CUSTARD	
M 7	MACARONI BOLOGNESE GRILLED BEEF STEAK SAUTÉED VEGETABLES MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, APPLES)	T 8	GAZPACHO CREAM OF LEEK SOUP PORK TENDERLOIN IN MUSHROOM SAUCE MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) VARIETY OF SEASONAL FRUITS (STRAWBERRIES, PEARS, APPLES)	W 9	GAZPACHO LENTIL SOUP WITH SPANISH SAUSAGE GRILLED SALMON MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUIT (APPLES, PEARS)	T h 10	GAZPACHO CUTTLEFISH SOUP CHICKEN WINGS AND SKEWERS MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) VARIETY OF SEASONAL FRUITS (APPLES, PEARS) ICE-CREAM	F 11	SAN BERNABÉ
M 14	LASAGNA BREADCRUMBED PORK STEAK SAUTÉED VEGETABLES MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (BANANAS, STRAWBERRIES)	T 15	GAZPACHO CREAM OF ZUCCHINI SOUP CHICKEN CURRY BASTAMI RICE MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) CARROTS) VARIETY OF SEASONAL FRUITS (PEARS, APPLES, KIWI)	W 16	GAZPACHO LENTIL STEW BATTERED SOLE FISH MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, STRAWBERRIES)	T h 17	WHITE BEAN STEW LEMON ROASTED CHICKEN PATATAS ESPAÑOLA MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) CARROTS) FRUIT IN SYRUP (PINEAPPLE)	F 18	POTATO SALAD BATTERED ANCHOVIES (BOQUERONES) MIXED SALAD (LETTUCE, TOMATO, TUNA, OLIVES) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, STRAWBERRIES) YOGHURTS AND CUSTARD
M 21	BROILED MEATS WITH NOODLES AND CHICKPEAS SCRAMBLED EGGS MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN, OLIVES) VARIETY OF SEASONAL FRUIT (PEARS, APPLES, ORANGES)	T 22	GAZPACHO CREAM OF PUMPKIN SOUP HOMEMADE HAMBURGERS (CHICKEN, BEEF, TURKEY) MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, STRAWBERRIES)	W 23	GAZPACHO LENTIL STEW WITH SPANISH SAUSAGE PINKROCK FISH IN SAUCE MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (APPLES, PEARS) ICE-CREAM	T h 24	GAZPACHO SPAGHETTI BOLOGNESE GRILLED PORK STEAK MIXED SALAD (LETTUCE, TOMATO, TUNA, CORN) VARIETY OF SEASONAL FRUITS (MELON, WATERMELON, PEARS)		

SALAD: LETTUCE, TOMATOES, CORN, TUNA FISH, OLIVES.



HAPPY
HOLIDAYS!

TEA (PRE-SCHOOL AND FIRST CYCLE OF PRIMARY EDUCATION)

MONDAY	BREAD ROLL WITH OLIVE OIL OR TURKEY CHOCOLATE MILK	TUESDAY	SEASONAL FRUIT (APPLES AND PEARS)	WEDNESDAY	BREAD ROLL WITH CREAM CHEESE	THURSDAY	SEASONAL FRUIT (APPLES AND PEARS)
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DINNER SUGGESTION

	T 1	GRILLED TUNA, YOGHURT	W 2	VEGETABLE PURÉE, GRILLED MEAT, FRUIT	Th 3	GRILLED BREAST OF CHICKEN, FRUIT	F 4	SOUP, SAUTÉED MUSHROOMS, FRUIT
M 7	T 8	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	W 9	SAUTÉED MIXED VEGETABLES, YOGHURT AND FRUIT	Th 10	CREAM OF VEGETABLE SOUP, FRUIT & YOGHURT	F 11	HOLIDAY
M 14	T 15	BOILED BROCOLI, FISH, FRUIT & GLASS OF MILK	W 16	SAUTÉED MIXED VEGETABLES, GRILLED TUNA, YOGHURT	Th 17	SAUTÉED MIXED VEGETABLES, YOGHURT AND FRUIT	F 18	CREAM OF COURGETTER, GRILLED PORK TENDERLOIN
M 21	T 22	SAUTÉED MIXED VEGETABLES, GRILLED TUNA, YOGHURT	W 23	GRILLED TUNA, YOGHURT	Th 24	GRILLED BREAST OF CHICKEN, FRUIT	F 25	SOUP, SAUTÉED GREEN BEANS, FRUIT & YOGHURT