

# MENÚ DE OCTUBRE 2021

|         |   |         |  |         |   |  |  |         |  |
|---------|---|---------|--|---------|---|--|--|---------|--|
|         |   |         |  |         | V<br>1  | PAELLA MIXTA<br>BOQUERONES A LA<br>ANDALUZA<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS<br>VARIADAS<br>FRUTA DE TEMPORADA |  |         |  |
| L<br>4  | MACARRONES<br>BOLOÑESA<br>FILETES DE LOMO A LA<br>PLANCHA<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                      | M<br>5  | GAZPACHO<br>CREMA DE PUERROS<br>ALBÓNDIGAS CASERAS<br>(TERNERA, POLLO,<br>CERDO)<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA        | X<br>6  | GAZPACHO<br>LENTEJAS ESTOFADAS<br>ROSADA A LA<br>ROMANA<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA          | J<br>7   | SOPA DE MARISCOS<br>TERNERA ASADA AL<br>HORNO<br>PURÉ DE MANZANAS<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR                           | V<br>8  | ENSALADILLA RUSA<br>CALAMARES A LA<br>ROMANA<br>BUFFET DE ENSALADA<br>YOGURES Y NATILLAS<br>VARIADAS<br>FRUTA DE TEMPORADA |
| L<br>11 | SOPA DE PICADILLO<br>TORTILLA DE PATATA Y<br>CEBOLLA<br>PIMIENTO FRITOS<br>BUFFET DE ENSALADAS<br>FRUTAS DE<br>TEMPORADA    | M<br>12 | <b>FESTIVO</b>   | X<br>13 | GAZPACHO<br>LENTEJAS ESTOFADAS<br>SALMON A LA<br>PLANCHA<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA         | J<br>14  | GAZPACHO<br>CAZUELA DE PATATAS<br>CON ALMEJAS<br>POLLO ASADO AL LIMÓN<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR | V<br>15 | GAZPACHO<br>JUDÍAS BLANCAS<br>ESTOFADAS<br>CALAMARES A LA<br>ROMANA<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS           |
| L<br>18 | ESPAGUETIS BOLOÑESA<br>PECHUGAS DE POLLO A<br>LA PLANCHA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA | M<br>19 | <b>FESTIVO</b>   | X<br>20 | GAZPACHO<br>LENTEJAS ESTOFADAS<br>ROSADA A LA<br>ROMANA<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA          | J<br>21  | COCIDO<br>CROQUETAS DE LA<br>ABUELA<br>BUFFET DE ENSALADAS<br>FRUTA DE<br>TEMPORADA  | V<br>22 | PAELLA MIXTA<br>LENGUADO REBOZADO<br>BUFFET DE ENSALADA<br>YOGURES Y NATILLAS<br>FRUTA DE TEMPORADA                        |
| L<br>25 | PIZZA CASERA<br>SALCHICHAS DE PAVO<br>BUFFET DE<br>ENSALADAS<br>FRUTA DE<br>TEMPORADA                                       | M<br>26 | CREMA DE PUERROS<br>CARRILLADA EN SALSA DE<br>ALMENDRAS Y<br>CHAMPIÑONES<br>VERDURAS DE<br>TEMPORADA SALTEADAS<br>BUFFET DE ENSALADA<br>FRUTA DE TEMPORADA | X<br>27 | POTAJE DE GARBANZOS<br>CON ESPINACAS<br>MERLUZA EN SALSA<br>VERDE<br>BUFFET DE ENSALADA<br>FRUTA DE TEMPORADA | J<br>28  | SOPA DE PESCADO<br>ALITAS DE POLLO Y<br>PINCHITOS DE POLLO<br>PATATAS ESPAÑOLA<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR              | V<br>29 | PAELLA MIXTA<br>BOQUERONES AL<br>LIMÓN<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS<br>FRUTA DE TEMPORADA                  |



# MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

|       |   |        |   |           |                                 |        |   |
|-------|---|--------|---|-----------|---------------------------------|--------|---|
| LUNES | MOLLETE CON<br>ACEITE DE OLIVA O<br>PAVO<br>LECHE CON CACAO | MARTES | FRUTA DE<br>TEMPORADA<br>(MANZANAS Y PERAS) | MIÉRCOLES | MOLLETE DE<br>CREMA DE<br>QUESO | JUEVES | FRUTA DE<br>TEMPORADA<br>(MANZANAS Y PERAS) |
|-------|---|--------|---|-----------|---------------------------------|--------|---|

## SUGERENCIAS PARA LA CENA

|         |  |         |                                 |         |   |         |   |         |   |
|---------|--|---------|---------------------------------|---------|---|---------|---|---------|---|
|         |  |         |                                 |         |   | V<br>1  | PURÉ DE<br>VERDURAS, CARNE<br>A LA PLANCHA,<br>FRUTA      |         |   |
| L<br>4  | SÁNDWICH DE<br>SALMÓN,<br>YOGURT, FRUTA                  | M<br>5  | ATÚN A LA<br>PLANCHA,<br>YOGURT | X<br>6  | FILETES DE RUSOS,<br>VERDURA, FRUTA<br>Y VASO DE LECHE      | J<br>7  | CREMA DE<br>CALABACÍN,<br>FRUTA Y VASO DE<br>LECHE        | V<br>9  | CREMA DE<br>VERDURAS,<br>FRUTA Y YOGURT                     |
| L<br>11 | BRÓCOLI<br>HERVIDO,<br>PESCADO, FRUTA<br>Y VASO DE LECHE | M<br>12 | FESTIVO                         | X<br>13 | REVUELTO DE<br>ESPÁRRAGOS,<br>PICADILLO DE<br>TOMATE, FRUTA | J<br>14 | VERDURA,<br>EMPANADA DE<br>ATÚN, FRUTA Y<br>VASO DE LECHE | V<br>15 | PECHUGA DE<br>POLLO A LA<br>PLANCHA, FRUTA                  |
| L<br>18 | SOPA, JUDÍAS<br>VERDES SALTEADAS,<br>FRUTA Y YOGURT      | M<br>19 | FESTIVO                         | X<br>20 | CREMA DE<br>CALABACÍN,<br>FRUTA Y VASO DE<br>LECHE          | J<br>21 | MENESTRA DE<br>VERDURAS,<br>YOGURT, FRUTA                 | V<br>22 | FILETES DE<br>TERNERA,<br>VERDURA, FRUTA Y<br>VASO DE LECHE |
| L<br>25 | SOPA,<br>CHAMPIÑONES<br>SALTEADOS,<br>FRUTA              | M<br>26 | ATÚN A LA<br>PLANCHA,<br>YOGURT | X<br>27 | PECHUGA DE<br>POLLO A LA<br>PLANCHA, FRUTA                  | J<br>28 | MENESTRA DE<br>VERDURAS,<br>YOGURT, FRUTA                 | V<br>29 | CREMA DE<br>CALABACINES,<br>FILETES DE LOMO,<br>FRUTA       |





# OCTOBER MENU 2021

|         |   |         |   |         |   |              |   |         |   |
|---------|---|---------|---|---------|---|--------------|---|---------|---|
|         |   |         |   |         |   |              |   | F<br>1  | MIXED PAELLA<br>BATTERED ANCHOVIES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT<br>YOGHURTS AND<br>CUSTARD               |
| M<br>4  | MACARONI<br>BOLOGNESE<br>GRILLED PORK STEAK<br>SALAD BUFFET<br>VARIETY OF<br>SEASONAL FRUIT   | T<br>5  | GAZPACHO<br>CREAM OF LEEK SOUP<br>HOMEMADE MEATBALLS<br>(BEEF,PORK,CHICKEN)<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT | W<br>6  | GAZPACHO<br>LENTIL STEW<br>BATTERED PINKROCK<br>FISH<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT                      | T<br>h<br>7  | SHELLFISH SOUP<br>ROAST BEEF WITH<br>APPLE PURE<br>SALAD BUFFET<br>FRUIT IN SYRUP   | F<br>8  | POTATO SALAD<br>BATTERED SQUID RINGS<br>(CALAMARES)<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT<br>YOGHURTS AND CUSTARD |
| M<br>11 | GARNISHED CHICKEN SOUP<br>SPANISH OMELETTE (WITH<br>POTATOES AND ONIONS)<br>FRIED GREEN PEPPERS<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT | T<br>12 | <b>HOLIDAY</b>  | W<br>13 | GAZPACHO<br>LENTIL STEW<br>GRILLED SALMON<br>SALAD BUFFET<br>VARIETY OF<br>SEASONAL FRUIT                                 | T<br>h<br>14 | GAZPACHO<br>POTATOES AND CLAMS<br>STEW<br>LEMON ROASTED CHICKEN<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>FRUIT IN SYRUP   | F<br>15 | GAZPACHO<br>WHITE BEANS STEW<br>BATTERED SQUID RINGS<br>(CALAMARES)<br>VARIETY OF SEASONAL<br>FRUIT<br>YOGHURTS AND CUSTARD |
| M<br>18 | SPAGHETTI BOLOGNESE<br>GRILLED CHICKEN<br>BREAST<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT                          | T<br>19 | <b>HOLIDAY</b>  | W<br>20 | GAZPACHO<br>LENTIL STEW WITH<br>SPANISH SAUSAGE<br>BATTERED PINKROCK FISH<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT | T<br>h<br>21 | BROILED CHICKEN WITH<br>VEGETABLES AND<br>POTATOES<br>HOMEMADE CROQUETTES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT | F<br>22 | MIXED PAELLA<br>BATTERED OR GRILLED<br>SOLE FISH<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT<br>YOGHURTS AND CUSTARD    |
| M<br>25 | HOMEMADE PIZZA<br>TURKEY SAUSAGES<br>SALAD BUFFET<br>VARIETY OF<br>SEASONAL FRUIT   | T<br>26 | CREAM OF LEEK SOUP<br>PORK TENDERLOIN IN<br>ALMOND AND MUSHROOM<br>SAUCE<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT    | W<br>27 | CHICKPEA AND<br>SPINACH STEW<br>HAKE FISH IN GREEN<br>SAUCE<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT               | T<br>h<br>28 | FISH SOUP<br>CHICKEN WINGS AND<br>SKEWERS<br>SPANISH POTATOES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT             | F<br>29 | MIXED PAELLA<br>BATTERED ANCHOVIES<br>SALAD BUFFET<br>VARIETY OF SEASONAL<br>FRUIT<br>YOGHURTS AND<br>CUSTARD               |

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



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

|               |  |                |                                   |                  |                              |                 |                                   |
|---------------|--|----------------|-----------------------------------|------------------|------------------------------|-----------------|-----------------------------------|
| <b>MONDAY</b> | BREAD ROLL WITH OLIVE OIL OR TURKEY CHOCOLATE MILK | <b>TUESDAY</b> | SEASONAL FRUIT (APPLES AND PEARS) | <b>WEDNESDAY</b> | BREAD ROLL WITH CREAM CHEESE | <b>THURSDAY</b> | SEASONAL FRUIT (APPLES AND PEARS) |
|---------------|--|----------------|-----------------------------------|------------------|------------------------------|-----------------|-----------------------------------|

## DINNER SUGGESTION

|             |   |             |                       |             |  |              |  |   |  |
|-------------|---|-------------|-----------------------|-------------|--|--------------|--|---|--|
|             |   |             |                       |             |  |              | <b>F 1</b>                                       | PURÉ DE VERDURAS, CARNE A LA PLANCHA, FRUTA |  |
| <b>M 4</b>  | SÁNDWICH DE SALMÓN, YOGURT, FRUTA           | <b>T 5</b>  | GRILLED TUNA, YOGHURT | <b>W 6</b>  | FILETES DE RUSOS, VERDURA, FRUTA Y VASO DE LECHE   | <b>Th 7</b>  | CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK   | <b>F 8</b>                                  | CREAM OF VEGETABLE SOUP, FRUIT & YOGHURT           |
| <b>M 11</b> | BOILED BROCOLI, FISH, FRUIT & GLASS OF MILK | <b>T 12</b> | HOLIDAY               | <b>W 13</b> | REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA | <b>Th 14</b> | VERDURA, EMPANADA DE ATÚN, FRUTA Y VASO DE LECHE | <b>F 15</b>                                 | PECHUGA DE POLLO A LA PLANCHA, FRUTA               |
| <b>M 18</b> | SOUP, SAUTÉED GREEN BEANS, FRUIT & YOGHURT  | <b>T 19</b> | HOLIDAY               | <b>W 20</b> | CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE          | <b>Th 21</b> | SAUTÉED MIXED VEGETABLES, YOGHURT AND FRUIT      | <b>F 22</b>                                 | FILETES DE TERNERA, VERDURA, FRUTA Y VASO DE LECHE |
| <b>M 25</b> | SOPA, CHAMPIÑONES SALTEADOS, FRUTA          | <b>T 26</b> | GRILLED TUNA, YOGHURT | <b>W 27</b> | GRILLED BREAST OF CHICKEN, FRUIT                   | <b>Th 28</b> | SAUTÉED MIXED VEGETABLES, YOGHURT AND FRUIT      | <b>F 29</b>                                 | CREAM OF COURGETTER, GRILLED PORK TENDERLOIN       |