Menu for children from 3 to 6 years

MENU SUPERVISED BY PROFESSIONALS WITH ACCREDITED TRAINING IN NUTRITION AND DIETETICS aramark

MONTH: October 2026

- Nombre del Colegio -

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Courgette cream (eco.) with salad buffet Rota style haddock with brown rice Fruit and wholemeal bread VE:2.987/715 GT:13 GS:3 CH:117 AZ:31 PROT:37 SAL:2	2 Cream of tomato with salad buffet Grilled chicken thigh with sautéed green beans Fruit and bread VE:2.939/703 GT:13 GS:4 CH:98 AZ:35 PROT:52 SAL:1
5 Cream of carrot & butternut squash with salad buffet Grilled tenderloin with ratatouille Fruit and bread VE:3.212/768 GT:29 GS:6 CH:89 AZ:33 PROT:39 SAL:1	6 Cuban style rice with salad buffet Baked dab with sauted corn Yoghurt and wholemeal bread VE:4.772/1.142 GT:41 GS:13 CH:130 AZ:17 PROT:67 SAL:3	7 Chole palak (chickea hotpot with spinach) with salad buffet French omelette with sautéed broccoli Fruit and bread VE:3.461/828 GT:24 GS:5 CH:114 AZ:34 PROT:42 SAL:1	8 Vegetables cream (eco.) with salad buffet Pickled dogfish with peas & carrot Fruit and wholemeal bread VE:2.839/679 GT:19 GS:3 CH:84 AZ:33 PROT:41 SAL:1	9 Broth with ham bits with salad buffet Cannelloni in Aurora sauce with sautéed green beans Fruit and bread VE:3.803/910 GT:21 GS:4 CH:144 AZ:34 PROT:36 SAL:1
12 FESTIVO	13 Vegetables lentils with salad buffet Grilled haddock with vegetable and quinoa stew Yoghurt and wholemeal bread VE:3.325/795 GT:22 GS:6 CH:106 AZ:18 PROT:48 SAL:3	14 Spinach cream with salad buffet Chicken in curry sauce with brown rice Fruit and bread VE:3.833/917 GT:24 GS:5 CH:123 AZ:30 PROT:53 SAL:2	15 Steamed broccoli with potatoes with salad buffet **Dab in sauce** with whole pasta Fruit and wholemeal bread VE:3.078/736 GT:18 GS:2 CH:102 AZ:27 PROT:43 SAL:2	16 Zucchini cream with salad buffet Turkey omelette with sautéed peas Fruit and bread VE:2.679/641 GT:17 GS:3 CH:91 AZ:33 PROT:32 SAL:1
19 Stewed lentils with vegetables (eco.) with salad buffet Meatballs in gravy (gluten free) with vegetable stew Fruit and bread VE:3.805/910 GT:25 GS:9 CH:129 AZ:31 PROT:47 SAL:1	20 Vegetables cream (eco.) with salad buffet **Dab in sauce** with cauliflower Yoghurt and wholemeal bread VE:2.821/675 GT:29 GS:6 CH:62 AZ:16 PROT:42 SAL:1	21 Whole grain maccaroni with tomato and onion sauce with salad buffet French omelette with gratin cheese with dressed broccoli Fruit and bread VE:2.521/603 GT:9 GS:1 CH:111 AZ:30 PROT:23 SAL:2	22 Carrot cream with salad buffet Baked salmon with brown rice sauteed with garlic Fruit and wholemeal bread VE:2.945/705 GT:16 GS:3 CH:96 AZ:32 PROT:41 SAL:1	23 Cream of leek (eco.) with salad buffet Baked fresh sausage with oven-roasted carrot and zucchini cubes Fruit and bread VE:3.225/771 GT:31 GS:9 CH:91 AZ:34 PROT:32 SAL:3
26 Cream of cauliflower with salad buffet Chicken & vegetables paella with sautéed green beans Fruit and bread VE:3.500/837 GT:15 GS:2 CH:145 AZ:35 PROT:34 SAL:1	27 Braised beans with vegetables with salad buffet Baked haddock with ratatouille Yoghurt and wholemeal bread VE:3.111/744 GT:17 GS:4 CH:89 AZ:16 PROT:60 SAL:2	28 Homemade garden cream with salad buffet Turkey & vegetable stew with whole pasta Fruit and bread VE:3.331/797 GT:21 GS:5 CH:112 AZ:33 PROT:40 SAL:2	29 Pea cream with salad buffet Lemonade fillet with citrus vinaigrette with sautéed broccoli Fruit and wholemeal bread VE:2.897/693 GT:23 GS:3 CH:86 AZ:32 PROT:37 SAL:1	30 Pumpkin soup (eco.) with salad buffet Spanish omelette with AOVE with vegetable stew Fruit and bread VE:2.862/685 GT:20 GS:3 CH:99 AZ:33 PROT:27 SAL:3

In compliance with Royal Decree 315/2025, information on allergens present in each dish is available on the dining hall notice board. Please contact the person in charge if you have any questions

VISIT OUR WEBSITE: WWW.ELGUSTODECRECER.ES