

Menu for children from 3 to 6 years

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

MONTH: September 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7

Vegetables cream (eco.) with salad buffet
Spanish omelette with AOVE with dressed broccoli
Fruit and bread

VE:2.824/676 GT:20 GS:3 CH:98 AZ:33 PROT:28 SAL:2

8

Vegetables lentils with salad buffet
Baked haddock with vegetable and quinoa stew
Yoghurt and wholemeal bread

VE:3.413/816 GT:18 GS:5 CH:107 AZ:18 PROT:50 SAL:2

9

Brown rice with tomato sauce with salad buffet
Grilled hotdogs with sautéed peas
Fruit and bread

VE:3.968/949 GT:30 GS:8 CH:131 AZ:32 PROT:39 SAL:3

10

Carrot cream with salad buffet
Baked dab with whole pasta
Fruit and wholemeal bread

VE:3.313/793 GT:17 GS:4 CH:116 AZ:32 PROT:44 SAL:1

11

Vegetable soup with whole wheat pasta with salad buffet
Roasted chicken drumsticks with ratatouille
Fruit and bread

VE:2.800/670 GT:21 GS:3 CH:90 AZ:29 PROT:32 SAL:1

14

Pumpkin soup (eco.) with salad buffet
Turkey omelette with oven-roasted carrot and zucchini cubes
Fruit and bread

VE:2.868/686 GT:26 GS:5 CH:85 AZ:36 PROT:29 SAL:2

15

Braised beans with vegetables with salad buffet
- Limanda en salsa with cauliflower
Yoghurt and wholemeal bread

VE:3.273/783 GT:23 GS:5 CH:89 AZ:17 PROT:56 SAL:1

16

Pea cream with salad buffet
- Macarrones integrales con boloñesa vegana with sauted corn
Fruit and bread

VE:4.146/992 GT:38 GS:6 CH:126 AZ:32 PROT:41 SAL:2

17

Vegetables cream (eco.) with salad buffet
Grilled haddock with mashed potatoes
Fruit and wholemeal bread

VE:2.714/649 GT:20 GS:4 CH:87 AZ:31 PROT:39 SAL:2

18

Cream of tomato with salad buffet
Chicken Paella with sautéed broccoli
Fruit and bread

VE:2.826/676 GT:9 GS:2 CH:123 AZ:33 PROT:31 SAL:2

21

Carrot cream with salad buffet
Turkey & vegetable stew with - coliflor salteada
Fruit and bread

VE:2.875/688 GT:17 GS:5 CH:95 AZ:36 PROT:36 SAL:1

22

Puchero stew (gluten free) with salad buffet
Haddock with fine herbs & minestrone
Yoghurt and wholemeal bread

VE:2.682/642 GT:16 GS:5 CH:79 AZ:20 PROT:53 SAL:5

23

Brown rice three delights with salad buffet
Cooked breaded ham & cheese escalope with ratatouille
Fruit and bread

VE:4.146/992 GT:38 GS:6 CH:126 AZ:32 PROT:41 SAL:2

24

Steamed broccoli with potatoes with salad buffet
- Limanda en salsa with whole pasta
Fruit and wholemeal bread

VE:3.078/736 GT:18 GS:2 CH:102 AZ:27 PROT:43 SAL:2

25

Spinach cream with salad buffet
Roasted tenderloin in gravy with roasted potatoes
Fruit and bread

VE:2.961/708 GT:18 GS:4 CH:96 AZ:30 PROT:41 SAL:2

28

FESTIVO

29

FESTIVO

30

Braised lentils with brown rice with salad buffet
Cheese omelette with refried cauliflower
Fruit and bread

VE:3.300/790 GT:18 GS:2 CH:124 AZ:30 PROT:33 SAL:2

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

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