Secondary menu

MENU PREPARED BY THE DEPARTMENT OF NUTRITION OF aramark

MONTH: November 2026

- Nombre del Colegio -

Monday	Tuesday	Wednesday	Thursday	Friday
2 **FESTIVO**	3 **FESTIVO**	4 **FESTIVO**	5 **FESTIVO**	6 **FESTIVO**
9 Courgette cream (eco.) with salad buffet Meatballs in sauce (garlic, onion, tomato and carrot) with sautéed green beans or Baked pollack Fruit and bread	10 Andalusian stew with mint with salad buffet Baked hamburger with vegetable stew or Baked dab Yoghurt and wholemeal bread	11 Brown rice three delights with salad buffet Chicken breast with sauted corn or Hake in green sauce Fruit and bread	12 Steamed broccoli with potatoes with salad buffet - *Revuelto de jamón york* with ratatouille or Haddock in sauce Fruit and wholemeal bread	13 Minestrone soup with salad buffet Grilled tenderloin with roasted potatoes or Grilled perch Fruit and bread
16 Carrot cream with salad buffet Spanish omelette with sautéed peas or Bilbain's style hake Fruit and bread	17 Hindú tomato soup with salad buffet Breaded chicken breast with dressed broccoli or Salmon with sauce Fruit and wholemeal bread	18 Whole grain maccaroni with tomato and onion sauce with salad buffet Turkey & vegetable stew with vegetable stew or Baked perch Fruit and bread	19 **J. G. REINO UNIDO** Baked beans with salad buffet Fish and chips Custard and wholemeal bread VE:4.156/994 GT:36 GS:6 CH:123 AZ:28 PROT:49 SAL:3	20 Green beans with potatoes with salad buffet Roasted chicken drumsticks with sautéed rice or Cod with pil pil sauce Fruit and bread
23 Vegetables cream (eco.) with salad buffet Cooked breaded ham & cheese escalope with oven-roasted carrot and zucchini cubes or Grilled perch Fruit and bread	24 Chole palak (chickea hotpot with spinach) with salad buffet Chicken wok with vegetables with - "A lo pobre" potatoes (with tri-color bell peppers and onions)or Baked haddock Yoghurt and wholemeal bread	25 Brown rice with tomato sauce with salad buffet Turkey omelette with sautéed broccoli or Salmon with sauce Fruit and bread	26 Pea cream with salad buffet Grilled tenderloin with ratatouille or - Dab in sauce Fruit and bread	27 Courgette cream (eco.) with salad buffet - Whole-wheat pasta with soy-based vegetarian Bolognese sauce with vegetable stew or Grilled and baked hake with garlic & hot pepper gravy Fruit and bread
30 - Pumpkin Cream Soup (eco) with salad buffet Homemade lasagna with vegetable stew or Pollack with tomato sauce Fruit and bread				