Primary

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 Fruit and bread VE:4.017/961 GT:41 GS:12 CH:109 AZ:36 PROT:36 SAL:3	10 Andalusian stew with mint with salad buffet Baked dab with vegetable stew Yoghurt and wholemeal bread VE:3.576/856 GT:22 GS:7 CH:107 AZ:15 PROT:56 SAL:1	11 Brown rice three delights with salad buffet Chicken breast with sauted corn Fruit and bread VE:3.153/754 GT:11 GS:2 CH:117 AZ:34 PROT:50 SAL:2	12 Steamed broccoli with potatoes with salad buffet Haddock in sauce with ratatouille Fruit and wholemeal bread VE:2.828/677 GT:21 GS:2 CH:89 AZ:28 PROT:44 SAL:2	13 Minestrone soup with salad buffet Grilled tenderloin with roasted potatoes Fruit and bread VE:2.990/715 GT:15 GS:4 CH:103 AZ:32 PROT:41 SAL:2
16 Carrot cream with salad buffet Spanish omelette with sautéed peas Fruit and bread VE:3.285/786 GT:22 GS:5 CH:111 AZ:39 PROT:33 SAL:1	17 Hindú tomato soup with salad buffet Baked salmon with dressed broccoli Fruit and wholemeal bread VE:2.264/542 GT:12 GS:2 CH:70 AZ:31 PROT:40 SAL:1	18 Whole grain maccaroni with tomato and onion sauce with salad buffet Turkey & vegetable stew with vegetable stew Fruit and bread VE:3.331/797 GT:16 GS:4 CH:120 AZ:30 PROT:41 SAL:2	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 Fruit and bread VE:2.996/717 GT:16 GS:3 CH:110 AZ:30 PROT:31 SAL:1
23 Vegetables cream (eco.) with salad buffet Cooked breaded ham & cheese escalope with oven-roasted carrot and zucchini cubes Fruit and bread VE:3.731/893 GT:41 GS:6 CH:102 AZ:37 PROT:31 SAL:2	24 Chole palak (chickea hotpot with spinach) with salad buffet Baked haddock with - "A lo pobre" potatoes (with tri-color bell peppers and onions) Yoghurt and wholemeal bread VE:3.374/807 GT:18 GS:6 CH:99 AZ:18 PROT:57 SAL:3	25 Brown rice with tomato sauce with salad buffet Turkey omelette with sautéed broccoli Fruit and bread VE:3.312/792 GT:17 GS:3 CH:127 AZ:29 PROT:36 SAL:2	26 Pea cream with salad buffet - Dab in sauce with ratatouille Fruit and bread VE:3.322/795 GT:25 GS:2 CH:100 AZ:33 PROT:44 SAL:1	27 Courgette cream (eco.) with salad buffet - Whole-wheat pasta with soy-based vegetarian Bolognese sauce with vegetable stew Fruit and bread VE:3.600/861 GT:19 GS:3 CH:136 AZ:34 PROT:33 SAL:2
30 - Pumpkin Cream Soup (eco) with salad buffet Homemade lasagna with vegetable stew Fruit and bread VE:3.487/834 GT:26 GS:4 CH:122 AZ:33 PROT:28 SAL:2				