Ovolactovegetarian

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 Veggie meatballs with tomato with sautéed green beans Fruit and bread VE:3.358/803 GT:22 GS:3 CH:119 AZ:39 PROT:32 SAL:3	10 Vegetables soup with salad buffet Vegetarian burrito (textured soy, rice, and beans) with vegetable stew Yoghurt and wholemeal bread VE:2.975/712 GT:17 GS:6 CH:95 AZ:21 PROT:39 SAL:2	11 Brown rice three delights with salad buffet Spring roll with sauted corn Fruit and bread VE:3.508/839 GT:20 GS:3 CH:139 AZ:54 PROT:30 SAL:1	12 Steamed broccoli with potatoes with salad buffet - Scrambled Eggs with Mushrooms with ratatouille Fruit and wholemeal bread VE:2.839/679 GT:24 GS:4 CH:84 AZ:29 PROT:36 SAL:2	13 Minestrone soup with salad buffet Vegetables pizza with roasted potatoes Fruit and bread VE:3.437/822 GT:17 GS:6 CH:137 AZ:35 PROT:30 SAL:3
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 Vegan burger with dressed broccoli Fruit and wholemeal bread VE:2.439/584 GT:11 GS:2 CH:97 AZ:33 PROT:25 SAL:1	18 Whole grain maccaroni with tomato and onion sauce with salad buffet Chickpeas falafel with vegetable stew Fruit and bread VE:3.929/940 GT:17 GS:2 CH:165 AZ:37 PROT:35 SAL:2	19 **J. G. REINO UNIDO** Baked beans with salad buffet Vegetables pie with french fries Custard and wholemeal bread VE:4.578/1.095 GT:45 GS:12 CH:131 AZ:33 PROT:44 SAL:2	20 Green beans with potatoes with salad buffet Grilled tofu with sautéed rice Fruit and bread VE:2.688/643 GT:10 GS:2 CH:112 AZ:31 PROT:27 SAL:1
23 Vegetables cream (eco.) with salad buffet Vegetables Fajitas with oven-roasted carrot and zucchini cubes Fruit and bread VE:3.214/769 GT:24 GS:23 CH:114 AZ:36 PROT:24 SAL:1	24 Chole palak (chickea hotpot with spinach) with salad buffet Vegetable wok with - potatoes "a lo pobre" (with tri-color bell peppers and onions) Yoghurt and wholemeal bread VE:3.382/809 GT:18 GS:5 CH:105 AZ:24 PROT:43 SAL:3	25 Brown rice with tomato sauce with salad buffet French omelette with sautéed broccoli Fruit and bread VE:3.412/816 GT:20 GS:4 CH:126 AZ:29 PROT:35 SAL:2	26 Pea cream with salad buffet Stuffed aubergine with quinoa and ratatouille with ratatouille Fruit and bread VE:3.202/766 GT:16 GS:1 CH:131 AZ:37 PROT:29 SAL:3	27 Courgette cream (eco.) with salad buffet Napolitan macaroni with vegetable stew Fruit and bread VE:3.420/818 GT:14 GS:3 CH:141 AZ:33 PROT:30 SAL:1
30 Pumpkin cream soup (eco.) with salad buffet Vegetables lasagna with vegetable stew Fruit and bread VE:3.466/829 GT:26 GS:6 CH:121 AZ:35 PROT:26 SAL:2				