

# Menu for children from 3 to 6 years

MENU PREPARED BY THE DEPARTMENT OF NUTRITION OF  
aramark 

MONTH: January 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

			1	2
			VACACIONES	VACACIONES
5	6	7	8	9
VACACIONES	VACACIONES	VACACIONES	Zucchini cream with salad buffet Homemade lasagna with vegetable stew Fruit and bread	Carrot cream with salad buffet Chicken burger with french fries Fruit and bread
12	13	14	15	16
Pumpkin soup with salad buffet Spanish omelette with AOVE with diced carrots and zucchini Fruit and bread	Puchero (chickpea) stew with salad buffet <i>Pollo al horno</i> with basmati rice Yoghurt and wholemeal bread	Noodle soup with salad buffet Loin in sauce with roasted potatoes Fruit and bread	Soup with ham & egg bits with salad buffet Turkey stew with vegetable stew Fruit and bread	Vegetables cream with salad buffet Macaroni bolognese with sauted corn Vanilla crème caramel and bread
19	20	21	22	23
Stew soup with salad buffet Baked dab with mashed potatoes Fruit and bread	Vegetables lentils with salad buffet Breaded pork loin with sautéed broccoli Yoghurt and wholemeal bread	Spinach cream with salad buffet Baked chicken drumsticks with roasted potatoes Fruit and bread	JORNADA "ITALIA" Vegetables soup with salad buffet Roman pizza with sicilian caponata Panna Cotta and bread	Andalusian stew with mint with salad buffet Chicken & vegetables paella with vegetable stew Fruit and bread
26	27	28	29	30
Zucchini cream with salad buffet Meatballs with tomato sauce with sautéed broccoli Fruit and bread	Carrot cream with salad buffet Breaded hake with sautéed rice Yoghurt and wholemeal bread	Pumpkin soup with salad buffet Macaroni bolognese with sautéed vegetable stew (peas, carrot) Fruit and bread	Vegetables lentils with salad buffet Grilled tenderloin with roasted potatoes Fruit and bread	Soup with ham & egg bits with salad buffet Chicken strips with vegetables with steamed potatoes Fruit and bread

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