

Secondary menu

MENU PREPARED BY THE DEPARTMENT OF NUTRITION

N OF

MONTH: May 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

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FESTIVO

4 Sautéed peas with salad buffet or Gazpacho
Spanish omelette with courgette with vegetable stew or Baked dab
Fruit and bread

5 Organic vegetable cream soup (carrot, potato, leek, organic pumpkin, organic zucchini) with salad buffet or Gazpacho
Mushroom fideuá with textured soybeans or Pickled perch with sautéed vegetables
Yoghurt and wholemeal bread

6 Lentil stew (eco.) with apple with salad buffet or Gazpacho
Eggs au gratin & mushroom bechamel with vegetable stew or Battered & fried codfish
Fruit and bread

7 Whole wheat noodle soup with salad buffet or Gazpacho
Cannelloni in Aurora sauce with slice of roasted aubergine or Haddock with fine herbs
Fruit and wholemeal bread

8 Cuban style rice with salad buffet
Baked chicken drumsticks with diced carrots and zucchini or Grilled haddock
Fruit and bread

11 Vegetables cream (eco.) with salad buffet or Gazpacho
Mixed paella (eco.) with stir-fried vegetables with turmeric or Baked perch
Fruit and bread

Braised Pinto Beans with Brown Rice with salad buffet or Gazpacho
Scrambled eggs with ham, onions & cheese with ratatouille or Galician haddock (potato, paprika)
Yoghurt and wholemeal bread

13 Sailor soup with fish and quinoa with salad buffet or Gazpacho
Rosemary grilled chicken with roasted potatoes or Breaded filet
Fruit and bread

14 - Carrot cream and apple with salad buffet or Gazpacho
Sautéed lentils with corn and tomato sauce with vegetable stew or Fish in sauce
Fruit and wholemeal bread

15 Chinese fried rice (eco.) with salad buffet or Gazpacho
Grilled haddock with mashed potatoes or Stuffed aubergine with quinoa and ratatouille
Fruit and bread

18 Cream of zucchini (leek, zucchini, potato) with salad buffet or Gazpacho
Chicken & vegetables paella with sautéed broccoli or Rota style haddock
Fruit and bread

19 Stewed lentils with salad buffet or Gazpacho
Ham and cheese scramble with sautéed beans or Pickled perch
Yoghurt and wholemeal bread

20 Whole wheat macaroni with salad buffet or Gazpacho
Lemon chicken drumsticks with vegetable stew or Grilled codfish
Fruit and bread

21 Braised beans with vegetables with salad buffet or Gazpacho
Haddock in sauce with fried potato with onion or Spanish omelette with AOVE
Fruit and wholemeal bread

Pumpkin and carrot soup (eco) with turmeric with salad buffet or Gazpacho
French omelette with rice salad with tomato and corn or Perch filet bilbain's style
Fruit and bread

25 Rice with tomato sauce (eco.) with salad buffet or Gazpacho
Chicken breast with sautéed vegetables or Hake meatballs in homemade sauce
Fruit and bread

2 Puchero (chickpea) stew with salad buffet or Gazpacho
Chickpeas stewed with soy bolognese and vegetables with dressed broccoli or Spanish omelette with zucchini and AOVE
Yoghurt and wholemeal bread

27 Ecologic carrot cream with salad buffet or Gazpacho
Grilled chicken with ratatouille or Galician haddock (potato, paprika)
Fruit and bread

28 Vegetables lentils with salad buffet or Gazpacho
Turkey omelette with – sautéed coliflower or Andalusian style perch
Fruit and wholemeal bread

29 Tagliatelle with bolognese sauce with salad buffet or Gazpacho
Scrambled eggs with mushrooms with diced carrots and zucchini or – Fish in sauce
Fruit and bread