

Secondary menu

**MENU SUPERVISED BY PROFESSIONALS WITH ACCREDITED TRAINING
IN NUTRITION AND DIETETICS** aramark 

MONTH: September 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7
Vegetables cream (eco.) with salad buffet
Spanish omelette with AOVE with dressed broccoli or Baked perch
Fruit and bread

8
Vegetables lentils with salad buffet
Chicken breast with vegetable and quinoa stew or Baked haddock
Yoghurt and wholemeal bread

9
Brown rice with tomato sauce with salad buffet
Grilled hotdogs with sautéed peas or Bilbain's style hake
Fruit and bread

10
Sautéed green beans with potatoes with salad buffet
Wok pork with vegetables (without soy sauce) with whole pasta or - Limanda al horno
Fruit and wholemeal bread

11
Minestrone soup with salad buffet
Roasted chicken drumsticks with ratatouille or Cod delights
Fruit and bread

14
Pumpkin soup (eco.) with salad buffet
Turkey omelette with oven-roasted carrot and zucchini cubes or Hake's slice in sauce
Fruit and bread

15
Braised beans with vegetables with salad buffet
Breaded chicken escalope with cauliflower or - Limanda en salsa
Yoghurt and wholemeal bread

16
Pea cream with salad buffet - Macarrones integrales con boloñesa vegana with sauted corn or Grilled perch
Fruit and bread

17
Sautéed minestrone with salad buffet
Grilled tenderloin with mashed potatoes or Haddock in sauce
Fruit and wholemeal bread

18
Cream of tomato with salad buffet
Chicken Paella with sautéed broccoli or Baked pollack
Fruit and bread

21
Carrot cream with salad buffet
Turkey & vegetable stew with cauliflower or Grilled and baked hake with garlic & hot pepper gravy
Fruit and bread

22
Puchero stew (gluten free) with salad buffet
Hamburguer (burguer meat) or Haddock with fine herbs & minestrone
Yoghurt and wholemeal bread

23
Brown rice three delights with salad buffet
Cooked breaded ham & cheese escalope with ratatouille or Pickled dogfish
Fruit and bread

24
Steamed broccoli with potatoes with salad buffet
Chicken wok with vegetables with whole pasta or - Limanda en salsa
Fruit and wholemeal bread

25
Spinach cream with salad buffet
Roasted tenderloin in gravy with roasted potatoes or Baked perch
Fruit and bread

28

FESTIVO

29

FESTIVO

30

Braised lentils with brown rice with salad buffet
Cheese omelette with refried cauliflower or Cod with pil pil sauce
Fruit and bread