

Primary

MENU PREPARED BY THE DEPARTMENT OF NUTRITION

N OF

MONTH: May 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

1

FESTIVO

4

Sautéed peas with salad buffet or Gazpacho
Spanish omelette with courgette with vegetable stew
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
Yoghurt and wholemeal bread

6

Lentil stew (eco.) with apple with salad buffet or Gazpacho
Haddock in sauce with vegetable stew
Fruit and bread

7

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

8

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

11

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

12

Braised Pinto Beans with Brown Rice with salad buffet or Gazpacho
Scrambled eggs with ham, onions & cheese with ratatouille
Yoghurt and wholemeal bread

13

Seafood fish and noodle soup with salad buffet or Gazpacho
Rosemary grilled chicken with roasted potatoes
Fruit and bread

14

- Carrot and apple cream soup with salad buffet
Lentil stir-fry with hard-boiled egg, corn, and tomato sauce with vegetable stew
Fruit and wholemeal bread

15

Chinese fried rice (eco.) with salad buffet or Gazpacho
Grilled haddock with mashed potatoes
Fruit and bread

18

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

19

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

20

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

21

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

22

Pumpkin and carrot soup (eco) with turmeric with salad buffet
French omelette with rice salad with tomato and corn
Fruit and bread

25

Rice with tomato sauce (eco.) with salad buffet or Gazpacho
Hake meatballs with sautéed vegetables
Fruit and bread

2

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

27

Ecologic carrot cream with salad buffet or Gazpacho
Grilled chicken with ratatouille
Fruit and bread

28

Vegetables lentils with salad buffet or Gazpacho
Turkey omelette with -Sautéed coliflower
Fruit and wholemeal bread

29

Tagliatelle with bolognese sauce with salad buffet or Gazpacho
- Fish in sauce with diced carrots and zucchini