

## Secondary menu

MONTH: January 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

VACACIONES

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8  
Zucchini cream with salad buffet  
Homemade lasagna with  
vegetable stew or Perch loin with  
tomato pil-pil  
Fruit and bread

9  
Swiss chard stew with salad  
buffet  
Beef hamburger with french  
fries or Grilled codfish with  
sautéed green beans  
Fruit and bread

12  
Pumpkin soup with salad buffet  
Spanish omelette with AOVE  
with sautéed carrots & green  
beans or Grilled and baked hake  
with garlic & hot pepper gravy  
Fruit and bread

13  
Puchero (chickpea) stew with  
salad buffet  
Chicken in curry sauce with  
basmati rice or Baked dab with  
sautéed broccoli  
Yoghurt and wholemeal bread

14  
Bean and pumpkin stew with  
salad buffet  
Rib chop with roasted potatoes  
or Pickled perch with vegetable  
and quinoa stew  
Fruit and bread

15  
Russian salad with salad buffet  
Turkey stew with vegetable stew  
or Baked breaded lemonade  
Fruit and bread

16  
Vegetables cream with salad  
buffet  
Macaroni bolognese with sauted  
corn or Hake fillet in carrot sauce  
Vanilla crème caramel and bread

19  
Pasta salad with salad buffet  
Homemade cooked breaded  
ham & cheese escalope with  
mashed potatoes or Baked dab  
with sautéed broccoli  
Fruit and bread

20  
Vegetables lentils with salad  
buffet  
Breaded pork loin with sautéed  
broccoli or Andalusian style  
codfish with sautéed rice  
Yoghurt and wholemeal bread

21  
Spinach cream with salad buffet  
Baked chicken drumsticks with  
roasted potatoes or Pickled  
perch  
Fruit and bread

22  
**JORNADA "ITALIA"**  
Caprese salad with salad buffet  
Roman pizza with sicilian  
caponata  
Panna Cotta and bread

23  
Andalusian stew with mint with  
salad buffet  
Chicken & vegetables paella  
with vegetable stew or Baked  
cod with vegetable stew  
Fruit and bread

26  
Fideua (fine paella) with salad  
buffet  
Meatballs with tomato sauce with  
sautéed broccoli or Baked dab  
Fruit and bread

27  
Carrot cream with salad buffet  
Chicken breast with sautéed rice  
or Breaded hake with vegetable  
stew  
Yoghurt and wholemeal bread

28  
Pumpkin soup with salad buffet  
Macaroni bolognese with  
sautéed vegetable stew (peas,  
carrot) or Perch in green sauce  
Fruit and bread

29  
Vegetables lentils with salad  
buffet  
Grilled tenderloin with roasted  
potatoes or Cod with tomato  
sauce with sautéed carrots &  
green beans  
Fruit and bread

30  
Soup with ham & egg bits with  
salad buffet  
Beef stew with vegetable stew or  
Baked dab  
Fruit and bread