



MENÜ

BASAL MENU ENGLISH

MAY

MONDAY

TUESDAY

WEDNESDAY

1

THURSDAY

2

FRIDAY

3

LENTIL SOUP

FISH WITH "MOJO ROJO" (4)

WITH POTATOES

FRUIT

WITHE BREAD (1)

631 Kcal

73CH 21L 39P

CHICKEN SOUP WITH NOODELS (1)

ADOBEED LOIN (12)

SALAD

ICE CREAM (7)

WITHE BREAD (1)

939Kcal

136CH 25L 26P

MONDAY

6

TUESDAY

7

WEDNESDAY

8

THURSDAY

9

FRIDAY

10

PUMPKIN SOUP

HAMBURGUER WITH TOMATOE SAUCE (1,6,7,12)

RICE

FRUIT

WHOLEMEAL BREAD (1)

563 Kcal

66CH 11L 23P

DOMINGUERA SOUP (1)

CHICKEN WITH "ADOBO CANARIO"

PASTA SALAD (1)

YOGUR (7)

WITHE BREAD (1)

698Kcal

79CH 19L 50P

VEGETABLES SOUP

PASTA WITH TOMATOE SAUCE AND SAUSSAGE (1, 7)

BANANA

WHOLEMEAL BREAD (1)

827Kcal

109CH 13L 22P

FISH SOUP WITH RICE (4)

PORK LOIN WITH "MOJO CILANTRO"

WITH POTATOES

FRUIT

WITHE BREAD (1)

665 Kcal

HC 59 L 25 P 50

WATERCRES SOUP

BREADED FISH (1, 3, 4, 7)

TROPICAL SALAD

ICE CREAM (7)

WITHE BREAD (1)

668 Kcal

72CH 17L 33P

MONDAY

13

TUESDAY

14

WEDNESDAY

15

THURSDAY

16

FRIDAY

17

CARROT SOUP

LASAGNA (1, 3, 6, 7)

FRUIT

WHOLEMEAL BREAD (1)

819 Kcal

115CH 27L 28P

"RANCHO CANARIO" (1)

TUNA WITH "ADOBO" (4)

WITH POTATOES

YOGUR (7)

WITHE BREAD (1)

952 Kcal

80CH 39L 44P

SPINACH SOUP

SPANISH OMELETE (3)

SALAD

BANANA

WHOLEMEAL BREAD (1)

855Kcal

100CH 26L 30P

CHICKEN SOUP WITH PEPPERMINT (1)

FRICADELLE WITH SAUCE (1, 6, 12)

WITH VEGETABLES

FRUIT

WITHE BREAD (1)

737 Kcal

HC 69 L 33 P 55

CHARD SOUP

CHICKEN WITH RIOJANA SAUCE (12)

POTATOES

ICE CREAM (7)

WITHE BREAD (1)

639 Kcal

HC 103 L 15 P 24

MONDAY

20

TUESDAY

21

WEDNESDAY

22

THURSDAY

23

FRIDAY

24

LENTIL SOUP

FISH WITH "MOJO VERDE" (4)

WITH POTATOES

FRUIT

WHOLEMEAL BREAD (1)

707 Kcal

HC 83 L 19 P 17

DOMINGUERA SOUP (1)

CORDON BLEU (1, 3, 7)

WITH SALAD

YOGUR (7)

WITHE BREAD (1)

630 Kcal

HC 66 L 20 P 10

ZUCCHINI SOUP

MEAT WITH POTATOES (12)

BANANA

WHOLEMEAL BREAD (1)

939Kcal

136CH 25L 26P

WATERCRES SOUP

SAUSAGE WITH TOMATOE SAUCE (7)

RICE

FRUIT

WITHE BREAD (1)

683 Kcal

HC 100 L 13 P 44

PURE DE CALABAZA

PASTA WITH TOMATE AND TUNA (1, 4)

ICE CREAM (7)

WITHE BREAD (1)

646 Kcal

HC 54 L 18 P 37

MONDAY

27

TUESDAY

28

WEDNESDAY

29

THURSDAY

30

FRIDAY

31

CHICKEN SOUP WITH NOODELS (1)

"CHIPIRONES" (1, 3, 4, 14)

TROPICAL SALAD

FRUIT

WHOLEMEAL BREAD (1)

538 Kcal

HC 60 L 13 P 42

CHARD SOUP

PASTA WITH BOLOGNESE SAUCE (1)

YOGUR (7)

WITHE BREAD (1)

807 Kcal

HC 64 L 29 P 10

"RANCHO CANARIO" (1)

CHICKEN "FIESTA"

POTATOES WUTH "MOJO ROJO"

BANANA

WHOLEMEAL BREAD (1)

588 Kcal

HC 75 L 22 P 55

CARROT SOUP

SPANISH OMELETE (3)

WITH HAM(7)

ICE CREAM (7)

WITHE BREAD (1)

603 Kcal

HC 62 L 15 P 28

** INFORMATION REGARDING ALLERGENS ON THE BACKSIDE OF THE MENU

The fish used in these menus are the following: Coalfish, Hake, Tuna and Pollock .

The fresh fruit may vary depending on the ripeness of each type.

The menus are elaborated by our team of experts in Human Nutrition and Dietetics.

In compliance with the Law 17/2011 on Food Safety and Nutrition and with the EU Regulation 1169/2011 on food information provided to the consumer, the educational center has access to the full description of ingredients used and allergens that may be included in each menu item. Request more information in your Educational center if needed.

