

APRIL2018

GENERAL MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILENIAN STEW BROTH (with fideo noodles)	6 VEGETABLE MEDLEY	KCAL	869
	HAM CROQUETTES WITH GARDEN SALAD	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	109
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	34
					FATS	32
9 MACARONI CARBONARA (with cream and bacon)	10 WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS WITH BACON	13 "PICADILLO" SOUP	KCAL	876
	DOGFISH FILLET WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	SPANISH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	99
	FRUIT BREAD	BROWNIE BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	35
					FATS	36
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, tuna, corn, olives)	KCAL	843
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	97
	FRUIT BREAD	CUSTARD BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	34
					FATS	35
23 WHITE RICE (with carrot, egg, ham)	24 PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, egg, tuna, olives)	26 MADRILENIAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	849
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS WITH BARBECUE SAUCE	CARBOHYDRATES	99
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	31
					FATS	36
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

Nutrition values calculated by BIOTAB S.L. laboratories C.I.F. B-78320926.
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NURSERY SCHOOL MENU

<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)</p> <p>HAM CROQUETTES WITH GARDEN SALAD</p> <p>FRUIT OR YOGURT BREAD</p>	<p>4</p> <p>RICE WITH VEGETABLES</p> <p>OVEN BAKED DAB FILLET WITH VEGETABLES</p> <p>FRUIT OR YOGURT BREAD</p>	<p>5</p> <p>MADRILEÑAN STEW BROTH (with fideo noodles)</p> <p>COMPLETE STEW (garbanzo beans, beef, potato)</p> <p>FRUIT OR YOGURT BREAD</p>	<p>6</p> <p>CREAMED VEGETABLES</p> <p>BAKED CHICKEN WITH POTATOES</p> <p>FRUIT OR YOGURT BREAD</p>	<p>KCAL</p>	
<p>9</p> <p>MACARONI CARBONARA (with cream and bacon)</p> <p>FRIED SQUID RINGS ANDALUSIAN STYLE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>10</p> <p>WHITE BEANS (carrot, bell pepper, onion, potato)</p> <p>HOT DOGS WITH POTATOES</p> <p>FRUIT OR YOGURT BREAD</p>	<p>11</p> <p>AMERICAN DAY VEGETABLE PURÉE</p> <p>HAMBURGER WITH TOMATO SAUCE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>12</p> <p>SAUTÉED GREEN BEANS WITH BACON</p> <p>SPANISH OMELETTE WITH TOMATO SAUCE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>13</p> <p>FIDEO NOODLE SOUP</p> <p>DAB FILLET WITH GARDEN SALAD</p> <p>FRUIT OR YOGURT BREAD</p>	<p>KCAL</p>	
<p>16</p> <p>CREAMED PEAS</p> <p>MEATBALLS IN VEGETABLE SAUCE WITH POTATOES</p> <p>FRUIT OR YOGURT BREAD</p>	<p>17</p> <p>MACARONI BOLOGNESE (with ground beef)</p> <p>HAKE NUGGETS WITH MUSHROOMS</p> <p>FRUIT OR YOGURT BREAD</p>	<p>18</p> <p>STEWED LENTILS (carrot, bell pepper, onion, potato)</p> <p>SCRAMBLED EGGS WITH HAM</p> <p>FRUIT OR YOGURT BREAD</p>	<p>19</p> <p>PUMPKIN PURÉE (potato, carrot, pumpkin)</p> <p>CHICKEN THIGHS WITH PISTO</p> <p>FRUIT OR YOGURT BREAD</p>	<p>20</p> <p>SOUP WITH STAR NOODLES</p> <p>SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>KCAL</p>	
<p>23</p> <p>WHITE RICE (with carrot, egg, ham)</p> <p>DAB FILLET WITH GARDEN SALAD</p> <p>FRUIT OR YOGURT BREAD</p>	<p>24</p> <p>POTATO STEW WITH BEEF</p> <p>SPANISH OMELETTE WITH ZUCCHINI WITH TOMATO SAUCE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>25</p> <p>CREAMED VEGETABLES</p> <p>FILETE RUSO WITH SAUCE WITH POTATOES</p> <p>FRUIT OR YOGURT BREAD</p>	<p>26</p> <p>MADRILEÑAN STEW BROTH (with fideo noodles)</p> <p>COMPLETE STEW (garbanzo beans, beef, potato)</p> <p>FRUIT OR YOGURT BREAD</p>	<p>STUDENT MENU</p> <p>CREAMED ZUCCHINI (potato, carrot, zucchini)</p> <p>CHICKEN FINGERS CON SALSA DE TOMATE</p> <p>FRUIT OR YOGURT BREAD</p>	<p>KCAL</p>	
<p>30</p> <p>NO SCHOOL</p>					<p>KCAL</p>	

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PURÉE MENU

2 NO SCHOOL	3 VEGETABLE PURÉE (potato, carrot, leek) WITH TURKEY FRUIT OR YOGURT BREAD	4 VEGETABLE PURÉE (potato, carrot, leek) WITH FISH (hake) FRUIT OR YOGURT BREAD	5 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	6 VEGETABLE PURÉE (potato, carrot, leek) WITH CHICKEN FRUIT OR YOGURT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
9 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	10 VEGETABLE PURÉE (potato, carrot, leek) WITH TURKEY FRUIT OR YOGURT BREAD	11 VEGETABLE PURÉE (potato, carrot, leek) WITH FISH (hake) FRUIT OR YOGURT BREAD	12 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	13 VEGETABLE PURÉE (potato, carrot, leek) WITH CHICKEN FRUIT OR YOGURT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
16 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	17 VEGETABLE PURÉE (potato, carrot, leek) WITH TURKEY FRUIT OR YOGURT BREAD	18 VEGETABLE PURÉE (potato, carrot, leek) WITH FISH (hake) FRUIT OR YOGURT BREAD	19 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	20 VEGETABLE PURÉE (potato, carrot, leek) WITH CHICKEN FRUIT OR YOGURT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
23 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	24 VEGETABLE PURÉE (potato, carrot, leek) WITH TURKEY FRUIT OR YOGURT BREAD	25 VEGETABLE PURÉE (potato, carrot, leek) WITH FISH (hake) FRUIT OR YOGURT BREAD	26 VEGETABLE PURÉE (potato, carrot, leek) WITH BEEF FRUIT OR YOGURT BREAD	27 VEGETABLE PURÉE (potato, carrot, leek) WITH CHICKEN FRUIT OR YOGURT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

We gradually introduce vegetables like green beans, pumpkin, zucchini, and chard according to each child's tolerance. Allergen information about all meals that appear in the monthly menu is available to families upon request.

In nursery school and preschool, ground beef is substituted with pieces of beef/steak once students can handle larger pieces of solid foods.

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FISH-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (with fideo noodles)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES WITH GARDEN SALAD	OVEN BAKED PORK LOIN WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARONI CARBONARA (with cream and bacon)	10 WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS WITH BACON	13 "PICADILLO" SOUP	KCAL	
	STEAK WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	SPANISH OMELETTE WITH TOMATO SAUCE	CHICKEN BREAST WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	BROWNIE BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, corn, olives)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	CUSTARD BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
23 WHITE RICE (with carrot, egg, ham)	24 PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, egg, olives)	26 MADRILEÑAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	PORK LOIN WITH GARDEN SALAD	BEEF RAGOUT WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS WITH BARBEQUE SAUCE	CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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LEGUME-FREE MENU

2 NO SCHOOL	3 CREAMED VEGETABLES	4 WHITE RICE WITH TOMATO SAUCE	5 FIDEO NOODLE SOUP	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES WITH GARDEN SALAD	OVEN BAKED HAKE FILLET WITH VEGETABLES	PORK LOIN WITH GARDEN SALAD	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARONI CARBONARA (with cream and bacon)	10 WHITE RICE WITH TOMATO SAUCE	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED SWISS CHARD WITH BACON	13 "PICADILLO" SOUP	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	SPANISH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	BROWNIE BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 SWISS CHARD WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 WHITE RICE WITH TOMATO SAUCE	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, tuna, corn, olives)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	CUSTARD BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
23 WHITE RICE (with carrot, egg, ham)	24 CREAMED VEGETABLES	25 POTATO SALAD (tomato, egg, tuna, olives)	26 FIDEO NOODLE SOUP	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH POTATOES	PORK LOIN WITH GARDEN SALAD		CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD		PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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PORK-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato) COD CROQUETTES WITH GARDEN SALAD FRUIT IN SYRUP BREAD	4 WHITE RICE WITH TOMATO SAUCE OVEN BAKED HAKE FILLET WITH VEGETABLES FRUIT BREAD	5 MADRILEÑAN STEW BROTH (with fideo noodles) COMPLETE STEW (garbanzo beans, beef, potato) FRUIT BREAD	6 VEGETABLE MEDLEY BAKED CHICKEN WITH POTATOES FRUIT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
9 MACARONI WITH TOMATO SAUCE DOGFISH FILLET WITH SAUCE FRUIT BREAD	10 WHITE BEANS (carrot, bell pepper, onion, potato) CHICKEN BREAST WITH POTATOES FRUIT BREAD	11 AMERICAN DAY VEGETABLE PURÉE HAMBURGER WITH CHEESE BROWNIE BREAD	12 SAUTÉED GREEN BEANS SPANISH OMELETTE WITH TOMATO SAUCE FRUIT BREAD	13 "PICADILLO" SOUP (no ham) DAB FILLET WITH GARDEN SALAD FRUIT BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
16 PEAS MEATBALLS IN VEGETABLE SAUCE WITH POTATOES FRUIT BREAD	17 MACARONI BOLOGNESE (with ground beef) HAKE FILLET WITH MUSHROOMS FRUIT BREAD	18 STEWED LENTILS (carrot, bell pepper, onion, potato) SCRAMBLED EGGS WITH TUNA CUSTARD BREAD	19 PUMPKIN PURÉE (potato, carrot, pumpkin) CHICKEN THIGHS WITH PISTO FRUIT BREAD	20 PASTA SALAD (egg, tuna, corn, olives) STEAK WITH TOMATO SAUCE YOGURT (VARIOUS FLAVORS) BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
23 WHITE RICE (with carrot and egg) DAB FILLET WITH GARDEN SALAD FRUIT BREAD	24 PINTO BEANS (carrot, bell pepper, onion, potato) SPANISH OMELETTE WITH ZUCCHINI WITH TOMATO SAUCE FRUIT BREAD	25 POTATO SALAD (tomato, egg, tuna, olives) BEEF RAGOUT WITH SAUCE WITH POTATOES FRUIT BREAD	26 MADRILEÑAN STEW BROTH (with fideo noodles) COMPLETE STEW (garbanzo beans, beef, potato) FRUIT BREAD	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini) CHICKEN FINGERS WITH BARBEQUE SAUCE YOGURT (VARIOUS FLAVORS) BREAD	KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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GLUTEN FREE MENU

<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)</p> <p>GLUTEN FREE HAM CROQUETTES</p> <p>FRUIT IN SYRUP GLUTEN FREE BREAD</p>	<p>4</p> <p>WHITE RICE WITH TOMATO SAUCE</p> <p>OVEN BAKED HAKE FILLET WITH VEGETABLES</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>5</p> <p>MADRILEÑAN STEW BROTH (gluten free)</p> <p>COMPLETE STEW (garbanzo beans, beef, potato)</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>6</p> <p>VEGETABLE MEDLEY</p> <p>BAKED CHICKEN WITH POTATOES</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>KCAL</p>		
<p>9</p> <p>GLUTEN FREE MACARONI CARBONARA</p> <p>DOG FISH FILLET WITH SAUCE</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>10</p> <p>WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)</p> <p>PORK LOIN WITH POTATOES</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>11</p> <p>AMERICAN DAY VEGETABLE PURÉE</p> <p>GLUTEN FREE HAMBURGER WITH CHEESE AND BACON</p> <p>YOGURT (VARIOUS FLAVORS) GLUTEN FREE BREAD</p>	<p>12</p> <p>SAUTÉED GREEN BEANS WITH BACON</p> <p>SPANISH OMELETTE WITH TOMATO SAUCE</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>13</p> <p>"PICADILLO" SOUP (gluten free)</p> <p>DAB FILLET WITH GARDEN SALAD</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>KCAL</p>		
<p>16</p> <p>PEAS WITH HAM</p> <p>MEATBALLS IN VEGETABLE SAUCE WITH POTATOES</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>17</p> <p>GLUTEN FREE MACARONI BOLOGNESE</p> <p>HAKE FILLET WITH MUSHROOMS</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>18</p> <p>STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)</p> <p>SCRAMBLED EGGS WITH HAM</p> <p>CUSTARD GLUTEN FREE BREAD</p>	<p>19</p> <p>PUMPKIN PURÉE (potato, carrot, pumpkin)</p> <p>CHICKEN THIGHS WITH PISTO</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>20</p> <p>GLUTEN FREE PASTA SALAD</p> <p>SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE</p> <p>YOGURT (VARIOUS FLAVORS) GLUTEN FREE BREAD</p>	<p>KCAL</p>		
<p>23</p> <p>WHITE RICE (with carrot, egg, ham)</p> <p>DAB FILLET WITH GARDEN SALAD</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>24</p> <p>PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)</p> <p>SPANISH OMELETTE WITH ZUCCHINI WITH TOMATO SAUCE</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>25</p> <p>POTATO SALAD (tomato, egg, tuna, olives)</p> <p>BEEF RAGOUT WITH POTATOES</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>26</p> <p>MADRILEÑAN STEW BROTH (gluten free)</p> <p>COMPLETE STEW (garbanzo beans, beef, potato)</p> <p>FRUIT GLUTEN FREE BREAD</p>	<p>STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)</p> <p>GLUTEN FREE CHICKEN FINGERS</p> <p>YOGURT (VARIOUS FLAVORS) GLUTEN FREE BREAD</p>	<p>KCAL</p>		
<p>30</p> <p>NO SCHOOL</p>					<p>KCAL</p>		
						<p>CARBOHYDRATES</p>	
						<p>PROTEINS</p>	
						<p>FATS</p>	

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EGG-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (no egg)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES (no egg)	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARONI CARBONARA (no egg)	10 WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS WITH BACON	13 "PICADILLO" SOUP (no egg)	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	CHICKEN BREAST WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (no egg)	18 STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (no egg)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	HAKE FILLET WITH MUSHROOMS	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	CUSTARD BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
23 WHITE RICE (with carrot and ham)	24 PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, tuna, olives)	26 MADRILEÑAN STEW BROTH (no egg)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH SAUCE WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS (no egg)	CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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DAIRY-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (with fideo noodles)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES (dairy-free)	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARONI WITH TOMATO SAUCE	10 WHITE BEANS (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS REHOGADAS	13 "PICADILLO" SOUP (dairy-free)	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER	SPANISH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	SOY YOGURT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 STEWED LENTILS (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, tuna, corn, olives)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	SOY YOGURT BREAD	FRUIT BREAD	SOY YOGURT BREAD	PROTEINS	
					FATS	
23 WHITE RICE (with carrot, egg, ham)	24 PINTO BEANS (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, egg, tuna, olives)	26 MADRILEÑAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH SAUCE WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS (dairy-free)	CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	SOY YOGURT BREAD	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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EGG-FREE / DAIRY-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (no egg)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES (no egg / no dairy)	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARRONES WITH TOMATO SAUCE (no egg)	10 WHITE BEANS (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS	13 "PICADILLO" SOUP (no egg)	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER	CHICKEN BREAST WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	SOY YOGURT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (no egg)	18 STEWED LENTILS (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (no egg)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	STEAK WITH POTATOES	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	SOY YOGURT BREAD	FRUIT BREAD	SOY YOGURT BREAD	PROTEINS	
					FATS	
23 WHITE RICE (con zanahoria y jamón)	24 PINTO BEANS (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, tuna, olives)	26 MADRILEÑAN STEW BROTH (no egg)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH SAUCE WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS (no egg / no dairy)	CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	SOY YOGURT BREAD	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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APRIL2018

LOW CHOLESTEROL MENU

2	NO SCHOOL	3	STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4	WHITE RICE WITH TOMATO SAUCE	5	MADRILEÑAN STEW BROTH (with fideo noodles)	6	VEGETABLE MEDLEY	KCAL	
		FRENCH OMELETTE WITH GARDEN SALAD	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	GRILLED CHICKEN BREAST	CARBOHYDRATES					
		FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS					
						FATS					
9	MACARONI WITH TOMATO SAUCE DOGFISH FILLET A LA PLANCHA FRUIT BREAD	10	WHITE BEANS (carrot, bell pepper, onion, potato)	11	AMERICAN DAY VEGETABLE PURÉE	12	SAUTÉED GREEN BEANS	13	FIDEO NOODLE SOUP	KCAL	
		GRILLED PORK LOIN	GRILLED STEAK	FRENCH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES					
		FRUIT BREAD	YOGURT MADE WITH SKIM MILK BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS					
						FATS					
16	PEAS GRILLED STEAK FRUIT BREAD	17	ELBOW MACARONI WITH TOMATO SAUCE	18	STEWED LENTILS (carrot, bell pepper, onion, potato)	19	PUMPKIN PURÉE (potato, carrot, pumpkin)	20	PASTA SALAD (with egg and corn)	KCAL	
		HAKE FILLET WITH MUSHROOMS	FRENCH OMELETTE WITH GARDEN SALAD	GRILLED CHICKEN BREAST	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES					
		FRUIT BREAD	DANACOL BREAD	FRUIT BREAD	YOGURT MADE WITH SKIM MILK BREAD	PROTEINS					
						FATS					
23	WHITE RICE (with carrot, egg, ham) DAB FILLET WITH GARDEN SALAD FRUIT BREAD	24	PINTO BEANS (carrot, bell pepper, onion, potato)	25	POTATO SALAD (tomato, egg, tuna, olives)	26	MADRILEÑAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL		
		FRENCH OMELETTE WITH TOMATO SAUCE	GRILLED STEAK	COMPLETE STEW (garbanzo beans, beef, potato)	GRILLED CHICKEN BREAST	CARBOHYDRATES					
		FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	YOGURT MADE WITH SKIM MILK BREAD	PROTEINS					
						FATS					
30	NO SCHOOL								KCAL		
									CARBOHYDRATES		
										PROTEINS	
										FATS	

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MENU WITHOUT DRIED FRUITS / NUTS

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (with fideo noodles)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES WITH GARDEN SALAD	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	PROTEINS	
					FATS	
9 MACARONI CARBONARA (with cream and bacon)	10 WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS WITH BACON	13 "PICADILLO" SOUP	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	SPANISH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	YOGURT (VARIOUS FLAVORS) BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, tuna, corn, olives)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	VANILLA CUSTARD BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	YOGURT (VARIOUS FLAVORS) BREAD (without dried fruit, nuts, or any other byproduct)	PROTEINS	
					FATS	
23 WHITE RICE (with carrot, egg, ham)	24 PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, egg, tuna, olives)	26 MADRILEÑAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS	CARBOHYDRATES	
	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	FRUIT BREAD (without dried fruit, nuts, or any other byproduct)	YOGURT (VARIOUS FLAVORS) BREAD (without dried fruit, nuts, or any other byproduct)	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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SHELLFISH-FREE MENU

2 NO SCHOOL	3 STEWED LENTILS WITH VEGETABLES (carrot, bell pepper, onion, potato)	4 WHITE RICE WITH TOMATO SAUCE	5 MADRILEÑAN STEW BROTH (with fideo noodles)	6 VEGETABLE MEDLEY	KCAL	
	HAM CROQUETTES (shellfish-free)	OVEN BAKED HAKE FILLET WITH VEGETABLES	COMPLETE STEW (garbanzo beans, beef, potato)	BAKED CHICKEN WITH POTATOES	CARBOHYDRATES	
	FRUIT IN SYRUP BREAD	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
9 MACARONI CARBONARA (with cream and bacon)	10 WHITE BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	11 AMERICAN DAY VEGETABLE PURÉE	12 SAUTÉED GREEN BEANS REHOGADAS CON BACON	13 "PICADILLO" SOUP	KCAL	
	DOGFISH FILLET WITH SAUCE	HAMBURGER WITH CHEESE AND BACON	SPANISH OMELETTE WITH TOMATO SAUCE	DAB FILLET WITH GARDEN SALAD	CARBOHYDRATES	
	FRUIT BREAD	BROWNIE BREAD	FRUIT BREAD	FRUIT BREAD	PROTEINS	
					FATS	
16 PEAS WITH HAM	17 MACARONI BOLOGNESE (with ground beef)	18 STEWED LENTILS WITH CHORIZO (carrot, bell pepper, onion, potato)	19 PUMPKIN PURÉE (potato, carrot, pumpkin)	20 PASTA SALAD (egg, tuna, corn, olives)	KCAL	
	MEATBALLS IN VEGETABLE SAUCE WITH POTATOES	SCRAMBLED EGGS WITH HAM	CHICKEN THIGHS WITH PISTO	SAJONIA SALTED/SMOKED PORK LOIN WITH TOMATO SAUCE	CARBOHYDRATES	
	FRUIT BREAD	CUSTARD BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
23 WHITE RICE (with carrot, egg, ham)	24 PINTO BEANS WITH CHORIZO (carrot, bell pepper, onion, potato)	25 POTATO SALAD (tomato, egg, tuna, olives)	26 MADRILEÑAN STEW BROTH (with fideo noodles)	STUDENT MENU CREAMED ZUCCHINI (potato, carrot, zucchini)	KCAL	
	DAB FILLET WITH GARDEN SALAD	BEEF RAGOUT WITH SAUCE WITH POTATOES	COMPLETE STEW (garbanzo beans, beef, potato)	CHICKEN FINGERS	CARBOHYDRATES	
	FRUIT BREAD	FRUIT BREAD	FRUIT BREAD	YOGURT (VARIOUS FLAVORS) BREAD	PROTEINS	
					FATS	
30 NO SCHOOL					KCAL	
					CARBOHYDRATES	
					PROTEINS	
					FATS	

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SUGGESTED EVENING MEAL PLANS APRIL 2018

Tuesday 3. Vegetable, fish with salad, mixed fruit, and dairy product.

Wednesday 4. Soup, egg with salad, fruit, and dairy product.

Thursday 5. Purée, oily fish with salad, fruit, and dairy product.

Friday 6. Vegetable, egg with salad, fruit and dairy product.

Monday 9. Soup, omelette with salad, fruit and dairy product.

Tuesday 10. Vegetable, fish with salad, fruit and dairy product.

Wednesday 11. Vegetable, baked oily fish with salad, fruit, and dairy product.

Thursday 12. Purée, lean Serrano ham with tomato, fruit, and dairy product.

Friday 13. Vegetable, liver with salad, fruit and dairy product.

Monday 16. Purée, egg with salad, fruit and dairy product.

Tuesday 17. Vegetable, homemade San Jacobo with salad, fruit and dairy product.

Wednesday 18. Soup, fish with salad, fruit and dairy product.

Thursday 19. Grilled vegetable, oily fish, fruit and dairy product.

Friday 20. Vegetable, fish with salad, fruit and dairy product.

Monday 23. Vegetable, lean Serrano ham with tomato, fruit and dairy product.

Tuesday 24. Soup, fish with salad, fruit and dairy product.

Wednesday 25. Salad, Spanish omelette, fruit and dairy product.

Thursday 26. Purée, scrambled eggs, mixed fruit, and dairy product.

Friday 27. Vegetable, oily fish with salad, fruit, and dairy product.