

Monday

Tuesday

Wednesday

Thursday

Friday



<p>1 Cal. 773 / H.C. 119 / Lip. 30 / P. 14</p> <p>Rice with homemade tomato sauce Cured ham croquettes with potato chips Fresh seasonal fruit Salad / Poultry and potato / Dairy</p>	<p>2 Cal. 711 / H.C. 94 / Lip. 28 / P. 27</p> <p>Vegetable fideuà Baked hake with garlic and parsley with aubergine slices Fresh seasonal fruit Potato / Legumes and salad / Dairy</p>	<p>3 Cal. 575 / H.C. 56 / Lip. 27 / P. 30</p> <p>Swiss chard with potato Chicken with teriyaki sauce with lettuce and carrots Artisan natural yoghurt Salad / Veg. prot.and Grains / Fruit</p>	<p>4 Cal. 646 / H.C. 78 / Lip. 26 / P. 28</p> <p>Bean and vegetable purée Potato and onion omelette with lettuce and bean sprouts Fresh seasonal fruit Vegetables / Fish and grains / Dairy</p>
<p>8 Cal. 801 / H.C. 76 / Lip. 49 / P. 20</p> <p>Green beans with potato Baked butifarra sausage with beans Fresh seasonal fruit Grains / Fish and vegetables / Dairy</p>	<p>9 Cal. 788 / H.C. 81 / Lip. 36 / P. 40</p> <p>Spaghetti with tomato and olives Monkfish tail in homemade batter with lettuce and apple pieces Artisan natural yoghurt Salad / Poultry and potato / Fruit</p>	<p>10 Cal. 753 / H.C. 80 / Lip. 33 / P. 39</p> <p>Sautéed chickpeas with bacon Courgette and onion omelette with lettuce and tomato Fresh seasonal fruit Vegetables / Prot.veg. and grains / Dairy</p>	<p>11 Cal. 608 / H.C. 97 / Lip. 20 / P. 16</p> <p>Leek and carrot purée Mountain paella Fresh seasonal fruit Vegetables / Egg and grains / Dairy</p>
<p>15 Cal. 774 / H.C. 100 / Lip. 33 / P. 25</p> <p>Lentils with rice Veggie burger with lettuce and sweetcorn Fresh seasonal fruit Vegetables / Egg and grains / Dairy</p>	<p>16 Cal. 788 / H.C. 105 / Lip. 29 / P. 32</p> <p>Macaroni gratin Baked hake with potato and onion Fresh seasonal fruit Grains / Pork and Salad / Dairy</p>	<p>17 Cal. 509 / H.C. 54 / Lip. 23 / P. 24</p> <p>Vegetable soup Roast chicken with lettuce and olives Fresh seasonal fruit Potato / Veg. prot. and vegetables / Dairy</p>	<p>18 Cal. 883 / H.C. 90 / Lip. 50 / P. 24</p> <p>Escudella stew with galets and chickpeas Sausages with tomato and chips Fresh seasonal fruit Salad / Fish and grains / Dairy</p>
<p>22 Cal. 708 / H.C. 86 / Lip. 23 / P. 34</p> <p>Fusilli à la napolitana Baked cod with lettuce and carrots Fresh seasonal fruit Salad / Legume and grain / Dairy</p>	<p>23 <i>Sant Jordi</i> Broth with alphabet pasta Medieval chicken drumsticks with chips Sant Jordi cake Potato / Fresh cheese and Salad / Dairy</p>	<p>24 Cal. 598 / H.C. 75 / Lip. 21 / P. 31</p> <p>Sautéed beans with ham French omelette with lettuce and tomato Fresh seasonal fruit Vegetables / Veal and potato / Fruit</p>	<p>25 Cal. 833 / H.C. 103 / Lip. 39 / P. 21</p> <p>Vegetable paella Battered fried squid rings with lettuce and apple pieces Artisan natural yoghurt Salad / Legumes and Grains / Fruit</p>
<p>29 Cal. 807 / H.C. 100 / Lip. 36 / P. 26</p> <p>Tomato salad, fresh cheese, black olives and basil Milanese rice Fresh seasonal fruit Vegetables / Poultry and potato / Dairy</p>	<p>30 Cal. 903 / H.C. 94 / Lip. 45 / P. 35</p> <p>Chickpeas with squash Eggs filled with bechamel sauce with lettuce and olives Fresh seasonal fruit Salad / Legumes and Grains / Dairy</p>	<p>* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.</p> <p>Menu prepared by the dietitian nutritionist Vanesa Rodríguez col. CAT002061</p>	



Monday

Tuesday

Wednesday

Thursday

Friday



Menu prepared by the dietitian nutritionist Vanesa Rodríguez col. CAT002061

* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.



1

festive



2

Cal. 618 / H.C. 65 / Lip. 27 / P. 31

Potato stew

Chicken cooked with peppers with lettuce and carrots

Artisan natural yoghurt

Salad / Prot.veg. and grains / Fruit

3

Cal. 734 / H.C. 94 / Lip. 28 / P. 31

Roasted noodles with alioli

Hake with green sauce

Fresh seasonal fruit

Salad / Egg and potato / Dairy

6

Cal. 776 / H.C. 102 / Lip. 26 / P. 31

Cantonese rice

Potato and onion omelette with lettuce and olives

Fresh seasonal fruit

Vegetables / Fresh cheese and grains / Dairy

7

Cal. 660 / H.C. 80 / Lip. 20 / P. 45

Rioja-style lentils

Roast cod with garlic and paprika sauce with lettuce and cucumber

Fresh seasonal fruit

Potato / Poultry and salad/ Dairy

8

Cal. 738 / H.C. 97 / Lip. 25 / P. 38

Spaghetti with cheese sauce

Veal stew with vegetables

Fresh seasonal fruit

Salad / Legumes and Grains / Dairy

9

Cal. 659 / H.C. 80 / Lip. 33 / P. 12

Vegetable medley

Spinach croquettes with lettuce and bean sprouts

Fresh seasonal fruit

Salad / Egg and Grains / Dairy

10

Cal. 635 / H.C. 67 / Lip. 29 / P. 30

Potato salad

Honey chicken with lettuce and sweetcorn

Artisan natural yoghurt

Vegetables / Fish and potato / Fruit



13

Cal. 536 / H.C. 89 / Lip. 17 / P. 13

Green beans and potato

Turkey meatball stew with pilaf rice

Fresh seasonal fruit

Pasta / Egg and vegetables / Dairy

14

Cal. 681 / H.C. 93 / Lip. 21 / P. 34

Fusilli à la Norma

Battered blue whiting with lettuce and carrots

Fresh seasonal fruit

Vegetables / Prot.veg. and Salad / Dairy

15

Cal. 632 / H.C. 81 / Lip. 22 / P. 32

Bean stew

Courgette and onion omelette with lettuce and tomato

Artisan natural yoghurt

Grains / Poultry and Salad / Fruit

16

Cal. 558 / H.C. 72 / Lip. 20 / P. 27

Broth with ditalini pasta

Chicken with herbs with chips

Fresh seasonal fruit

Vegetables / Prot.veg. and salad / Dairy

17

Cal. 951 / H.C. 94 / Lip. 55 / P. 25

Rice a la cubana

Griddled pork sausages with lettuce and olives

Artisan natural yoghurt

Vegetables / Fish and potato / Fruit

20

Cal. 931 / H.C. 92 / Lip. 50 / P. 34

Macaroni gratin

Baked mackerel

Fresh seasonal fruit

Grains / Egg and Salad / Dairy

21

Cal. 568 / H.C. 58 / Lip. 25 / P. 30

Broth with noodles

Chicken with garlic with lettuce and sweetcorn

Artisan natural yoghurt

Vegetables / Fish and potato/ Fruit

22

Cal. 538 / H.C. 87 / Lip. 15 / P. 19

Chickpeas with vegetables

Hake meatballs with tomato sauce

Fresh seasonal fruit

Grains / Veal and Salad / Dairy

23

Cal. 652 / H.C. 109 / Lip. 18 / P. 19

Vichyssoise

Mixed paella

Fresh seasonal fruit

Potato / Poultry and vegetables / Dairy

24

Cal. 584 / H.C. 64 / Lip. 28 / P. 22

Potato salad

Cheese omelette with lettuce and carrots

Fresh seasonal fruit

Vegetables / Legumes and grains / Dairy

27

Cal. 754 / H.C. 80 / Lip. 34 / P. 37

Chickpea salad

Marinated pork loin with lettuce and tomato

Fresh seasonal fruit

Vegetables / Poultry and grains / Dairy

28

Cal. 543 / H.C. 66 / Lip. 23 / P. 21

Sautéed green beans

Baked eggs with tomato sauce and ham

Artisan natural yoghurt

Salad / Fish and potato/ Fruit

29

Cal. 672 / H.C. 111 / Lip. 17 / P. 25

Pumpkin purée

Veggie bolognaise with spaghetti

Fresh seasonal fruit

Grains / Egg and Vegetables / Dairy



30

Cal. 732 / H.C. 93 / Lip. 25 / P. 32

Rice medley

Baked hake with lettuce and apple pieces

Fresh seasonal fruit

Salad / Pork and potato / Dairy

31

Cal. 631 / H.C. 76 / Lip. 23 / P. 36

Lentils à la jardinière

Chicken with teriyaki sauce with lettuce and bean sprouts

Fresh seasonal fruit

Salad / Fresh cheese and grain / Dairy

Monday

- 3** Cal. 626 / H.C. 90 / Lip. 20 / P. 27
Spaghetti à la Norma
Hake with garlic and parsley with lettuce and carrots
Fresh seasonal fruit
Salad / Poultry and potato / Dairy

Tuesday

- 4** Cal. 861 / H.C. 79 / Lip. 54 / P. 26
Potato salad
Veal burger with chips
Artisan natural yoghurt
Salad / Legumes and grains / Fruit

Wednesday

- 5** Cal. 632 / H.C. 81 / Lip. 22 / P. 32
Beans with vegetables
Courgette and onion omelette with lettuce and tomato
Fresh seasonal fruit
Grains / Fish and Vegetables / Dairy

Thursday

- 6** Cal. 827 / H.C. 101 / Lip. 38 / P. 25
Rice with tomato
Meat and vegetable croquettes with lettuce and olives
Artisan natural yoghurt
Salad / Veg. prot and grains / Fruit

Friday

- 7** Cal. 599 / H.C. 66 / Lip. 27 / P. 26
Green beans and potato
Roast chicken with samfaina
Fresh seasonal fruit
Vegetables / Egg and potato / Dairy

- 10** Cal. 786 / H.C. 101 / Lip. 38 / P. 16
Vegetable paella
Broccoli nuggets with lettuce and bean sprouts
Fresh seasonal fruit
Vegetables / Egg and potato / Dairy



- 11** Cal. 634 / H.C. 83 / Lip. 20 / P. 37
Lentils à la jardinière
Provençal chicken with roast potatoes
Fresh seasonal fruit
Grains / Fresh cheese and salad / Dairy

- 12** Cal. 842 / H.C. 83 / Lip. 39 / P. 43
Macaroni with mushroom sauce
Monkfish tail in homemade batter with lettuce and apple pieces
Artisan natural yoghurt
Potato / Poultry and vegetables / Fruit

- 13** Cal. 543 / H.C. 67 / Lip. 22 / P. 22
Squash purée
Potato and onion omelette with roast tomatoes
Fresh seasonal fruit
Vegetables / Pork and potato / Dairy

- 14** Cal. 660 / H.C. 89 / Lip. 25 / P. 21
Olivier salad
Turkey medallions on a bed of apple
Fresh seasonal fruit
Vegetables / Fish and grains / Dairy

- 17** Cal. 660 / H.C. 53 / Lip. 36 / P. 33
Cream of leek
Pork loin in homemade batter with lettuce and cucumber
Artisan natural yoghurt
Vegetables / Fish and potato / Fruit

- 18** Cal. 697 / H.C. 98 / Lip. 26 / P. 23
Rice with tomato and onion
Courgette and onion omelette with lettuce and olives
Fresh seasonal fruit
Vegetables / Veg. prot. and potato / Dairy

- 19** Cal. 660 / H.C. 80 / Lip. 24 / P. 35
Chickpeas with chorizo
Chicken with teriyaki sauce with lettuce and carrots
Fresh seasonal fruit
Vegetables / Veal and grains / Dairy

- 20** Cal. 792 / H.C. 97 / Lip. 33 / P. 34
Pasta salad
Basque-style hake
Fresh seasonal fruit
Grains / Fresh cheese and Salad / Dairy

- 21** *End of class*
Pica-pica
Frankfurt pizza
Ice cream
Salad / Poultry and potato / Fruit



* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.

Menu prepared by the dietitian nutritionist Vanesa Rodríguez col. CAT002061