

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENÚ DECEMBER 2023



	WEEK FROM 1 ST	WEEK FROM 4 TH TO 8 TH	WEEK FROM 11 TH TO 15 TH	WEEK FROM 18 TH TO 22 ND		
MONDAY		First course: Guisantes con jamón/ Peas cooked with ham Second Course: Chuleta de pavo/Turkey steak wine Side dish: Ensalada mixta/ mixed salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Macarrones a la napolitana/ Napolitan Macaroni 🍝 Second Course: Tortilla francesa/ Omelette 🍳 Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Espaguettis a la carbonara / Carbonara pasta/ 🍝 Second Course: Alitas asadas al horno/Backed chicken wings Side dish: Ensalada de tomates cherrys/ Tomato salad. Dessert: Fruit/Fruta Pan e integral blanco y agua		
TUESDAY		First course: Lentejas con verduras/Lentils with vegetables Second Course: Lomo a la plancha/ Grilled pork loin Side dish: Setas salteadas/ Sauteed Mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Vichyssoise/ vichyssoise Second Course: : Pechuga de pollo a la plancha/ Grilled chicken breast Side dish: Ensalada de tomate/ tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Fideuá de marisco/ Seafood fideua Second Course: Magro de cerdo estofado/ Lean stewed pork Side dish: Ensalada mixta / Mixed Salad Dessert: Fruit/Fruta Pan blanco e integral y agua		
WEDNESDAY			First course: Paella de verduras/ Vegetables paella Second Course: Salmón al horno/Backed salmon Side dish: Verduras al horno/ Backed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Crema de verduras/ Vegetable cream Second Course: Merluza en salsa verde/ Grilled Hake in sauce 🐟 Side dish: Almejas salteadas / Sauteed calm Dessert: Fruit/Fruta Pan blanco e integral y agua		
THURSDAY			First course: Sopa castellana/ Castilian Soup Second Course: Salchichas al vino/Sausages in wine 🍷 Side dish: Calabacin a la plancha/Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Faves con oreja/ Stewed beans with pork Second Course: Tortilla francesa/ Omelette 🍳 Side dish: cus cus/ cous cous Dessert: Fruit/Fruta Pan blanco e integral y agua		
FRIDAY		First course: Judías con verduras/ stewed beans with vegetables Second Course: Salmón en papillote/ Papillot salmón 🐟 Side dish: Verduras salteadas/ Sauteed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Judías con chorizo/ Stewed Beans with sausages Second Course: Pez espada a la plancha con salsa mary/ Grilled swordfish in mary sauce Side dish: Verduras salteadas / Sauteed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua	Main course: Assorted pizza/ Pan-pizzas caseras de atún y York. 🍷 🍷 Side dish: Chips And Salad/Patatas Y Ensalada Dessert: Fruit/Fruta Pan blanco y agua DULCES NAVIDEÑOS CASEROS.		

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS



SEGUNDOS PLATOS

