

**"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU JUNE BASAL 2024**



	WEEK 3 <sup>ND</sup> to 7 <sup>TH</sup>	WEEK 10 <sup>TH</sup> to 14 <sup>TH</sup>	WEEK 17 <sup>TH</sup> to 21 <sup>TH</sup>	
MONDAY	<p><b>First course:</b> : Arroz a la cubana con huevo frito/ Rice with tomato sauce and fried egg 🍳</p> <p><b>Second course:</b> Beicon asado al horno/ Roasted bacon</p> <p><b>Side dish:</b> Ensalada de tomate/ Tomato salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Hervido valenciano/ Boiled Vegetables</p> <p><b>Second course:</b> Alitas asadas al horno/Baked chicken wings</p> <p><b>Side dish:</b> Setas salteadas/sauteed mushrooms</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Macarrones con tomate/ Macaroni with tomato 🍝</p> <p><b>Second course:</b> Huevos con béchamel/ Stuffed eggs 🍳</p> <p><b>Side dish:</b> Calabacin a la plancha/ Grilled zucchini</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	
TUESDAY	<p><b>First course:</b> : Judión con verduras/ Stewed beans with vegetables</p> <p><b>Second course:</b> Pechugas asadas en salsa de setas/ Chicken breasts in mushrooms sauce</p> <p><b>Side dish:</b> Ensalada de pepino/ Cucumber salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Garbanzos con chorizo/ Chickpeas with sausages</p> <p><b>Second Course:</b> Tortilla francesa/ Omelette 🍳</p> <p><b>Side dish:</b> Ensalada de tomates cherry/ Cherry tomato salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Ensalada campera/ Country salad</p> <p><b>Second Course:</b> Fajitas de pollo/ Chicken fajitas</p> <p><b>Side dish:</b> Verduras salteadas/ Sauteed vegetables</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	
WEDNESDAY	<p><b>First course:</b> : Crema de calabacin/ Zucchini cream</p> <p><b>Second course:</b> Calamares a la andaluza/ Fried squid 🐙</p> <p><b>Side dish:</b> Ensalada de tomate/ Tomato salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> : Ensalada de pasta/ Pasta salad 🍝</p> <p><b>Second course:</b> Lubina asada al horno/ Baked bass 🐟</p> <p><b>Side dish:</b> Ensalada de pepino/ Cucumber salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Paella de verduras/ Vegetable paella</p> <p><b>Second Course:</b> Salmon al horno/ Baked salmon 🐟</p> <p><b>Side dish:</b> Ensalada de tomate/ Tomato salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	
THURSDAY	<p><b>First course:</b> : Patata asada al horno/Roasted potato</p> <p><b>Second course:</b> Lasaña boloñesa/ Lasagne Bolognese 🍝</p> <p><b>Side dish:</b> Ensalada verde/ Green salad</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Hamburguesa de ternera/ Beef burger</p> <p><b>Second course:</b> Boniato asado al horno/ Roasted sweet potato</p> <p><b>Side dish:</b> Guarnición de lechuga, tomate y queso/ Lettuce, tomato and cheese</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> Lentejas con verduras y / Lentils with vegetables</p> <p><b>Second course:</b> Salchichas de pollo / Chicken sausages</p> <p><b>Side dish:</b> Puré de patatas/ Mashed potatoes</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	
FRIDAY	<p><b>First course:</b> Lentejas estofadas/ Stewed lentils</p> <p><b>Second course:</b> Salmon al horno/ Baked salmon 🐟</p> <p><b>Side dish:</b> Pimientos asados/ roasted peppers</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p><b>First course:</b> : Judias estofadas con calabacin/ Stewed beans with zucchini</p> <p><b>Second course:</b> Boquerones fritos/ Fried Anchovies 🐟</p> <p><b>Side dish:</b> Calabacin a la plancha/</p> <p><b>Dessert:</b> Fruit/Fruta Pan blanco e integral y agua</p>	<p align="center"><b>VERY SPECIAL "END OF SCHOOL YEAR LUNCH"</b></p> <p align="center"><b>OUR CANTEEN STAFF WISH YOU HAPPY SUMMER HOLIDAYS!!!</b></p> <p align="center"><b>SEE YOU IN SEPTEMBER!!!</b></p> <p align="center">🍳 🍷 🍝</p>	

# Crea tu Rutina Saludable en Familia



## PRIMEROS PLATOS



## SEGUNDOS PLATOS

