

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU MAY BASAL 2024



	WEEK 2 ND to 3 RD	WEEK 6 TH to 10 TH	WEEK 13 TH to 17 TH	WEEK FROM 20 TH TO 24 TH	WEEK FROM 27 TH TO 28 TH	
MONDAY		First course: Guisantes salteados con jamón/ Peas sauteed with ham Second course: Chuleta de pavo a la plancha/ Grilled turkey cutlet Side dish: Patata asada / Roasted potato Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Arroz a la cubana con huevo frito/Rice with tomato sauce and fried egg 🍳 Second course: Salchichas al vino/ Sausages in wine 🍷 Side dish: Setas salteadas/sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Hervido valenciano/ Boiled vegetables Second course: Costillas de cerdo al horno/ Roasted pork ribs Side dish: Tomates con aceite/ Tomatoes with oil Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Patata rellena asada al horno/ Baked stuffed potato Second course: Magro de cerdo estofado con verduras/ Stewed lean pork with vegetables Side dish: cus cus Dessert: Fruit/Fruta Pan blanco e integral y agua	
TUESDAY		First course: Macarrones a la napolitana/Napolitans macaroni 🍝 Second Course: Tortilla francesa/ Omelette 🍳 Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Crema de zanahoria/ Carrot cream Second Course: Muslos de pollo asados / Roasted chicken thigh Side dish: Cus cus 🍝 Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Judias Canela con verduras/ Stewed beans with vegetables Second Course: Tortilla francesa/ Omelette 🍳 Side dish: Champiñones salteados/ sautéed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Hamburguesa de ternera/ Beef burger Second Course: Patatas al horno/Roasted potatoes Side dish: Guarnición de lechuga, tomate y queso/ Lettuce, tomato and cheese Dessert: Fruit/Fruta Pan blanco e integral y agua	
WEDNESDAY		First course: : Crema de calabacín con picatostes/ Zucchini cream with croutons 🍷 Second course: Perca asada/ Roasted perch 🐟 Side dish: Fideos chinos/ noodles Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Garbanzos al curry/ Curried chickpeas Second Course: Salmón al horno/ Baked salmon 🐟 Side dish: Ensalada de tomates cherry/ Cherry tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Vichisoise/ Carrot leeks Second course: Dorada a la bilbaina/ Baked Gilt fish in bilbaina sauce Side dish: Ensalada verde /Green salad Dessert: Fruit/Fruta Pan blanco e integral y agua		
THURSDAY		First course: : Lentejas con verduras/ Lentils with vegetables Second course: Pechuga de pollo a la plancha/ Grilled chicken breast Side dish: Champiñones salteados/sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Paella de verduras/ Vegetable paella Second course: Filete de ternera a la plancha/ Grilled beef steak Side dish: Ensalada verde / Green salad Dessert: Fruit/Fruta Pan blanco e integral y agua	DIA SIN FLUTEN – GLUTEN FREE DAY First course: : Macarrones sin gluten a la napolitana/Gluten-free Napolitan Macaroni 🍝 Second course: Fingers de pollo sin gluten /Gluten-free chicken fingers 🍷 Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta Pan SIN GLUTEN y agua		First course: Paella de verduras/ Vegetable paella Second Course: Lomo de cerdo adobado a la plancha/ Grilled Marinated Pork loin Side dish: Calabacin a la plancha/ Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua
FRIDAY		First course: : Tallarines a la carbonara/tagliatelle carbonara 🍝 Second course: Salmón asado al horno/ Baked salmon 🐟 Side dish: Ensalada de tomates cherry/ Cherry tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Judias estofadas / Stewed beans with zucchini Second course: Boquerones a la andaluza/Fried anchovies 🐟 Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Lentejas estofadas/ Stewed lentils Second course: Lubina asada al horno/ Roasted sea bass 🐟 Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta Pan blanco e integral y agua		First course: : Guisantes salteados con lacón/ Peas sauteed with lacon Second course: Salmon asado al horno/ Roasted salmon 🐟 Side dish: Verduras al horno/ Baked vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua

ALÉRGENOS: 🚫 SIN CEBOLLA 🍳 HUEVO, 🍷 GLUTEN, 🥛 LÁCTEO, 🐟 PESCADO, 🍷 SULFITOS 🌿 MARISCO 🍷 SIN GLUTEN. Estos menús pueden sufrir modificaciones, por motivos de intendencia.

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS



SEGUNDOS PLATOS

