

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU NOVIEMBRE 2023



	WEEK 2 nd to 3 rd	WEEK 6 th to 10 TH	WEEK FROM 13 TH TO 17 TH	WEEK FROM 20 TH TO 24 TH	WEEK FROM 27 TH TO 30 TH	
MONDAY		First course: : Macarrones con atún/ Macaroni with tuna Second course: Chuleta de pavo/Turkey steak Side dish: Puré de patata/Mashed potatoes Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Arroz con tomate casero/Riche with tomato Second course: Tortilla francesa/Omelette Side dish: Setas a la plancha/Grilled mushrooms Dessert: Fruit /Fruta Pan blanco e integral y agua	First course: Lentejas con verduras/Lentils with vegetables 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: Hervido valenciano/Boiled Vegetables Second course: Costillas asadas/Roasted pork ribs Side dish: Patatas asadas/ Roasted potatoes Dessert: Fruit/Fruta Pan blanco e integral y agua	
TUESDAY		First course: Fabes con almejas/ Cinamon Bean with clam Second course: Lomo a la plancha/grilled pork loin Side dish: Ensalada de tomate cherry/Cherry tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Judias canela con chistorra/ Stewed beans with sausages Second Course: Pollo al horno/ Baked chicken Side dish: Patatas asadas/Roasted potatoes Dessert: Fruit/Fruta	First course: Sopa ave/Poultry soup Second course: Magro de cerdo en salsa de tomate/ lean pork in tomato sauce. Side dish: Ensalada de tomates cherrys y pepino/ Cherry tomato and cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Arroz a la cubana y huevo frito/ Rice with tomato sauce and fried egg Second course: Salchichas al vino / Sausages in wine Side dish: Berenjena a la plancha/Grilled eggplant Dessert: Fruit/Fruta Pan blanco e integral y agua	
WEDNESDAY		First course: Paella de conejo/ Rabbit paella Second course: Boquerones a la andaluza/Fried anchovies Side dish: Ensalada de mixta/Mixed salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Tallarines a la carbonara/ Napolitan tagliatelli Secound course: Dorada a la vizcaína/Gilt fish in sauce Side dish: Patatas guisadas/ Stewed potates Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Espaguettis a la napolitana/ Napolitan Spaguetti Secound course: Dorada a la vizcaína/Gilt fish in sauce Side dish: Patatas guisadas/ Stewed potates Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Macarrones con chorizo/ Macaroni with sausages Secound course: Perca del nilo al horno/ Baked nil perch Side dish: ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	
THURSDAY		First course: : Arroz a la cubana y huevo frito/ Rice with fried egg Second course: Salchichas a la plancha/ Grilled sausages Side dish: Cus cus/couscous Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Crema de zanahoria/ Carrot cream Second course: Fajitas de ternera y pollo/ Beef and chicken fajitas Side dish: Verduras salteadas/ Sauteed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Crema de calabacin/ Zuchinni's Cream Second course: Pastel de carne/ Fried green pepers Side dish: Pimientos verdes fritos/ Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Crema de Calabaza/ Pumpkin cream Second Course: Pavo al horno con / Roasted turkey Side dish: Patatas asadas/ Roasted potatoes. Dessert: Fruit/Fruta and Thanksgiving special dessert	First course: Sopa de pescado/ Fish soup Secound course: Lomo a la plancha/ Grilled pork loin Side dish: Champiñones rellenos/ Stuffed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua
FRIDAY		First course: : Sopa de pollo/ Chicken soup Second course: Merluza en salsa bilbaina/ Hake in bilbaina sauce Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Lentejas con chorizo/ lentils with sausages Second course: Perca del nilo al horno/Backed Nile perch Side dish: Verduras asadas/Backed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua	<p><i>Día de la enseñanza</i></p>	First course: Judías con chorizo/ Stewed beans with sausages Second course: Caballa a la plancha/ Grilled mackerel Side dish: Setas al horno/Backed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Judias con verduras/ stewed beans with vegetables Second Course: Salmón en papillote/ Papillot salmon Side dish: Verduras salteadas/ Sauteed vegetables Dessert: Fruit/Fruta

Postres: 1 día a la semana postre lácteo y TODOS LOS DÍAS fruta variada de temporada.

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS

Si en el cole he comido como primero...



verdura



pasta/arroz



legumbres



Para cenar puedo comer como primero...



pasta/arroz



verdura



verdura



pasta/arroz

SEGUNDOS PLATOS

Si en el cole he comido como segundo...



huevo



pescado



legumbres



Para cenar puedo comer como segundo...



carne



pescado



huevo



carne



verdura



huevo