

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU FEBRUARY 2026



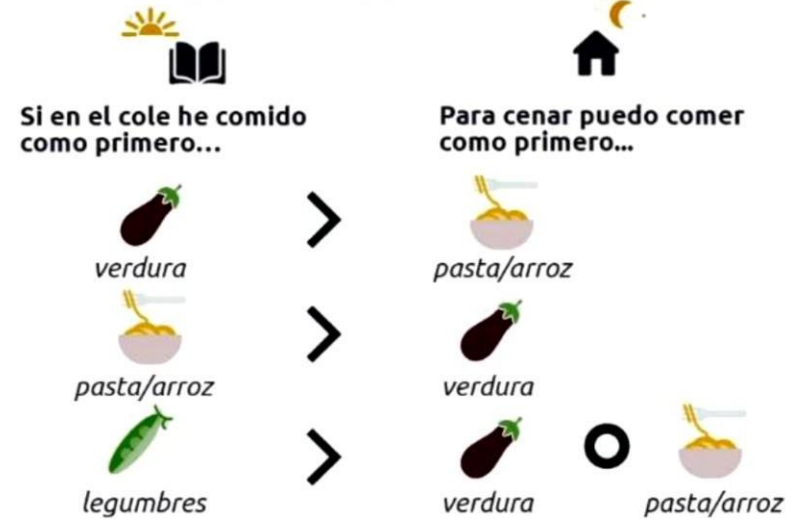
	WEEK 2 nd to 6 TH	WEEK 9 TH to 13 th	WEEK 16 th to 20 TH	WEEK FROM 23 th TO 27 TH
MONDAY	First course: Arroz con tomate frito/Rice with tomato Second course: Salchichas al vino/ Sausages in wine 🍷 Side dish: Puré de patata/ mashed potatoes Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾	First course: : Macarrones a la 🌾olitana/ Napolitan Macaroni Second course: Tortilla Francesa/ Omelette Side dish: Calabacin a la plancha/ Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾		First course: Lentejas con verduras/ Lentils with vegetables Second course: Lomo de cerdo adobado/ Pork loin marinated Side dish: Pimientos verdes fritos/ Fried Green peppers Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾
TUESDAY	First course: Crema de Calabaza/ Pumpkin cream Second Course: Muslos de pollo a la plancha/ Grilled Chicken thighs Side dish: Setas salteadas/sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾	First course: Sopa de cocido/ Cocido soup Second Course: Carne de cocido/ Boiled meat Side dish: Garbanzos cocidos / cooked chickpeas Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾		First course: Arroz negro/ Black Rice 🐟 Second Course: Huevos con tomate/ Eggs with tomato 🍳 Side dish: Ensalada de pepino/ cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾
WEDNESDAY	First course: Judias con verduras/ stewed beans with vegetables Second course: Perca del nilo al horno / Backed Nile perch 🐟 Side dish: Cus cus/couscous 🌾 Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾	First course: Arroz tres delicias/ Rice three delights 🍚 Second course: Salmon al horno/Backed salmon 🐟 Side dish: Ensalada verde / Green salad Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾		First course: : Faves / Stewed beans Second course: Salmon al horno/Backed salmon 🐟 Side dish: Calabacin a la plancha/ Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾
THURSDAY	First course: Fideua/ Fideua 🌾 Second course: Tortilla Francesa/ Omelette Side dish: 🍳imientos verdes fritos/ Fried Green peppers Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾	First course: : Tortilla de patatas / Spanish omlette 🍳 Second course: Chorizo frito/ Fried sausages Side dish: Panecillo de jueves larder/ Lardero Thursday bun 🌾 Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾		First course: Crema de calabacin/ Zucchini cream Second Course: Pechugas de pollo a la plancha/ Grilled chicken Side dish: Ensalada de tomate/ tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾
FRIDAY	First course: Lentejas estofadas/ Stewed lentils Second course: Boquerones a la andaluza/Fried anchovies 🐟 Side dish: Ensalada verde/ Green 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: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾		First course: Crema de zanahoria/ Carrot cream Second course: Salmón en papillote/ Papillot salmo 🐟 Side dish: Verduras salteadas/ Sauteed vegetables Dessert: Fruit/Fruta Pan blanco e integral y agua 🌾

ALÉRGENOS: SIN CEBOLLA HUEVO, GLUTEN, LÁCTEO, PESCADO, SULFITOS SIN GLUTEN. Estos menús pueden sufrir modificaciones, por motivos de intendencia.

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS



SEGUNDOS PLATOS

