

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU ENERO 2025



		WEEK 8 th to 10 th	WEEK 13 th to 17 th	WEEK FROM 20 ST TO 24 TH	WEEK FROM 27 TH TO 31 TH
MONDAY			First course: : Tagliatelle a la napolitana/Napolitan tagliatelle Second course: Pechuga de pollo a la plancha/Grilled chicken breast Side dish: Setas salteadas/sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Arroz con tomate y huevo frito/Rice with tomato and fried egg Second course: Salchichas al vino/ Sausages in wine Side dish: Tomate con ajoaceite/ Tomato with garlic oil Dessert: Fruit /Fruta Pan blanco e integral y agua	First course: Lentejas estofadas/ Stewed lentils Second course: Lomo a la plancha /Grilled pork loin Side dish: Pimientos verdes fritos/ Fried green peppers Dessert: Fruit /Fruta Pan blanco e integral y agua
TUESDAY			First course: : Sopas de ave/ Poultry soup Second course: Costillas asadas/ Roasted ribs Side dish: Patatas asadas/ Roasted potatoes. Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Lentejas con verduras/Lentils with vegetables Second Course: Pechuga de pavo a la plancha/ Grilled turkey breast Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua	
WEDNESDAY	First course: Arroz con tomate casero/ Rice with tomato Second course: Calamares a la andaluza/Fried squid Side dish: Champiñones rellenos/ Stuffed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Paella de verduras/ Vegetables paella Second course: Second course: Lubina asada al horno/ Backed bass Side dish: Ensalada de mixta/Mixed salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Macarrones a la carbonara/ Carbonara macaroni Second course: Salmón al horno/ Backed salmon Side dish: Ensalada verde/ Green salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Crema de calabacin/ Zucchini cream Second course: Salmon asado/ Roasted salmon Side dish: Ensalada de tomate/ Tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	
THURSDAY		First course: : Ensalada de pasta/ Pasta salad Second course: Lomo adobado a la plancha/ Grilled marinated pork loin Side dish: Cus cus/couscous Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Judias estofadas/ Stewed beans Second course: Tortilla de patatas/ Spanish omelette Side dish: Ensalada de tomates Cherry/ Cherry tomato salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Sopas de verduras/ Vegetables soup Second course: Fingers de pollo/ Chicken fingers Side dish: Pimientos verdes fritos/ Fried green pepers Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Paella de marisco/ Seafood paella Second course: Tortilla Francesa/ Omelette Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta Pan blanco e integral y agua
FRIDAY		First course: : Garbanzos estofados con huevo cocido/ Stewed chickpeas with boiled egg Second course: Salmón en papillote/ Papillot salmon 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: Caballa asada/ Roasted mackerel Side dish: Calabacin a la plancha/Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Guisantes con jamón/ peas with ham Second course: Dorada a la sal/sea bream with salt Side dish: Setas salteadas/ Sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Macarrones con tomate Second course: Merluza en salsa verde/ Hake in green sauce Side dish: Guisantes salteados/ Sauteed peas Dessert: Fruit/Fruta Pan blanco e integral y agua

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

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

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS



SEGUNDOS PLATOS

