

	WEEK 3 rd to 6 th	WEEK 7 th to 11 th	WEEK 14 th to 18 th
MONDAY		First course: Lentejas con verduras/Lentils with vegetables 🌿 Second course: Alitas asadas al horno/ Baked chicken wings Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Hervido valenciano/Boiled Vegetables Second course: Lomo adobado / marinated pork loin Side dish: Setas salteadas/sauteed mushrooms Dessert: Fruit/Fruta  Pan blanco e integral y agua
TUESDAY	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: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Crema de calabacín/ Zucchini cream Second course: Caldereta de ternera/ Stewed beef Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: : Arroz tres delicias/ three delight rice. Second course: Salchichas al vino/ Sausages in wine 🍷 Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta  Pan blanco e integral y agua
WEDNESDAY	First course: Judias estofadas/ Stewed beans Second course: Salmón en papillote/ Papillot salmon 🐟 Side dish: Verduras al horno/ Baked vegetables Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: : Macarrones con salsa de tomate/ Macaroni with tomato sauce 🌿 Second course: Boquerones a la andaluza/ Fried anchovies 🐟 Side dish: Side dish: Ensalada verde / Green salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	VERY SPECIAL "END OF SCHOOL YEAR LUNCH" OUR CANTEEN STAFF WISH YOU HAPPY SUMMER HOLIDAYS!!! SEE YOU IN SEPTEMBER!!!   
THURSDAY	First course: Crema de verduras/ Vegetables cream Second Course: Pollo asado / Roasted chicken Side dish: Ensalada de tomates cherrys/ Cherrys tomato salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Paella de marisco/ Seafood paella 🌊 Second course: Tortilla francesa/ Omelette 🍳 Side dish: Cus cus/ cous cous 🌿 Dessert: Fruit/Fruta  Pan blanco e integral y agua	
FRIDAY	First course: : Ensalada de pasta/ Pasta salad 🌿 Second course: Dorada asada al horno/ Baked gilt fish 🐟 Side dish: Setas al horno/ Baked mushrooms Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Judias con chorizo/ Bean stewed with sausages Second course: Merluza en salsa verde/ Hake in green sauce 🐟 Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	

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*