"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU MARCH 2026

	WEEK 2nd to 6TH	WEEK 9th to 13th	WEEK 16th to 20st	WEEK FROM 23th TO 27TH	WEEK FROM 31st
MONDAY	**First course**: : Arroz con tomate/ 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**: : Arroz tres delicias/ Rice three delights **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	**First course:** Macarrones con salsa de tomate y queso/ Macaroni with tomato sauce and cheese **Second course:** Pollo al horno/ Backed chicken **Side dish:** Champiñones salteados / Sauteed mushrooms **Dessert:** Fruit/Fruta Pan blanco e integral y agua	
TUESDAY	**First course**: : Ensalada de pasta/ Pasta Salad **Second course:** Tortilla Francesa/ Omelette **Side dish:** Ensalada mixta/ Mixed salad **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	Saint Patrick's Day March 17 GREEN DAY, GREEN FOOD ST. PATRICK'S ZUCCHINI CREAM ST. PATRICK'S HOMEMADE CROQUETTES WITH BROCCOLI ST. PATRICK'S FRUIT AND DESERT	**First course**: : Paella de marisco / Seafood paella **Second course**: Huevos rellenos con atún/ Stuffed Eggs with tuna **Side dish:** tomates cherrys con ajoaceite/ Tomatoes cherrys with garlic oil **Dessert:** Fruit/Fruta Pan blanco e integral y agua	
WEDNESDAY	**First course:** Judias estofadas/ Stewed beans **Second course:** Merluza en salsa verde/ Hake in green sauce **Side dish:** tomate cherrys con ajoaceite/ Tomato cherry with garlicoil **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course:** Crema de zanahoria / Carrot cream **Second Course:** Salmón al horno/Backed salmon **Side dish:** Cus cus/couscous **Dessert**: Fruit/Fruta Pan blanco e integral y agua	**First course:** Guisantes a la francesa/ Peas with ham **Secound course:** Calamares en salsa/ Squid in sauce **Side dish:** Ensalada verde/ Green salad **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course**: : Garbanzos guisados/ Stewed chickpeas **Second course**: Perca del nilo al horno/Backed Nile perch **Side dish:** Verduras al horno/ Backed vegetables **Dessert:** Fruit/Fruta Pan blanco e integral y agua	
THURSDAY	**First course:** Crema de calabaza / Pumpkin cream **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:** Fabes con verduras/ stewed beans with vegetables **Second course:** Alitas de pollo/ Marinated chicken wings **Side dish:** pimientos verdes/ green peppers **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course**: Paella valenciana/ Valencian paella **Second course**: Tortilla francesa/ Omelette **Side dish:** Ensalada mixta/ Mixed salad **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course:** Hamburguesa de ternera/ Beef hamburguer **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	
FRIDAY	**First course**: Lentejas estofadas/ Stewed lentils **Second course**: Salmón en papillote/ Papillot salmon **Side dish:** Verduras salteadas/ Sauteed vegetables **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course:** Espagueti a la carbonara/ Spaghetti carbonara **Second course** a la espalda/ baked gilthead bream **Side dish:** Ensalada de pepino/ Cucumber salad **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course:** Ensalada de pasta/ Pasta salad **Second course**: Boquerones a la andaluza/Fried anchovies **Side dish:** Ensalada de tomate/ Tomato salad **Dessert:** Fruit/Fruta Pan blanco e integral y agua	**First course:** Lentejas con chorizo/ Lentils with sausages **Second Course:** Salmón al horno/Backed salmon **Side dish:** Ensalada verde/ Green salad **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