

"ISAAC ALBENIZ" SCHOOL CANTEEN: MENU SEPTEMBER 2026



	WEEK 1 st to 3 th	WEEK 7 th to 11 th	WEEK 14 th to 18 th	WEEK FROM 21 th TO 25 th	WEEK FROM 28 th TO 30 th
MONDAY			First course: Lentejas estofadas/ Stewed lentils Second course: Lomo de cerdo adobado/ Pork loin marinated Side dish: Pimientos verdes fritos/ Fried green pepers Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Arroz tres delicias/ Rice three delights 🍚 Second course: Tortilla Francesa/ Omelette 🍳 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: Alitas de pollo/ Marinated chicken wings Side dish: Puré de patata/ Mashed potatoes Dessert: Fruit/Fruta Pan blanco e integral y agua
		First course: Judias con verduras/ beans with vegetables Second course: Salmon al horno/Backed salmon 🐟 Side dish: Ensalada verde / Green salad Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Ensaladilla/ Second course: Pechuga de pollo a la plancha/ Grilled chicken breast Side dish: Champiñones/ sauteed mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Judias con chorizo/ beans with sausages Second Course: Pollo en salsa/ Chicken in sauce 🍗 Side dish: Brocoli al vapor/ Steamed broccoli Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Guisantes a la francesa/ Peas with ham Second course: Lomo de cerdo adobado/ Pork loin marinated Side dish: Pimmientos verdes/ Green peppers Dessert: Fruit/Fruta Pan blanco e integral y agua
		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: Macarrones con salsa de tomate/ Macaroni with tomato sauce Second course: Perca del nilo al horno/Backed Nile perch 🐟 Side dish: Ensalada de pepino/ Cucumber salad Pan blanco e integral y agua	First course: Espirales a la napolitana / Fussilli with napolitan sauce Second course: Salmón en papillote/ Papillot salmon 🐟 Side dish: Guisantes salteados/ Sauteed peas Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Paella Valenciana/ Valencian Paella Second course: Chipirones en salsa/ Baby squids in sauce 🐟 Side dish: Guisantes salteados/Sauteed peas Dessert: Fruit/Fruta Pan blanco e integral y agua
		First course: Crema de calabacin/ Zucchini's Cream Second Course: : Pollo al horno/ Backed chicken Side dish: Setas salteadas/ Sauteed Mushrooms Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Paella Valenciana/ Valencian Paella Second course: Tortilla Francesa/ Omelette 🍳 Side dish: Guarnición de lechuga, tomate y queso/Lettuce, tomato and cheese Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Ensalada de patata/potato salad Second course: Salchichas al vino/ Sausages in wine Side dish: Calabacín a la plancha/ Grilled zucchini Dessert: Fruit/Fruta Pan blanco e integral y agua	
		First course: Ensalada de pasta / Pasta salad 🍝 Second course: Merluza en salsa verde/ Hake in green sauce 🐟 Side dish: Guisantes en salsa/ peas in sauce Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: : Garbanzos guisados/ Stewed chickpeas Second course: Boquerones a la andaluza/Fried anchovies 🐟 Side dish: Judías verdes salteadas / sautéed green beans Dessert: Fruit/Fruta Pan blanco e integral y agua	First course: Lentejas estofadas/ Stewed lentils Second course: Dorada a la espalda/ baked gilthead bream 🐟 Side dish: Verduras salteadas/ Sauteed vegetables 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*

 *huevo*

 *verdura*



 *pescado*

 *carne*

 *huevo*