

MENÚ DE SEPTIEMBRE DE 2018

L 10	GAZPACHO CREMA DE PUERROS CROQUETAS DE LA ABUELA BUFFET DE ENSALADAS HELADOS FRUTA VARIADA	M 11	GAZPACHO COCIDO FILETES DE LOMO IBÉRICO CHAMPIÑONES CON SALSA A LA PIMIENTA BUFFET DE ENSALADAS FRUTA VARIADA	X 12	GAZPACHO LENTEJAS CON CHORIZO ROSADA A LA ROMANA SALMÓN AL HORNO BUFFET DE ENSALADAS FRUTA EN ALMÍBAR FRUTA VARIADA	J 13	GAZPACHO LASAÑA TERNERA ASADA CON PURÉ DE MANZANA BUFFET DE ENSALADAS FRUTA VARIADA	V 14	GAZPACHO PAELLA MIXTA CALAMARES A LA ROMANA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 17	GAZPACHO PIZZAS CASERAS PECHUGA DE POLLO A LA PLANCHA BUFFET DE ENSALADAS FRUTA VARIADA	M 18	GAZPACHO CREMA DE CALABAZA ALBÓNDIGAS CASERAS (TERNERA, CERDO, POLLO) BUFFET DE ENSALADAS FRUTA VARIADA	X 19	LENTEJAS ESTOFADAS MERLUZA EN SALSA VERDE BUFFET DE ENSALADAS FRUTA VARIADA	J 20	GAZPACHO SOPA DE MARISCOS PINCHITOS Y ALITAS DE POLLO PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA VARIADA	V 21	GAZPACHO ENSALADILLA RUSA BOQUERONES REBOZADOS BUFFET DE ENSALADAS YOGURES VARIADOS FRUTA VARIADA
L 24	SOPA DE PICADILLO TORTILLA PATATAS Y CEBOLLAS PIMIENTOS FRITOS BUFFET DE ENSALADAS FRUTA VARIADA	M 25	GAZPACHO CREMA DE CALABACINES HAMBURGUESAS CASERAS VERDURA EN TEMPURA BUFFET DE ENSALADAS FRUTA VARIADA	X 26	GAZPACHO TALLARINES BOLOÑESA ROSADA A LA ROMANA BUFFET DE ENSALADAS FRUTA EN ALMÍBAR FRUTA VARIADA	J 27	GAZPACHO CAZUELA DE JIBIA CON ALMENDRAS POLLO ASADO AL LIMÓN PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA VARIADA	V 28	GAZPACHO PAELLA MIXTA LENGUADOS BUFFET DE ENSALADAS FRUTA VARIADA

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

LUNES	MOLLETE CON ACEITE DE OLIVA PETIT SUISSE	MARTES	ZUMO NATURAL GALLETAS NAPOLITANA	MIÉRCOLES	ACTIMEL SÁNDWICH PAVO	JUEVES	FRUTA VARIADA LECHE CON CACAO
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SUGERENCIAS PARA LA CENA

L 10	BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE	M 11	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	X 12	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	J 13	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 14	PURÉ DE VERDURA, CARNE A LA PLANCHA, FRUTA
L 17	ENSALADA DE ESPINACAS, DORADA AL HORNO Y FRUTA	M 18	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 19	CREMA DE CALABACÍN, FRUTA Y YOGURT	J 20	ENSALADA MIXTA, FRUTA Y QUESO	V 21	FILETES RUSOS, FRUTA Y VASO DE LECHE
L 24	VERDURA, PESCADO, FRUTA	M 25	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	X 26	ENSALADA MIXTA, FRUTA Y QUESO	J 27	PURÉ DE PATATAS, LOMO ADOBADO, FRUTA	V 28	ENSALADA DE ESPINACAS, DORADA AL HORNO Y FRUTA

SEPTEMBER MENU 2018

M 10	GAZPACHO CREAM OF LEEK SOUP CROQUETTES ABUELA'S STYLE SALAD BUFFET ICE-CREAM VARIETY OF FRUITS	T 11	GAZPACHO CHICKEN AND CHICKPEAS SOUP IBERIAN PORK TENDERLOIN MUSHROOMS IN PEPPERCORN SAUCE SALAD BUFFET VARIETY OF FRUITS	W 12	GAZPACHO LENTIL STEW WITH SPANISH SAUSAGE BATTERED PINKROCK FISH OVEN BAKED SALMON SALAD BUFFET FRUIT IN SYRUP VARIETY OF FRUITS	Th 13	GAZPACHO LASAGNE ROASTED BEEF WITH APPLE SAUCE SALAD BUFFET VARIETY OF FRUITS	F 14	GAZPACHO MIXED PAELLA BATTERED CALAMARI SALAD BUFFET YOGHURTS AND CUSTARDS VARIETY OF FRUITS
M 17	GAZPACHO HOMEMADE PIZZAS GRILLED CHICKEN BREAST SALAD BUFFET VARIETY OF FRUITS	T 18	GAZPACHO CREAM OF PUMPKIN SOUP HOMEMADE MEATBALLS (BEEF/PORK/CHICKEN) SALAD BUFFET VARIETY OF FRUITS	W 19	LENTIL STEW HAKE IN GREEN SAUCE SALAD BUFFET VARIETY OF FRUITS	Th 20	GAZPACHO SEAFOOD SOUP CHICHEN SKEWERS AND WINGS POTATOES SPANISH STYLE SALAD BUFFET VARIETY OF FRUITS	F 21	GAZPACHO POTATO SALAD BATTERED ANCHOVIES SALAD BUFFET YOGURTS VARIETY OF FRUITS
M 24	GARNISHED CHICKEN SOUP SPANISH OMELETTE WITH ONIONS FRIED GREEN PEPPERS SALAD BUFFET VARIETY OF FRUITS	T 25	GAZPACHO CREAM OF ZUCCHINI SOUP HOMEMADE HAMBURGUERS VEGETABLES TEMPURA SALAD BUFFET VARIETY OF FRUITS	W 26	GAZPACHO NOODLES BOLOGNESE BATTERED PINKROCK FISH SALAD BUFFET FRUIT IN SYRUP VARIETY OF FRUITS	Th 27	GAZPACHO CATTLEFISH STEW WITH ALMONDS LEMON ROASTED CHICKEN POTATOES SPANISH STYLE SALAD BUFFET VARIETY OF FRUITS	F 28	GAZPACHO MIXED PAELLA PAN SEARED SOLE SALAD BUFFET VARIETY OF FRUITS

TEA (PRE-SCHOOL AND FIRST CYCLE OF PRIMARY EDUCATION)

MONDAY

BREAD ROLL WITH
OLIVE OIL
PETIT SUISSE

TUESDAY

FRESHLY SQUEEZE JUICE
CINNAMON BISCUITS

WEDNESDAY

ACTIMEL
TURKEY BREAD ROLL

THURSDAY

VARIETY OF FRUITS
CHOCOLATE MILK

DINNER SUGGESTION

M 10	BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK	T 11	MIXED SALAD, CHEESE OMELETTE, YOGHURT	W 12	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	Th 13	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 14	VEGETABLE PURÉE, GRILLED MEAT, FRUIT
M 17	SPINACH SALAD, ROAST DORADA, FRUIT	T 18	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 19	CREAM OF COURGETTER, FRUIT, YOGHURT	Th 20	MIXED SALAD, FRUIT AND CHEESE	W 21	RUSSIAN FILLETS, FRUIT AND A GLASS OF MILK
M 24	VEGETABLES, FISH, FRUIT	T 25	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	W 26	MIXED SALAD, FRUIT AND CHEESE	Th 27	PURÉE, FRIED PORK LOIN, FRUIT	W 28	SPINACH SALAD, ROAST DORADA, FRUIT