

# MENÚ DE NOVIEMBRE DE 2019

|         |  |         |   |         |   |         |   |         |  |
|---------|--|---------|---|---------|---|---------|---|---------|--|
| L<br>4  | GAZPACHO<br>ESPAGUETIS BOLOÑESA<br>FILETES DE CADERA DE<br>TERNERA A LA PLANCHA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA | M<br>5  | GAZPACHO<br>CREMA DE CALABAZA<br>CARRILLADA CON SALSA DE<br>CHAMPIÑONES<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                          | X<br>6  | GAZPACHO<br>POTAJE DE GARBANZOS<br>LENGUADO A LA PLANCHA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR           | J<br>7  | GAZPACHO<br>SOPA DE PICADILLO<br>POLLO ASADO AL LIMÓN<br>PATATAS ASADAS AL HORNO<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA | V<br>8  | GAZPACHO<br>PAELLA MIXTA<br>CALAMARES A LA ROMANA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS   |
| L<br>11 | GAZPACHO<br>MACARRONES CARBONARA<br>SALCHICHAS DE PAVO<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                          | M<br>12 | GAZPACHO<br>CREMA DE VERDURAS<br>ALBÓNDIGAS EN SALSA<br>(TERNERA / POLLO / CERDO)<br>VERDURAS COCIDAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                  | X<br>13 | GAZPACHO<br>LENTEJAS CON CHORIZO<br>ROSADA EN ADOBO<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR                | J<br>14 | GAZPACHO<br>SOPA DE MARISCO<br>PAVO RELLENO CON SALSA<br>DE ARÁNDANOS<br>PATATAS ASADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                | V<br>15 | GAZPACHO<br>FABADA<br>BOQUERONES A LA<br>ANDALUZA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS   |
| L<br>18 | GAZPACHO<br>COCIDO<br>TORTILLA DE PATATAS Y<br>CEBOLLA<br>HUEVOS REVUELTOS<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA      | M<br>19 | GAZPACHO<br>CREMA DE PUERROS<br>CINTA DE LOMO IBÉRICA A LA<br>PLANCHA<br>PATATAS ASADAS AL HORNO<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA | X<br>20 | GAZPACHO<br>LENTEJAS ESTOFADAS<br>SALMÓN A LA PLANCHA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR              | J<br>21 | GAZPACHO<br>SOPA DE PESCADO<br>CROQUETAS DE LA ABUELA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                            | V<br>22 | GAZPACHO<br>PAELLA MIXTA<br>FRITURA MALAGUEÑA<br>VERDURAS COCIDAS<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS         |
| L<br>25 | GAZPACHO<br>PIZZAS CASERAS<br>FILETES DE LOMO A LA<br>PLANCHA<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                   | M<br>26 | GAZPACHO<br>CREMA DE PUERROS<br>ALBÓNDIGAS CASERAS<br>(TERNERA/POLLO/CERDO)<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA                      | X<br>27 | GAZPACHO<br>GARBANZOS CON<br>ESPINACAS<br>ROSADA Y CHANQUETILLOS<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>FRUTA DE TEMPORADA | J<br>28 | GAZPACHO<br>COSTILLAS CON PATATAS<br>ALITAS Y PINCHITOS DE<br>POLLO<br>PATATAS A LA ESPAÑOLA<br>BUFFET DE ENSALADAS<br>FRUTA EN ALMÍBAR             | V<br>29 | GAZPACHO<br>ENSALADILLA RUSA<br>CALAMARES REBOZADOS<br>VERDURAS SALTEADAS<br>BUFFET DE ENSALADAS<br>YOGURES Y NATILLAS |

# MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

|              |   |               |  |                  |                           |               |  |
|--------------|---|---------------|--|------------------|---------------------------|---------------|--|
| <b>LUNES</b> | MOLLETE CON ACEITE DE OLIVA O PAVO<br>LECHE CON CACAO | <b>MARTES</b> | FRUTA DE TEMPORADA<br>(MANZANAS Y PERAS) | <b>MIÉRCOLES</b> | MOLLETE DE CREMA DE QUESO | <b>JUEVES</b> | FRUTA DE TEMPORADA<br>(MANZANAS Y PERAS) |
|--------------|---|---------------|--|------------------|---------------------------|---------------|--|

## SUGERENCIAS PARA LA CENA

|         |   |         |   |         |   |         |   |         |   |
|---------|---|---------|---|---------|---|---------|---|---------|---|
| L<br>4  | CREMA DE ESPÁRRAGOS, PESCADO, FRUTA                           | M<br>5  | ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT | X<br>6  | MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA | J<br>7  | ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA                 | V<br>8  | BRÓCOLI HERVIDO, CARNE, FRUTA Y VASO DE LECHE |
| L<br>11 | SÁNDWICH DE SALMÓN, YOGURT, FRUTA                             | M<br>12 | VERDURA, PESCADO, FRUTA Y VASO DE LECHE   | X<br>13 | SOPA, EMPANADA DE CARNE, FRUTA              | J<br>14 | CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE                     | V<br>15 | FILETES RUSOS, FRUTA Y YOGURT                 |
| L<br>18 | BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE | M<br>19 | ENSALADA, PESCADO, FRUTA                  | X<br>20 | ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT   | J<br>21 | REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA            | V<br>22 | SOPA, EMPANADA DE CARNE, FRUTA                |
| L<br>25 | ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA                 | M<br>26 | ENSALADA, PESCADO, FRUTA                  | X<br>27 | FILETES RUSOS, FRUTA Y YOGURT               | J<br>28 | BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE | V<br>29 | BRÓCOLI HERVIDO, CARNE, FRUTA Y VASO DE LECHE |



## NOVEMBER MENU 2019

|                       |   |                       |  |                       |  |                        |   |                       |  |
|-----------------------|---|-----------------------|--|-----------------------|--|------------------------|---|-----------------------|--|
| <b>M</b><br><b>4</b>  | GAZPACHO<br>SPAGUETTI BOLOGNESE<br>GRILLED BEEF STEAK<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS   | <b>T</b><br><b>5</b>  | GAZPACHO<br>CREAM OF PUMPKIN SOUP<br>PORK TENDERLOIN WITH MUSHROOM SAUCE<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS                         | <b>W</b><br><b>6</b>  | GAZPACHO<br>CHICKPEA STEW<br>GRILLED SOLE<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>FRUIT IN SYRUP  | <b>Th</b><br><b>7</b>  | GAZPACHO<br>GARNISHED CHICKEN SOUP<br>LEMON ROASTED CHICKEN<br>BAKED POTATOES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS | <b>F</b><br><b>8</b>  | GAZPACHO<br>MIXED PAELLA<br>BATTERED SQUID RINGS (CALAMARES)<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>YOUGHURTS AND CUSTARD  |
| <b>M</b><br><b>11</b> | GAZPACHO<br>MACARONI CARBONARA<br>TURKEY SAUSAGES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS   | <b>T</b><br><b>12</b> | GAZPACHO<br>CREAM OF VEGETABLES SOUP<br>HOMEMADE MEETBALLS (BEEF, PORK, CHICKEN)<br>STEAMED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS                 | <b>W</b><br><b>13</b> | GAZPACHO<br>LENTIL STEW WITH SPANISH SAUSAGE<br>PICKLED PINKROCK FISH<br>SAUTÉED VEGETABLES<br>SALAD BUFFET  | <b>Th</b><br><b>14</b> | GAZPACHO<br>SEAFOOD SOUP<br>STUFFED TURKEY WITH CRANBERRY SAUCE<br>BAKED POTATOES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS                   | <b>F</b><br><b>15</b> | GAZPACHO<br>WHITE BEAN STEW<br>BATTERED ANCHOVIES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>YOUGHURTS AND CUSTARD             |
| <b>M</b><br><b>18</b> | GAZPACHO<br>BROILED CHICKEN, VEGETABLES AND CHICKPEA SOUP<br>SPANISH OMELETTE (POTATOES AND ONIONS)<br>SCRAMBLED EGGS<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS | <b>T</b><br><b>19</b> | GAZPACHO<br>CREAM OF LEEKS SOUP<br>GRILLED PORK TENDERLOIN<br>BAKED POTATOES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS                     | <b>W</b><br><b>20</b> | GAZPACHO<br>LENTIL STEW<br>GRILLED SALMON<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>FRUIT IN SYRUP  | <b>Th</b><br><b>21</b> | GAZPACHO<br>FISH STEW<br>HOMEMADE CROQUETTES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS                                  | <b>F</b><br><b>22</b> | GAZPACHO<br>MIXED PAELLA<br>MIXED FRIED FISH<br>STEAMED VEGETABLES<br>SALAD BUFFET<br>YOUGHURTS AND CUSTARD                  |
| <b>M</b><br><b>25</b> | GAZPACHO<br>HOMEMADE PIZZAS<br>GRILLED PORK STEAK<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS   | <b>T</b><br><b>26</b> | GAZPACHO<br>CREAM OF LEEK SOUP<br>HOMEMADE MEETBALLS (BEEF, PORK, CHICKEN)<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>SAUTÉED VEGETABLES<br>VARIETY OF SEASONAL FRUITS | <b>W</b><br><b>27</b> | GAZPACHO<br>CHICKPEA AND SPINACH STEW<br>BATTERED PINCKROCK FISH AND ANCHOVIES<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>VARIETY OF SEASONAL FRUITS | <b>Th</b><br><b>28</b> | GAZPACHO<br>RIBS AND POTATOES STEW<br>CHICKEN WINGS AND SKEWERS<br>POTATOES SPANISH STYLE<br>SALAD BUFFET<br>FRUIT IN SYRUP                       | <b>F</b><br><b>29</b> | GAZPACHO<br>POTATOE SALAD<br>BATTERED SQUID RINGS (CALAMARES)<br>SAUTÉED VEGETABLES<br>SALAD BUFFET<br>YOUGHURTS AND CUSTARD |

SALAD BUFFET: LETTUCE, TOMATOES, CORN, TUNA FISH, CUCUMBER, CARROTS, BEETROOTS.

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

**MONDAY**

BREAD ROLL WITH  
OLIVE OIL OR TURKEY  
CHOCOLATE MILK

**TUESDAY**

SEASONAL FRUIT  
(APPLES AND  
PEARS)

**WEDNESDAY**

BREAD ROLL WITH  
CREAM CHEESE

**THURSDAY**

SEASONAL FRUIT  
(APPLES AND  
PEARS)

## DINNER SUGGESTION

M  
4

ASPARAGUS SOUP,  
TURKEY SAUSAGES,  
FRUIT

T  
5

MIXED SALAD,  
CHEESE OMELETTE,  
YOGHURT

W  
6

MIXED VEGETABLES,  
CHEESE & HAM  
SÁNDWICH, FRUIT

Th  
7

SPINACH SALAD,  
ROAST DORADA,  
FRUIT

F  
8

BROCCOLI, FILLET,  
FRUIT Y GLASS OF  
MILK

M  
11

SALMON SANDWICH,  
YOGHURT AND FRUIT

T  
12

VEGETABLES, FISH,  
FRUIT AND A GLASS  
OF MILK

W  
13

SOUP, MEAT PIE,  
FRUIT

Th  
14

CREAM OF  
COURGETTER,  
FRUIT AND A GLASS  
OF MILK

F  
15

RUSSIAN FILLETS,  
FRUIT AND YOGHURT

M  
18

BOILED BROCOLI,  
GRILLED SOLE , FRUIT  
& GLASS OF MILK

T  
19

SALAD, FISH, FRUIT

W  
20

MIXED SALAD,  
CHEESE OMELETTE,  
YOGHURT

Th  
21

SCRAMBLED  
ASPARAGUS, TOMATO  
SALAD, FRUIT

F  
22

SOUP, MEAT PIE,  
FRUIT

M  
25

SPINACH SALAD,  
ROAST DORADA,  
FRUIT

T  
26

SALAD, FISH, FRUIT

W  
27

RUSSIAN FILLETS,  
FRUIT AND YOGHURT

Th  
28

BOILED BROCOLI,  
GRILLED SOLE , FRUIT  
& GLASS OF MILK

F  
29

BROCCOLI, FILLET,  
FRUIT Y GLASS OF  
MILK