

1



Bank Holiday

4	5	6	7	8
MIXED SALAD c/ CHEESE FINGERS (César sauce)	CRUDITÉS w/ CHICKPEA HUMMUS	CREAM OF CARROT & GINGER (carrots, leeks, onions, potatoes) w/ TOAST BREAD & NUTS	LENTIL & VEGETABLE STEW or PURÉE	MIXED SALAD w/ NUTS
CUBAN STYLE RICE (Homemade tomato sauce, egg)	BONELESS FISH & SEAFOOD FIDEUÀ (garlic, tomatoes, onions, red peppers, green peppers, monkfish, cuttlefish, prawns)	ROAST CHICKEN w/ ROSEMARY CHIPS	GRILLED BEEF BURGER SAUTÉED COUSCOUS WITH VEGETABLES	SALMON POKE (sweetcorn, edamame, avocado, carrots) Soybean mayonnaise sauce or Mango sauce & BASMATI RICE
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	NATURAL YOGHOURT w/ FRESH FRUIT
Evening meal suggestion: Pasta with vegetables & texturized soybean / Fruit	Evening meal suggestion: Pasta soup & courgette omelette / Fruit	Evening meal suggestion: Mixed salad & baked hake with onion & potatoes / Fruit	Evening meal suggestion: Mixed salad & spanish omelette / Fruit	Evening meal suggestion: Variety of "Quesadillas" / Fruit
11	12	13	14	15
MIXED SALAD w/ APPLE & RAISINS (Mustard & honey sauce)	CHICKEN AND VEGETABLE BROTH WITH PASTA	VEGETABLE PAELLA	PANZANELLA SALAD (cherry tomatoes, red onion, croutons, avocado, olive oil, balsamic vinegar)	CREAM OF PUMPKIN (pumpkin, leeks, onions, potatoes) & RED LENTILS (Pumpkin & sesame seeds)
GNOCCI DE PATATA w/ PESTO SAUCE	SPANISH OMELETTE MIXED SALAD w/ TUNA (Yoghourt & mango sauce)	BREADED CODFISH STEAMED BROCCOLI & POTATOES	COTTAGE PIE (garlic, onion, carrots, worcestershire sauce, minced beef meat, potatoes, cream, milk)	TURKEY STEW WITH CURRY SAUCE (coconut milk, curry, tumeric) WITH MUSHROOMS & WHOLE GRAIN RICE
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	NATURAL YOGHOURT w/ FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT
Evening meal suggestion: Sautéed rice w/ vegetables & nuts / Fruit	Evening meal suggestion: Sautéed quinoa w/ vegetables & chicken / Fruit	Evening meal suggestion: Mixed salad & scrambled eggs with toast / Fruit	Evening meal suggestion: Couscous w/ peppers & chick pea / Fruit	Evening meal suggestion: Homemade pizza / Fruit
18	19	20	21	22
MIXED SALAD w/ GARLIC BREAD (Yoghourt sauce)	GERMAN POTATO SALAD (potatoes, spring onions, pickles, egg, mayonnaise)	LENTIL & VEGETABLE STEW or PURÉE	WHOLE GRAIN RICE w/ POMODORO SAUCE (tomatoes, garlic, basil)	International menu: MALLORCA
WHOLE GRAIN SPAGHETTI w/ VEGETABLE BOLOGNESE SAUCE (garlic, onions, carrots, peppers, textured soybeans, tomatoes, aromatic herbs)	HOMEMADE BREADED PALOMETA (blue fish) GREEN PEAS & CARROTS	SCRAMBLED EGGS w/ POTATOES CESAR SALAD (lettuce, croutons, cheese, sauce)	BAKED HAKE AU GRATIN SWEET ONIONS & POTATOES	MALLORCAN VEGETABLE PASTRY FRITO MALLORQUÍN (potatoes, meat & vegetables) CRESPILLS, ROBIOLS (traditional biscuits)
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT
Evening meal suggestion: Legume pasta with vegetables / Fruit	Evening meal suggestion: Mixed salad & grilled turkey with whole grain rice / Fruit	Evening meal suggestion: Squid stew with onion & toast bread / Fruit	Evening meal suggestion: Mixed salad & spanish omelette / Fruit	Evening meal suggestion: Poke bowl / Fruit
25	26	27	28	29

Easter Holidays



All meals are accompanied by local brown bread, water and a variety of seasonal fruit to choose from every day.

The kitchen prepares our menus with BIO eggs and free range chicken. Olive oil is used for cooking and dressing dishes.

The fish we use has the MSC (Marine Stewardship Council) certificate of sustainable fishing. Whenever possible, we use locally sourced products.

SNACKS

NURSERY

Monday	Tuesday	Wednesday	Thursday	Friday
SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS

Monday	Tuesday	Wednesday	Thursday	Friday
CUBED CHEESE WITH SULTANAS or ASSORTMENT OF BREADS WITH CHEESE	YOGURT WITH OATS OR CORN FLAKES NO ADDED SUGAR	SLICED HAM WITH SULTANAS or ASSORTMENT OF BREAD WITH OLIVE OIL AND HAM	YOGURT WITH OATS OR CORN FLAKES NO ADDED SUGAR	CUBED CHEESE WITH SULTANAS or ASSORTMENT OF BREADS WITH CHEESE

SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY

RECEPTION 1 y 2

Monday	Tuesday	Wednesday	Thursday	Friday
SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS

CHILDREN BRING A HEALTHY SNACK FOR THE AFTERNOON BREAK. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

YEAR 1 - YEAR 2

CHILDREN BRING A HEALTHY SNACK BOTH FOR THE MORNING AND FOR THE AFTERNOON BREAKS. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

YEAR 3 - DP2

CHILDREN BRING A HEALTHY SNACK ONLY FOR THE MORNING BREAK TIME. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

Información Nutricional	Nursery	Reception	Nursery	Kcal/Kj
	Mid Morning	Mid Afternoon	Mid Afternoon	
Energy value	193,0/ 791,3	216,5/ 887,7	195,56/ 801,8	
Fat	7,87	8,67	4,04	g
of which, saturates	4,17	4,67	2,22	g
Carbohydrate	22,63	24,93	34,64	g
of which, sugars	10,50	12,80	24,42	g
Protein	7,70	8,47	7,54	g
Salt	0,23	0,27	0,50	g
Fibre	1,33	1,33	4,46	g