

1		2		3	
		VEGETABLES PAELLA		CHICK PEA & VEGETABLE STEW or PURÉE	
		BAKED SALMON		BREADED PORK w/ HAM & CHEESE	
Bank Holiday					
		STEAMED BROCCOLI		MIXED SALAD w/ OLIVES	
		NATURAL YOGHOURT w/ FRESH FRUIT		SEASONAL FRESH FRUIT	
		Evening meal suggestion: Mixed salad y huevos rotos con patatas / Fruit		Evening meal suggestion: Poke bowl de salmón / Fruit	
6		7		8	
MIXED SALAD c/ CHEESE FINGERS (César sauce)		CREAM OF CARROTS AND GINGER		CRUDITÉS w/ CHICKPEA HUMMUS	
CUBAN STYLE RICE		BEEF STROGONOFF		BONELESS FISH & SEAFOOD FIDEUÁ	
(Homemade tomato sauce, egg)		MUSHROOMS & POTATOES		(monkfish, cuttlefish, prawns, garlic, tomato, onion, red pepper, green pepper)	
SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT	
Evening meal suggestion: Pasta with vegetables & texturized soybean / Fruit		Evening meal suggestion: Mixed salad & spanish omelette / Fruit		Evening meal suggestion: Sautéed cuscús salteado w/ vegetables & turkey / Fruit	
9		10			
LENTIL & VEGETABLE STEW or PURÉE		WHOLE GRAIN SPAGHETTI w/ CARBONARA SAUCE			
GRILLED CHICKEN BREAST		HOMEMADE FLOURED CODFISH			
MASHED POTATOES		MIXED SALAD w/ NUTS (Mustard & honey sauce)			
SEASONAL FRESH FRUIT		NATURAL YOGHOURT w/ FRESH FRUIT			
Evening meal suggestion: Mixed salad & grilled tuna with rice / Fruit		Evening meal suggestion: Variety of "Quesadillas" / Fruit			
13		14		15	
MIXED SALAD w/ APPLE & RAISINS (Mustard & honey sauce)		FISH RICE		WHOLE GRAIN MACCARONI w/ NEAPOLITAN SAUCE	
FUSSILLI		HOMEMADE BREADED CHICKEN		HOMEMADE BREADED PALOMETA (blue fish)	
w/ PESTO SAUCE		MIXED SALAD w/ OLIVES		MIXED SALAD w/ CORN (Red fruits sauce)	
SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT		NATURAL YOGHOURT w/ FRESH FRUIT	
Evening meal suggestion: Sautéed rice w/ vegetables & nuts / Fruit		Evening meal suggestion: Sautéed vegetables with quinoa & eggs / Fruit		Evening meal suggestion: Sautéed rice salteado with vegetables & chick pea / Fruit	
16		17			
PASTA SOUP		CREAM OF PUMPKIN & RED LENTIL SOUP			
BEEF MEATBALLS		STUFFED EGGS			
POTATOES & VEGETABLES (onion, tomato, carrots, peas)		ROAST POTATOES			
SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT			
Evening meal suggestion: Mixed salad & grilled hake with cuscús / Fruit		Evening meal suggestion: Homemade pizza / Fruit			
20		21		22	
MIXED SALAD w/ GARLIC BREAD (Yoghourt sauce)		RICE SOUP		LENTIL & VEGETABLE STEW or PURÉE	
WHOLE GRAIN SPAGHETTI w/ VEGETABLE BOLOGNESE SAUCE		HOMEMADE BREADED HAKE		SCRAMBLED EGGS w/ POTATOES	
(garlic, onion, carrot, peppers, tomato)		POTATOES & PEAS		CESAR SALAD (lettuce, croutons, cheese, sauce)	
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 cuscús / Fruit		Evening meal suggestion: Baked sole fillet with potatoes & vegetables / Fruit	
23		24			
CRUDITÉS w/ GUACAMOLE		CREAM OF VEGETABLES			
TURKEY w/ CURRY SAUCE		GRILLED BEEF BURGER			
BASMATI RICE		COUSCOUS w/ CHERRY TOMATO & OLIVES			
SEASONAL FRESH FRUIT		NATURAL YOGHOURT w/ FRESH FRUIT			
Evening meal suggestion: Mixed salad & spanish omelette / Fruit		Evening meal suggestion: Pa amb oli / Fruit			
27		28		29	
CRUDITÉS w/ CHICKPEA HUMMUS		FUSILLI w/ SPINACH & CHEESE SAUCE		LENTIL & VEGETABLE STEW or PURÉE	
SEASONAL VEGETABLES PAELLA		HOMEMADE FLOURED JOHN DORY		GRILLED CHICKEN	
		STEAMED CARROTS & GREEN BEANS		CHIPS	
SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT		SEASONAL FRESH FRUIT	
Sugerencia de cena: Sautéed quinoa with vegetables & nuts / Fruit		Sugerencia de cena: Mixed salad & scrambled eggs with bread / Fruit		Sugerencia de cena: Tabulé of cuscús with grilled salmon / Fruit	
30		31			
GNOCCHI w/ TOMATO SAUCE		International Menü: ENGLAND			
FRENCH OMELETTE w/ CHEESE		CREAM OF LEEKS			
MIXED SALAD w/ OLIVES		FISH & CHIPS w/ PEAS			
SEASONAL FRESH FRUIT		NATURAL YOGHOURT w/ FRESH FRUIT			
Sugerencia de cena: Rice with mushrooms & chick peas / Fruit		Sugerencia de cena: Grilled fish & vegetables / Fruit			

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