

9		10		11		12		13	
MIXED SALAD w/ GARLIC BREAD (yoghurt dressing)	PASTA BOWS (w/ cherry tomatoes, basil, black olives, cheese)	CREAM OF CARROT, LENTIL & GINGER SOUP	PANZANELLA SALAD (cherry tomatoes, red onion, croutons, avocado, olive oil, balsamic vinegar)	MIXED SALAD w/ CORN & SUNFLOWER SEEDS (Red fruits sauce)					
CUBAN STYLE RICE	BAKED SALMON	HOMEMADE BREADED CHICKEN	COTTAGE PIE	BONELESS FISH & SEAFOOD PAELLA					
(Homemade tomato sauce, egg)	GREEN PEAS & CARROTS	STEAMED BROCCOLI	(garlic, onions, carrots, worcestershire sauce, minced beef, potatoes, cream, milk)	(onion, tomato, green beans, green peas, cuttlefish, prawns, monkfish)					
SEASONAL FRESH FRUIT	NATURAL YOGHURT w/ FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT					
Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:					
Legume pasta with vegetables / Fruit	Mixed salad & grilled turkey with cuscús / Fruit	Baked sole fillet with potatoes & vegetables / Fruit	Mixed salad & spanish omelette / Fruit	Pa amb oli / Fruit					
16		17		18		19		20	
MIXED SALAD w/ NUTS (Mustard & honey sauce)	MAJORCA SALAD w/ CHICKPEAS (tomato, red onion, green pepper)	WHOLE GRAIN RICE w/ POMODORO SAUCE (tomato, garlic, basil)	WHOLE GRAIN FUSILLI w/ CARBONARA SAUCE	CREAM OF PUMPKIN & RED LENTIL SOUP					
WHOLE GRAIN SPAGHETTI w/ VEGETABLE BOLOGNESE SAUCE (garlic, onion, carrot, pepper, textured soybean, tomatoes, herbs)	GRILLED CHICKEN	SPANISH OMELETTE	BAKED JOHN DORY FILLET (garlic, parsley, lemon)	GRILLED BEEF BURGER					
SEASONAL FRESH FRUIT	CHIPS	MIXED SALAD w/ TUNA (Yoghurt & mango sauce)	MIXED SALAD w/ OLIVES (Olive oil & balsamic vinegar sauce)	RICE w/ CURRY SAUCE					
Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:					
Sautéed rice w/ vegetables & nuts / Fruit	Mixed salad & grilled hake with cuscús / Fruit	Sautéed rice salteado with vegetables & chick pea / Fruit	Sautéed vegetables with quínoa & eggs / Fruit	Homemade pizza / Fruit					
23		24		25		26		27	
MIXED SALAD c/ BOILED EGG (Caesar sauce)	GNOCCHI w/ TOMATO SAUCE	CREAM OF VEGETABLE & CHICKPEA SOUP	WHOLE GRAIN MACCARONI w/ PESTO SAUCE	Special Menu: MOROCCO					
VEGETABLE PAELLA	BAKED HAKE w/ DRESSING	CORDON BLEU	HOMEMADE BREADED PALOMETA	SAUTÉED COUSCOUS w/ VEGETABLES					
SEASONAL FRESH FRUIT	MIXED SALAD w/ APPLE & RAISIN (Mustard & honey sauce)	MIXED SALAD w/ CORN & SUNFLOWER SEEDS (Red fruits sauce)	TOMATO SALAD w/ BASIL	CHICKEN KEBAB					
Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:	Evening meal suggestion:					
Sautéed quinoa with vegetables & nuts / Fruit	Mixed salad & scrambled eggs with bread / Fruit	Tabulé of cuscús with grilled salmon / Fruit	Rice with mushrooms & chick peas / Fruit	Grilled fish & vegetables / Fruit					
30									
CREAM OF VEGETABLE, LENTIL & CURRY SOUP									
SCRAMBLED EGGS w/ GREEN BEANS									
STEAMED POTATOES									
SEASONAL FRESH FRUIT									
Evening meal suggestion:									
Mixed salad & vegetal burger / 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