



| 2 | 3 | 4 | 5 | 6 |
|---|---|--|---|--|
| GNOCCHI w/ NEAPOLITAN SAUCE | WHOLE GRAIN RICE w/ PIZZAIOLA SAUCE (garlic, tomato, aromatic herbs) | LENTIL STEW or LENTIL STEW PURÉE | MIXED SALAD w/ APPLE & RAISIN (Mustard & honey sauce) | |
| FRENCH OMELETTE w/ CHEESE | HOMEMADE BREADED CODFISH | GRILLED CHICKEN | HOMEMADE BEEF LASAGNA | |
| MIXED SALAD w/ OLIVES (Vinaigrette sauce) | STEAMED BROCCOLI & CARROTS | CHIPS | (tomato sauce, bechamel sauce, cheese) | Bank Holiday |
| SEASONAL FRESH FRUIT | SMOOTHIE w/ FRESH FRUIT | SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | |
| Evening meal suggestion: Sautéed quinoa w/ vegetables & nuts / Fruit | Evening meal suggestion: Mixed salad & boiled egg w/ rice / Fruit | Evening meal suggestion: Mixed salad & hake w/ sweet potatoe / Fruit | Evening meal suggestion: Vegetables pie w/ tomato sauce & roast bread / Fruit | |
| 9 | 10 | 11 | 12 | 13 |
| GARLIC BREAD & CRUDITÉS w/ HUMMUS | CREAM OF COURGETTE w/ CROUTONS | CHICKEN & VEGETABLES PAELLA | CHICK PEA STEW or CHICK PEA STEW PURÉE | CHICKEN BROTH SOUP w/ PASTA |
| WHOLE GRAIN SPAGHETTI w/ VEGETABLE BOLOGNESE SAUCE (garlic, onion, carrot, pepper, textured soybeans, tomatoes, aromatic herbs) | TURKEY STEW VEGETABLES (onions, tomatoes, carrots, bay leaf, garlic) & POTATOES | HOMEMADE BREADED SOLE FILLET GREEK SALAD (tomatoes, cucumber, pepper, cheese & black olives) (Tzatziki sauce) | SPANISH OMELETTE CESAR SALAD (lettuce, croutons, cheese, sauce) | SALMON POKE BOWL w/ RICE (corn, edamame, carrots, avocado) (Mango mayonnaise or Soybean sauce) |
| SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | NATURAL YOGHOURT w/ FRESH FRUIT |
| Evening meal suggestion: Lentil stew w/ mushrooms with curry sauce / Fruit | Evening meal suggestion: Rice salad w/ nuts / Fruit | Evening meal suggestion: Sautéed cuscús w/ vegetables & omelette / Fruit | Evening meal suggestion: Mixed salad & hake w/ sweet potatoe / Fruit | Evening meal suggestion: Variety of "Quesadillas" / Fruit |
| 16 | 17 | 18 | 19 | |
| MIXED SALAD w/ CHEESE FINGERS | LENTIL STEW or LENTIL STEW PURÉE | PUMKIN CREAM SOUP w/ SEEDS | Christmas Special Menu | |
| CUBANA STYLE WHOLE GRAIN RICE (homemade tomato sauce, egg) | HOMEMADE BREADED HAKE | CHICKEN SAUSAGE w/ ONION SAUCE | CHRISTMAS SOUP | |
| SEASONAL FRESH FRUIT | MIXED SALAD w/ NUTS | MASHED POTATOES & GREEN PEAS | ROAST CHICKEN w/ POTATOES & VEGETABLE SAUCE | |
| SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT | SEASONAL FRESH FRUIT & CHRISTMAS SWEETS | |
| Evening meal suggestion: Legume pasta with vegetables / Fruit | Evening meal suggestion: Sautéed whole grain rice with vegetables & nuts / Fruit | Evening meal suggestion: Mixed salad & Fish burger with couscous / Fruit | Evening meal suggestion: Vegetables cream soup & grilled hake w/ salad / Fruit | |

Merry Christmas & Happy New Year !

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 WHITH OATS OR CORN FLAKES NO ADDED SUGAR | SLICED HAM WITH SULTANAS or ASSORTEMENT OF BREAD WITH OLIVE OIL AND HAM | YOGURT WHITH 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 |