

2	3	4	5	6
WHOLE GRAIN MACCARONI w/ NEAPOLITAN SAUCE	DRESSED POTATOES (potatoes, tomatoes, corn, olives, tuna)	WHOLE GRAIN FUSILLI w/ CARBONARA SAUCE	PANZANELLA SALAD (cherry tomatoes, red onion, croutons, avocado, olive oil, balsamic vinegar)	HUMUS w/ CRUDITÉS
SCRAMBLED EGG w/ BEANS	BREADED CHICKEN	HOMEMADE BREADED HAKE	COTTAGE PIE	BONELESS FISH & SEAFOOD PAELLA
MIXED SALAD w/ CORN & SUNFLOWER SEEDS (Red fruits sauce)	MIXED SALAD w/ OLIVES (Mustard & honey sauce)	GREEN PEAS & CARROTS	(garlic, onions, carrots, worcestershire sauce, minced beef, potatoes, milk)	(onion, tomato, green beans, green peas, cuttlefish, prawns, monkfish)
SEASONAL FRESH FRUIT	NATURAL YOGHURT w/ FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT
Evening meal suggestion: Legume pasta w/ mushrooms curry sauce / Fruit	Evening meal suggestion: Sautéed rice w/ vegetables & french omelette / Fruit	Evening meal suggestion: Grilled burger with potatoes & salad / Fruita	Evening meal suggestion: Sautéed vegetables & couscous w/ lentil / Fruit	Evening meal suggestion: Variety of wraps / Fruit
9	10	11	12	14
MIXED SALAD c/ CHEESE FINGERS (César sauce)	MIXED SALAD c/ CHICKPEAS (lettuce, corn, olives, tuna)	WHOLE GRAIN RICE w/ POMODORO SAUCE (tomato, garlic, basil)	SUMMER PASTA (cherry tomato, basil, black olives, cheese)	CREAM OF CARROT & LENTIL SOUP
WHOLE GRAIN SPAGHETTI w/ VEGETABLE BOLOGNESE SAUCE (garlic, onion, carrot, pepper, textured soybean, tomatoes, herbs)	ROAST CHICKEN w/ ROSEMARY CHIPS	FRENCH OMELETTE w/ CHEESE	BAKED JOHN DORY FILLET (garlic, parsley, lemon)	PIZZA MARGHERITA (tomato, cheese, basil)
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	NATURAL YOGHURT w/ FRESH FRUIT
Evening meal suggestion: Boiled eggs w/ potatoes, carrots & green peas / Fruit	Evening meal suggestion: Au gratin baked codfish w/ quinoa & courgettes / Fruit	Evening meal suggestion: Legume pasta with tomatoes & aubergine/ Fruit	Evening meal suggestion: Grilled turkey fillet w/ potatoes & peppers / Fruit	Evening meal suggestion: Tabulé w/ couscous & grilled salmon / Fruit
16	17	18	19	20
MAJORCAN SALAD w/ CHICKPEAS (tomato, red onion, green pepper)	VEGETABLE PAELLA	CREAM OF LENTIL SOUP w/ CURRY	Special Menú	TOMATO SOUP
STUFFED EGGS (vegetables, mayonnaise)	BAKED HAKE w/ SAUCE	CORDON BLEU	BBQ	PIZZA MARGHERITA
STEAMED POTATOES	TOMATO SALAD w/ BASIL	MIXED SALAD w/ OLIVES (Mustard & honey sauce)	(VARIETY OF MEAT, BREAD, POTATOES)	MIXED SALAD w/ APPLE & RAISIN (Mustard & honey sauce)
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	ICE CREAM	SEASONAL FRESH FRUIT
Evening meal suggestion: White beans salad with boiled potatoes / Fruit	Evening meal suggestion: Sautéed vegetables & couscous w/ chicken / Fruit	Evening meal suggestion: Mixed salad & grilled tuna w/ soybean sauce & rice / Fruita	Evening meal suggestion: Grilled eggs & tumbet / Fruit	Evening meal suggestion: Variety of wraps / 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