

Primary School Menu May 2023

Day	First Course	Second Course	Dessert
1	SCHOOL HOLIDAYS		
2			
3	NO SCHOOL FOR STUDENTS		
4	Cream of carrot and leek soup	Roast chicken with potatoes	Fruit
5	Lentil stew	Cheese Omelette with salad	Yoghurt
8	Noodles with beef strips. mushrooms and soy sauce	Breaded cod fish with salad	Fruit
9	Green beans with tomato sauce	Beef stroganoff with cous cous	Fruit
10	Cream of vegetable soup	Chicken curry with basmati rice	Fruit
11	White bean stew	Baked salmon with sweet corn	Yoghurt
12	Chicken and pasta soup	Margarita pizza with potatoes	Fruit
15	NATIONAL HOLIDAYS		
16	Paella (organic rice. seafood. chicken and vegetables)	Potato omelette with salad	Fruit
17	Chana masala chickpeas	Breaded hake fish with salad	Yoghurt
18	Cream of vegetable soup	Beef meatballs with potatoes	Fruit
19	Carbonara pasta	Breaded squid in kimchi sauce with salad	Fruit
22	Noodles with chicken and vegetables	Breaded cod fish with caramelized baby carrots	Fruit
23	Cream of zucchini soup with croutons	Beef in tikka masala sauce with basmati rice	Fruit
24	Chicken and pasta soup	Baked chicken with potatoes	Fruit
25	Gratin rice with zucchini and egg	Baked salmon with mayonnaise and sweet corn	Yoghurt
26	Lentil stew	Turkey sausages with salad	Fruit
29	Carbonara fusilli	Breaded squid with kimchi sauce and salad	Fruit
30	Red bean stew with rice	Turkey ham omelette with salad	Fruit
31	Green beans with potatoes and turkey ham	Chicken teriyaki with cous cous	Ice cream



NUTRICIONAL INFORMATION

Week	Calories	Proteins	Fats	Carbohydrates
1	690	31.3	30.9	64.4
2	632	29.7	21.9	73.9
3	693	29.1	28.5	75.2
4	669	31.6	21.3	82.7
5	638	28	26	68.6