

	MENU A		MENU B		
1	NATIONAL HOLIDAYS				
2					
3					
NO SCHOOL FOR STUDENTS					
4	Cream of carrot and leek soup	Roast chicken with potatoes	Salad buffet	Breaded anchovies with peppers	Fruit
5	Lentil stew	Cheese omelette with salad	Salad buffet	Turkey fillet in sauce with rice	Yoghurt
8	Noodles with beef strips, mushrooms and soy sauce	Breaded cod fish with salad	Salad buffet	Chicken in orange and cinnamon sauce with potatoes	Fruit
9	Green beans with tomato sauce	Beef stroganoff with cous cous	Salad buffet	Hake fish with special mayonnaise and vegetables	Fruit
10	Cream of vegetable soup	Curry chicken with basmati rice	Salad buffet	Meat lasagna	Fruit
11	White bean stew	Baked salmon with corn	Salad buffet	Beef in sauce with sweet potato	Yoghurt
12	Chicken and pasta soup	Margarita pizza with potatoes	Salad buffet	Baked fish in parsley sauce	Fruit
NATIONAL HOLIDAY					
15					
16	Paella (organic rice, chicken, seafood and vegetables)	Potato omelette with salad	Salad buffet	Pork strips in sweet and sour sauce with breaded vegetables	Fruit
17	Chana masala chickpeas	Breaded hake fish with salad	Salad buffet	Fajitas with chicken and vegetables	Yoghurt
18	Cream of vegetable soup	Beef meatballs with potatoes	Salad buffet	Fish in saffron sauce	Fruit
19	Carbonara pasta	Breaded squid in kimchi sauce with salad	Salad buffet	Turkey steak with pepper and rice	Fruit
22	Chicken and vegetable fideuá	Breaded cod fish with caramelized baby carrots	Salad buffet	Vegetable burger with potatoes	Fruit
23	Cream of zucchini soup with croutons	Beef in tikka masala sauce with basmati rice	Salad buffet	Breaded squid with vegetable sauce	Fruit
24	Chicken and pasta soup	Baked chicken in bbq sauce with potatoes	Salad buffet	Fried eggs with ham, peppers and potatoes	Fruit
25	Gratin rice with zicchini and egg	Baked salmon with mayonnaise and corn	Salad buffet	Grilled beef steak with broccoli	Yoghurt
26	Lentil stew	Turkey sausages with salad	Salad buffet	Cod millefeuille with potatoes	Fruit
29	Carbonara fusilli	Breaded squid in kimchi sauce with salad	Salad buffet	Pork steak with apple chutney and mashed potatoes	Fruit
30	Red bean stew with rice	Turkey ham omelette with salad	Salad buffet	Cod cakes with bechamel	Fruit
31	Green beans with potatoes and turkey ham	Chicken teriyaki with cous cous	Salad buffet	Tuna in tomato sauce with thai vegetables	Ice cream



NUTRITIONAL INFORMATION (corresponding to MENU A)

Week	Calories	Protein	Fats	Carbohydrates
1	882	42.4	35.7	88.5
2	876	43.2	30.2	99.8
3	963	37.8	39	108
4	911	44.1	26.8	116
5	858	37.4	33.5	94.9