

PRIMARY, ESO AND BAC MENU					
FIRST WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Couscous with chickpeas and sautéed vegetables	Three-delicacies rice	Spaghetti bolognese	Braised lentils with seasonal vegetables	Star pasta soup
	GLUTEN AND LEGUMES	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN
	Beef and pork meatballs with mixed vegetables	Baked omelette with Caesar salad	Ham croquettes with steamed vegetables	Homemade beef burger with fries. Onion and homemade ketchup	Teriyaki baked salmon with mixed salad
	SOY, DAIRY, CELERY, MUSTARD AND SULPHITES	EGG, GLUTEN, DAIRY, SOY AND MUSTARD	GLUTEN AND DAIRY	–	FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
SECOND WEEK	White rice with tomato and baked egg	Homemade beef cannelloni	Cream of legumes	Wholemeal pasta salad with vegetables and hard-boiled egg	Meat and vegetable paella
	EGG	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES
	Homemade chicken breast nuggets with tumbet (Mallorcan vegetable dish) and/or salad	Baked chicken sausage with mixed salad	Homemade cod croquettes with mixed salad	Roast chicken thighs with fries	Baked hake with sliced tomato and extra virgin olive oil
	GLUTEN	SULPHITES	FISH, DAIRY, SOY, MUSTARD AND GLUTEN	–	FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
THIRD WEEK	Spaghetti carbonara	Cream of leek and courgette	Fish and seafood rice	Ham and cheese pizza	Braised lentils
	GLUTEN, SOY, MUSTARD AND DAIRY	-	FISH AND SHELLFISH	DAIRY AND GLUTEN	LEGUMES
	Grilled chicken breast with Caesar salad	Braised pork loin with fries	Baked potato omelette with salad	Pork escalope with mixed vegetables	Baked salmon loin with mixed salad
	GLUTEN, DAIRY, SOY AND MUSTARD	–	EGG	GLUTEN	FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
FOURTH WEEK	Star pasta soup	Meat and vegetable paella	Chickpea salad with seasonal vegetables and egg	Wholemeal macaroni with tomato sauce	Cream of vegetables
	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES	LEGUMES AND EGG	EGG, SOY, MUSTARD AND GLUTEN	
	Chicken curry with couscous and sweet potato	Battered hake with mixed salad	Beef stew with seasonal vegetables and potatoes	Grilled turkey breast with mixed salad	Fried squid rings with stir-fried rice
	-	FISH AND GLUTEN	–	–	DAIRY, GLUTEN AND FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–

EARLY YEARS MENU					
FIRST WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Couscous with chickpeas and sautéed vegetables	Three-delicacies rice	Spaghetti bolognese	Braised lentils with seasonal vegetables	Star pasta soup
	GLUTEN AND LEGUMES	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN
	Beef and pork meatballs with mixed vegetables	Baked omelette with mixed salad	Ham croquettes with steamed vegetables	Homemade beef burger with fries. Onion and homemade ketchup	Baked hake with steamed vegetables
	SOY, DAIRY, CELERY, MUSTARD AND SULPHITES	EGG	LEGUMES, EGG, FISH, GLUTEN AND DAIRY	–	SOY, FISH AND GLUTEN
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
SECOND WEEK	White rice with tomato	Cream of legumes	Homemade beef cannelloni	Wholemeal pasta salad with vegetables and hard-boiled egg	Meat and vegetable paella
	–	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES
	Chicken nuggets with grilled courgette	Baked chicken sausage with fries	Cod croquettes with mixed salad	Roast chicken with steamed broccoli	Baked hake with tomato and extra virgin olive oil
	GLUTEN	SULPHITES	DAIRY, GLUTEN AND FISH	–	FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
THIRD WEEK	Macaroni with tomato	Cream of leek and courgette	Fish and seafood rice	Star pasta soup	Braised lentils
	GLUTEN, MUSTARD AND SOY	-	FISH AND SHELLFISH	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES
	Grilled chicken breast with sautéed broccoli	Braised pork loin with basmati rice	Baked potato omelette with salad	Pork escalope with mixed vegetables	Baked hake with fries
	–	–	EGG	GLUTEN	FISH AND GLUTEN
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
FOURTH WEEK	Ham and cheese pizza	Meat and vegetable paella	Cream of legumes	Macaroni with tomato	Cream of vegetables
	GLUTEN AND DAIRY	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	GLUTEN, MUSTARD AND SOY	
	Roast chicken with fries	Battered hake with steamed vegetables	Beef stew with seasonal vegetables and potatoes	Grilled turkey breast with grilled courgette	Baked salmon with stir-fried rice
	-	FISH AND GLUTEN	–		FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–

ESCOLETA MENU					
FIRST WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Couscous with chickpeas and sautéed vegetables	Three-delicacies rice	Spaghetti bolognese	Braised lentils with seasonal vegetables	Star pasta soup
	GLUTEN AND LEGUMES	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN
	Beef and pork meatballs with mixed vegetables	Baked omelette with salad	Ham croquettes with steamed vegetables	Homemade beef burger with fries. Onion and homemade ketchup	Baked hake with steamed vegetables
	SOY, DAIRY, CELERY, MUSTARD AND SULPHITES	EGG	LEGUMES, EGG, FISH, GLUTEN AND DAIRY	–	SOY, FISH AND GLUTEN
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
SECOND WEEK	White rice with tomato	Cream of legumes	Homemade beef cannelloni	Wholemeal pasta salad with vegetables and hard-boiled egg	Meat and vegetable paella
	–	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES
	Chicken nuggets with grilled courgette	Baked chicken sausage with fries	Cod croquettes with mixed salad	Roast chicken with steamed broccoli	Baked hake with sliced tomato and extra virgin olive oil
	GLUTEN	SULPHITES	DAIRY, GLUTEN AND FISH	–	FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
THIRD WEEK	Macaroni with tomato	Cream of leek and courgette	Fish and seafood rice	Star pasta soup	Braised lentils
	GLUTEN, MUSTARD AND SOY	-	FISH AND SHELLFISH	EGG, SOY, MUSTARD AND GLUTEN	LEGUMES
	Grilled chicken breast with sautéed broccoli	Braised pork loin with basmati rice	Baked potato omelette with salad	Pork escalope with mixed vegetables	Baked hake with fries
	–	–	EGG	GLUTEN	FISH AND GLUTEN
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–
FOURTH WEEK	Ham and cheese pizza	Meat and vegetable paella	Cream of legumes	Macaroni with tomato	Cream of vegetables
	GLUTEN AND DAIRY	LEGUMES	EGG, SOY, MUSTARD AND GLUTEN	GLUTEN, MUSTARD AND SOY	
	Roast chicken with fries	Battered hake with steamed vegetables	Beef stew with seasonal vegetables and potatoes	Grilled turkey breast with grilled courgette	Baked hake with stir-fried rice
	-	FISH AND GLUTEN	–		FISH
	Seasonal fruit	Seasonal fruit	Yoghurt and/or seasonal fruit	Seasonal fruit	Seasonal fruit
	–	–	DAIRY	–	–