

MIÉRCOLES 01

JUEVES 02

VIERNES 03

SABADO 04

DOMINGO 05

COMIDA

ARROZ CON SALSA DE
TOMATE
ENSALADA DE ARROZ

BOCADITOS DE POLLO
SALTEADOS CON MANGO Y
SOJA
FILETE DE POLLO AL AJILLO

PATATAS FRITAS
ESPECIADAS

FRUTA FRESCA

PAN BLANCO

GAZPACHO
JUDÍAS VERDES CON JAMÓN
Y TOMATE

TORTILLA FRANCESA
TORTILLA DE PATATAS
GRATINADA

TOMATE ALIÑADO

FRUTA FRESCA

PAN BLANCO

SOPA DE VERDURAS CON
FIDEOS
SOPA DE LLUVIA CON
PICADILLO

PAVO EN SALSA DE
CIRUELAS
PAVO AL ESTILO THAY

COUS COUS

YOGUR NATURAL CON
TOPPING

PAN BLANCO

BRUNCH:
*PANES Y UNTABLES
VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA

BUFFET DE ENSALADAS

BACON CRISPY
PASTA CARBONARA
ALBÓNDIGAS EN SALSA

FRUTA FRESCA ~ YOGUR

PAN BLANCO / INTEGRAL

BRUNCH:
*PANES Y UNTABLES
VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA

BUFFET DE ENSALADAS

HUEVOS REVUELTOS CON
QUESO
ARROZ CON POLLO Y CURRY
CINTA DE LOMO EN SALSA

FRUTA FRESCA ~ YOGUR

PAN BLANCO / INTEGRAL

CENA

BUFFET DE ENSALADAS
ENSALADA DE COUS COUS
CON VERDURITAS

CALAMAR RABAS
REBOZADAS

PATATAS FRITAS

FRUTA FRESCA /YOGUR

PAN BLANCO / INTEGRAL

BUFFET DE ENSALADAS
ENSALADA DE LACITOS
CON YORK

CHULETA DE SAJONIA
A LA PLANCHA

AROS DE CEBOLLA

FRUTA FRESCA /YOGUR

PAN BLANCO / INTEGRAL

BUFFET DE ENSALADAS
ENSALADA NICOISE

FLAMENQUINES

PURÉ DE PATATAS

FRUTA FRESCA / YOGUR

PAN BLANCO / INTEGRAL

BUFFET DE ENSALADAS
ENSALADA DE GARBANZOS
CON TOMATE, ATÚN, MAÍZ
Y ZANAHORIA

HOT DOG ESTILO NY

BERENJENA REBOZADA

FRUTA FRESCA/YOGUR

PAN BLANCO / INTEGRAL

BUFFET DE ENSALADAS
ENSALADA COLESLAW

ENCHILADA DE POLLO

COUS COUS

FRUTA FRESCA/YOGUR

PAN BLANCO / INTEGRAL

LUNES 06	MARTES 07	MIÉRCOLES 08	JUEVES 09	VIERNES 10	SABADO 11	DOMINGO 12
COMIDA						
CODITOS CARBONARA ESPIRALES AL POMODORO CON ACEITUNAS	SALMOREJO CONSOMÉ DE AVE	POTAJE DE ALUBIAS ALUBIAS ALIÑADAS	PAELLA ENSALADA DE ARROZ TROPICAL	CREMA DE VERDURAS COLIFLOR SALTEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA
SALMÓN CON SALSA DE SOJA SALMÓN CON SALSA DE NARANJA	ALBÓNDIGAS EN SALSA ESPAÑOLA KEFTEDES CON SALSA TZATZIKI	PAVO EN SALSA PASTEL DE CARNE	LOMO DE MERLUZA EN SALSA AMERICANA PALITOS DE MERLUZA	REVUELTO DE PATATAS CON JAMÓN SERRANO HUEVOS A LA MALLORQUINA	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
PANACHÉ DE VERDURAS	CALABAZA ASADA	ENSALADA MIXTA	CALABACÍN REHOGADO	CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL	SALCHICHAS PATATAS CHEESE BACON CHULETAS AL AJILLO	HUEVOS REVUELTOS CON PIMIENTOS ARROZ CON SETAS POLLO A LA PLANCHA
FRUTA FRESCA	YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA ~ YOGUR	FRUTA FRESCA ~ YOGUR
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
ENSALADA DE LECHUGA Y MORTADELA	REMOJÓN GRANADINO	ENSALADA DE QUINOA CON HUEVO, ACEITUNAS, YORK Y MAIZ	ENSALADA DE APIO, MANZANA Y NUECES	ENSALADA SANTURCE	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS	ENSALADA MEDITERRÁNEA
TORTILLA DE PATATAS	SERRANITO	CROQUETAS DE JAMÓN	BOLITAS DE POLLO COREANO CON MIEL Y SOJA	GALLO EN ADOBO DE LIMÓN FRITO	BROCHETA DE POLLO CON SALSA TERIYAKI	HAMBURGUESA COMPLETA
SALTEADO MEDITERRANEO	PATATAS FRITAS	COUS COUS CON VERDURAS	REPOLLO ESTILO KIMCHI	GUISANTES SALTEADOS CON JAMÓN	AROS DE CEBOLLA	PATATAS ASADAS
FRUTA FRESCA /YOGUR	FRUTA FRESCA /YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

LUNES 13	MARTES 14	MIÉRCOLES 15	JUEVES 16	VIERNES 17	SABADO 18	DOMINGO 19
COMIDA						
BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS REVUELTO DE BACON ESPAGUETIS CON SALSA DE CHAMPIÑONES COSTILLAS A LA BARBACOA FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	LENTEJAS ESTOFADAS CHAMPIÑONES SALTEADOS AL AJILLO POLLO A LA PLANCHA CON LIMÓN POLLO EN SALSA LIGERA DE COCO Y CÚRCUMA ENSALADA DE MAIZ CON ACEITUNAS FRUTA FRESCA PAN BLANCO	CREMA DE CALABACÍN PISTO DE VERDURAS ESTOFADO DE TERNERA TERNERA A LA ALEMANA PATATAS AL HORNO YOGUR PAN BLANCO	ARROZ TRES DELICIAS ARROZ A LA AMERICANA CABALLA EN SALSA DE TOMATE BUÑUELOS DE BACALAO SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO	GUISANTES EN AMARILLO CON JAMÓN BRÓCOLI CON BECHAMEL GRATINADO HUEVOS AL PLATO REVUELTO DE JAMÓN YORK ENSALADA VARIADA FRUTA FRESCA PAN BLANCO	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS BACON CRISPY REVUELTO DE YORK ALBÓNDIGAS EN SALSA DE ALMENDRAS FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS SALCHICHAS CON QUESO BERENJENAS RELLENAS ALITAS BARBACOA FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS ENSALADA COLESLAW ESTOFADO DE MAGRO CON VERDURITAS PATATAS DADO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA ALEMANA DE PATATA Y CABALLA TORTILLA FRANCESA CON QUESO ARROZ SALTEADO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE PASTA TRICOLOR BACALADILLA A LA ANDALUZA CHAMPIÑONES SALTEADOS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA TROPICAL COL CON SALCHICHAS BRATWURST PURÉ DE PATATAS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE GARBANZOS ÁRABE FILETE DE POLLO A LA PARMIGIANA ZANAHORIAS BABY SALTEADAS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADILLA RUSA TACOS AL PASTOR CHAMPIÑONES AL AJILLO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA CAMPERA PIZZA PATATAS CHIPS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL

LUNES 20	MARTES 21	MIÉRCOLES 22	JUEVES 23	VIERNES 24	SABADO 25	DOMINGO 26
			COMIDA			
CODITOS BOLOÑESA ENSALADA DE PASTA	ALUBIAS CON ACELGAS CREMA DE CALABAZA ASADA CON TOPPING DE HUEVO	ESPINACAS CON BECHAMEL GRATINADAS ENSALADA CÉSAR	ARROZ MARINERO ARROZ FRITO CON YORK	CREMA DE PUERROS Y PATATAS MENESTRA DE VERDURAS	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA
CROQUETAS DE BACALAO BACALAO A LA BILBAINA	POLLO TIKI MASALA FILETE DE POLLO MORUNO A LA PLANCHA	FILETES DE LOMO EN SALSAS FILETE DE JAMÓN A LA PLANCHA	LOMO DE MERLUZA AL HORNO MERLUZA A LA ROMANA	REVUELTO DE ESPÁRRAGOS HUEVOS BELLA AURORA	BUFFET DE ENSALADAS BACON PASTA CARBONARA POLLO FRITO	BUFFET DE ENSALADAS SERRANITOS ARROZ SALTEADO CON AJITOS FILETE DE POLLO EMPANADO
COLIFLOR SALTEADA	ENSALADA MIXTA	PATATAS ASADAS	TOMATE ALIÑADO	ZANAHORIAS BABY SALTEADAS	FRUTA FRESCA ~ YOGUR	FRUTA FRESCA ~ YOGUR
YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	YOGUR NATURAL CON TOPPING2	FRUTA FRESCA	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO		
			CENA			
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
ENSALADA DE LECHUGA CON APIO Y NUECES	ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	ENSALADA MIXTA	ENSALADA CAMPERA	ENSALADA SANTURCE	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
CHULETA SAJONIA A LA PLANCHA	CAZÓN EN ADOBO	DUELOS Y QUEBRANTOS (HUEVOS REVUELTOS CON CHORIZO Y PANCETA)	LOMO AL HORNO CON SALSAS STROGONOFF	FISH AND CHIPS	QUESADILLAS DE JAMÓN Y QUESO	HAMBURGUESAS
CALABACÍN REHOGADO	SALTEADO DE VERDURAS	BERENJENA REBOZADA	PATATAS DADO	CALABACÍN AL GRILL	NACHOS	PATATAS FRITAS TEX-MEX
FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

LUNES 27	MARTES 28	MIÉRCOLES 29	JUEVES 30	VIERNES 31		
			COMIDA			
ESPIRALES AGLIO-OLIO CON PAVO Y CEBOLLINO ESPIRALES CON VERDURAS AL WOK	POTAJE DE GARBANZOS CREMA DE CALABACÍN CON CEBOLLA CRUJIENTE	ARROZ CON TOMATE ARROZ CHAUFA	PATATAS A LA MARINERA GUIZO DE PATATAS CON COSTILLA	LENTEJAS CON ZANAHORIAS Y SOFRITO DE PIMIENTOS CASEROS CREMA DE BONIATO, ESPINACA Y COCO		
GALLO MEDITERRANEA GALLO REBOZADO	CALDERETA DE POLLO POLLO EN SALSA LIGERA DE MOSTAZA	CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA LOMO EMPANADO	ATÚN ENCEBOLLADO EMPANADILLAS DE ATÚN	TORTILLA DE CALABACÍN HUEVOS REVUELTOS CON CHISTORRA		
ENSALADA DE COL	CALABAZA ASADA	CALABACIN ASADO	ENSALADA DE TOMATE	ARROZ SALTEADO		
YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA		
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO		
			CENA			
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS		
ENSALADA ALEMANA DE PATATA	ENSALADA TROPICAL	ENSALADA NICOISE	ENSALADA CAMPERA	ENSALADA CÉSAR		
SERRANITO	TORTILLA DE PATATAS	GALLO A LA ROTEÑA	ALBÓNDIGAS EN SALSA DE CEBOLLA	MAGRO DE CERDO EN SALSA AROMÁTICA		
PATATAS FRITAS	COLIFLOR SALTEADA	PATATAS PANADERAS	PATATAS FRITAS	SALTEADO MEDITERRANEO		
FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR		
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL		

		WEDNESDAY 01	THURSDAY 02	FRIDAY 03	SATURDAY 04	SUNDAY 05
			COMIDA			
		RICE WITH TOMATO SAUCE RICE SALAD STIR-FRIED CHICKEN WITH MANGO AND SOY SAUCE GRILLED CHICKEN WITH GARLIC FRIED SPICED POTATO FRESH FRUIT BREAD	GAZPACHO GREEN BEANS WITH HAM AND TOMATO FRENCH OMELETTE GRATIN POTATOES OMELETTE TOMATO SALAD FRESH FRUIT BREAD	VEGETABLES SOUP WITH NOODLES NOODLES SOUP WITH PICADILLO TURKEY WITH PLUMS SAUCE TURKEY WITH THAY SAUCE COUSCOUS NATURAL YOGHURT WITH TOPPING BREAD	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS SALAD BAR BACON CRISPY CARBONARA PASTA MEATBALLS WITH SAUCE FRESH FRUIT – YOGHURT BREAD	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS SALAD BAR SCRAMBLED EGGS WITH CHEESE RICE WITH CHICKE AND CURRY PORK LOIN WITH SAUCE FRESH FRUIT – YOGHURT BREAD
			CENA			
		SALAD BAR COUSCOUS SALAD WITH VEGETABLES BREADED SQUID FRENCH FRIES FRESH FRUIT / YOGHURT BREAD	SALAD BAR BOW TIE SALAD WITH HAM SMOKED CHOPS FRIED ONION RINGS FRESH FRUIT / YOGHURT BREAD	SALAD BAR NICOISE SALAD FLAMENQUINES MASHED POTATOES FRESH FRUIT / YOGHURT BREAD	SALAD BAR CHICKPEAS SALAD WITH TOMATO, TUNA, CORN AND CARROTS NY HOT DOG BREADED EGGPLANT FRESH FRUIT / YOGHURT BREAD	SALAD BAR COLESLAW SALAD CHICKEN ENCHILADA COUS COUS FRESH FRUIT / YOGHURT BREAD

MONDAY 06	TUESDAY 07	WEDNESDAY 08	THURSDAY 09	FRIDAY 10	SATURDAY 11	SUNDAY 12
COMIDA						
ELBOWS CARBONARA SAUCE POMODORO FUSILLI WITH OLIVES	SALMOREJO CHICKEN SOUP	BEAN STEW BEANS SALAD	PAELLA TROPICAL RICE SALAD	CREAM OF VEGETABLE SOUP SAUTEED CAULIFLOWER	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS
SALMON WITH SOY SAUCE SALMON WITH ORANGE SAUCE	MEATBALLS WITH TOMATO SAUCE KEFTEDES WITH TZATZIKI SAUCE	TURKEY IN SAUCE MEAT PIE	HAKE LOIN IN AMERICAN SAUCE FRIED STICKS HAKE	SCRAMBLED POTATOES WITH SERRANO HAM MALLORQUINA EGGS	SALAD BAR	SALAD BAR
SAUTEED VEGETABLE	ROASTED PUMPKIN	MIXED SALAD	SAUTEED ZUCCHINI	SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY	SAUSAGES POTATOES CHEESE BACON PORL GRILLED PORK CHOPS	SCRAMBLED EGGS WITH PEPPER RICE WITH MUSHROOMS GRILLED CHICKEN FILLET
FRESH FRUIT	NATURAL YOGHURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT – YOGHURT	FRESH FRUIT – YOGHURT
WHOLEMALE-BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
CENA						
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
LETTUCE AND MORTADELLA SALAD	ORANGE, COD, BOILED EGGS, ONION AND OLIVES SALAD	QUINOA SALAD WITH EGG, OLIVES, YORK AND CORN	CELERY, APPLE, AND WALNUT SALAD	SANTURCE SALAD	QUINOA SALAD WITH FRESH CHEESE AND RADISHES	MEDITERRANEAN SALAD
POTATO OMELETTE	SERRANITO (SANDWICH WITH PORK LOIN, FRIED PEPPERS AND HAM)	HAM CROQUETTES	KOREAN HONEY SOY CHICKEN BALLS	FRIED ROOSTER IN LEMON MARINADE	CHICKEN WITH TERIYAKI SAUCE	BURGERS WITH CHEESE
MEDITERRANEAN STIR-FRY	FRIED POTATOES	COUSCOUS WITH VEGETABLES FRESH FRUIT /YOGHURT	KIMCHI CABBAGE FRESH FRUIT /YOGHURT	SAUTEED PEAS WITH HAM FRESH FRUIT /YOGHURT	FRIED RINGS ONION FRESH FRUIT – YOGHURT	ROAST POTATOES FRESH FRUIT – YOGHURT
FRESH FRUIT /YOGHURT	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
COMIDA						
BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS SALAD BAR SCRAMBLED EGGS WITH BACON SPAGHETTI IN MUSHROOMS SAUCE BARBECUE RIBS FRESH FRUIT – YOGHURT BREAD	LENTILS STEW SAUTEED MUSHROOMS WITH GARLIC GRILLED CHICKEN WITH LEMON CHICKEN WITH COCONUT AND TURMERIC SAUCE CORN SALAD WITH OLIVES FRESH FRUIT BREAD	CREAM OF ZUCCHINI SOUP RATATOUILLE (FRIED VEGETABLES) BEEF STEW BEEF WITH GERMAN SAUCE BAKE POTATOES YOGHURT BREAD	THREE DELIGHTS RICE AMERICAN RICE MACKEREL IN TOMATO SAUCE COD FRITTERS SAUTEED VEGETABLES FRESH FRUIT BREAD	YELLOW PEAS WITH HAM GRATIN BROCCOLI WITH BÉCHAMEL SAUCE ROAST EGGS WITH TOMATO SCRAMBLED EGGS WITH YORK MIXED SALAD FRESH FRUIT BREAD	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS SALAD BAR BACON CRISPY SCRAMBLED EGG WITH YORK MEATBALLS WITH ALMONDS SAUCE FRESH FRUIT – YOGHURT BREAD	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS SALAD BAR SAUSAGES WITH CHEESE STUFFED AUBERGINE WITH MEAT CHICKEN WINGS WITH BARBECUE SAUCE FRESH FRUIT – YOGHURT BREAD
CENA						
SALAD BAR COLESLAW SALAD PORK LOIN STEW WITH VEGETABLES FRIED POTATOES FRESH FRUIT /YOGHURT BREAD	SALAD BAR GERMAN POTATO AND MACKEREL SALAD FRENCH OMELETTE WITH CHEESE SAUTEED RICE FRESH FRUIT /YOGHURT BREAD	SALAD BAR TRICOLOR PASTA SALAD ANDALUSIAN COD SAUTÉED MUSHROOMS FRESH FRUIT /YOGHURT BREAD	SALAD BAR TROPICAL SALAD CABBAGE WITH FRANKFURT SAUSAGES MASHED POTATOES FRESH FRUIT /YOGHURT BREAD	SALAD BAR ARABIAN CHICKPEA SALAD CHICKEN FILLET PARMIGIANA SAUTEED BABY CARROTS FRESH FRUIT /YOGHURT BREAD	SALAD BAR RUSSIAN SALAD TACOS PASTOR STYLE FRIED MUSHROOMS WITH FRESH FRUIT – YOGHURT BREAD	SALAD BAR CAMPERA SALAD (POTATOES, EGG, TOMATO, GREEN PEPPER, ONION, OLIVES AND TUNA) PIZZA CHIPS FRESH FRUIT – YOGHURT BREAD

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
			COMIDA			
ELBOW MACARONI BOLOGNESE PASTA SALAD	BEANS WITH SWISS CHARD ROASTED PUMPKIN SOUP WITH EGG	GRATIN SPINACH WITH BÉCHAMEL SAUCE CAESAR SALAD	SEAFOOD RICE FRIED RICE WITH YORK	CREAM OF LEEK AND POTATO SOUP SAUTEED VEGETABLES	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS	BRUNCH: *ASSORTED BREADS *ASSORTED SPREADS *ASSORTED COLD MEATS *CEREAL AND BAKED GOODS
CODFISH CROQUETTES BILBAO-STYLE COD	CHICKEN TIKA MASALA GRILLED SPICY CHICKEN FILLET	LOIN STEAKS IN SAUCE GRILLED PORK LOIN FILLET	BAKE COD FILLET BREADED HAKE	SCRAMBLED EGGS WITH ASPARAGUS BELLA AURORA EGGS	SALAD BAR	SALAD BAR
SAUTÉED CAULIFLOWER	MIXED SALAD	ROASTED POTATOES	TOMATO SALAD	SAUTÉED BABY CARROTS	BACON CARBONARA PASTA FRIED CHICKEN	SERRANITOS FRIED RICE WITH GARLIC BREADED CHICKEN FILLET
NATURAL YOGHURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	NATURAL YOGHURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT – YOGHURT	FRESH FRUIT – YOGHURT
WHOLEMALE-BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
			CENA			
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
LETTUCE SALAD WITH CELERY AND WALNUTS	RICE SALAD WITH EGG, OLIVES, YORK AND CORN	MIXED SALAD	CAMPERA SALAD (POTATOES, EGG, TOMATO, GREEN PEPPER, ONION, OLIVES AND TUNA) BAKED LOIN WITH	SANTURCE SALAD	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON QUESO FRESCO Y RABANITOS
GRILLED SMOKED CHOP	MARINATED CAZON FISH	DUELOS Y QUEBRANTOS (SCRAMBLED EGGS WITH CHORIZO AND BACON)	STROGONOFF SAUCE AND	FISH AND CHIPS	QUESADILLAS DE JAMÓN Y QUESO	HAMBURGUESAS
SAUTÉED ZUCCHINI	SAUTEED VEGETABLES	BREADED EGGPLANT	FRIED POTATOES	GRILLED ZUCCHINI	NACHOS	PATATAS FRITAS TEX-MEX
FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT	FRESH FRUIT / YOGHURT
BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD

MODAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31		
			COMIDA			
AGLIO-OLIO SPIRALS WITH TURKEY AND CHALOTE	CHICKPEA CASSEROLE ZUCCHINI CREAM SOUP WITH CRISPY ONION	RICE WITH TOMATO SAUCE CHAUFA RICE	MARINERA-STYLE POTATOES POTATOES CASSEROLE WITH PORK RIBS	LENTILS WITH CARROTS AND PEPPER CREAM OF SWEET POTATO, SPINACH AND COCONUT SOUP		
WOK (FUSILLI AND VEGETABLES) MEDITERRANEAN ROOSTER BREADED ROOSTER	CHICKEN STEW CHICKEN WITH MUSTARD SAUCE	STEAK LOIN WITH APPLE AND ONION CHUTNEY BREADED PORK LOIN	TUNA WITH ONIONS TUNA PATTIES	ZUCCHINI OMELETTE SCRAMBLED EGGS WITH CHISTORRA		
COLESLAW	ROASTED PUMPKIN	ROASTED COURGETTE	TOMATO SALAD	SAUTEED RICE		
NATURAL YOGHURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT		
WHOLEMALE-BREAD	BREAD	BREAD	BREAD	BREAD		
			CENA			
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR		
GERMAN POTATO SALAD	TROPICAL SALAD	NICOISE SALAD	CAMPERA SALAD (POTATOES, EGG, TOMATO, GREEN PEPPER, ONION, OLIVES AND TUNA)	CAESAR SALAD		
SERRANITO (SANDWICH WITH PORK LOIN, FRIED PEPPERS AND HAM)	POTATO OMELETTE	ROOSTER A LA ROTEÑA	MEATBALLS WITH ONION SAUCE	PORK LOIN IN AROMATIC SAUCE		
FRIED POTATOES	SAUTÉED CAULIFLOWER	BAKER POTATOES	FRIED POTATOES	MEDITERRANEAN VEGETABLES STIR-FRY		
FRESH FRUIT / YOGHURT BREAD	FRESH FRUIT /YOGHURT BREAD	FRESH FRUIT /YOGHURT BREAD	FRESH FRUIT /YOGHURT BREAD	FRESH FRUIT /YOGHURT BREAD		

MENÚ YAGO SCHOOL SIN LACTOSA SEMANA DEL 01 AL 05 OCTUBRE

		MIERCOLES 01	JUEVES 02	VIERNES 03	SABADO 04	DOMINGO 05
			COMIDA			
		ARROZ CON SALSA DE TOMATE CONTRAMUSLO DE POLLO AL HORNO PATATAS FRITAS FRUTA FRESCA PAN	GAZPACHO TORTILLA FRANCESA CASERA TOMATE ALIÑADO FRUTA FRESCA PAN	SOPA DE VERDURAS CON FIDEOS PAVO EN SALSA DE CIRUELAS COUS COUS EN BLANCO YOGUR DE SOJA PAN	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS BACON CRISPY PASTA CON TOMATE ALBÓNDIGAS EN SALSA FRUTA FRESCA ~ YOGUR DE SOJA PAN BLANCO / INTEGRAL	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS HUEVOS REVUELTOS ARROZ CON POLLO Y CURRY CINTA DE LOMO EN SALSA FRUTA FRESCA ~ YOGUR DE SOJA PAN BLANCO / INTEGRAL
			CENA			
		BUFFET DE ENSALADAS ENSALADA DE COUS COUS CON VERDURITAS MERLUZA AL HORNO PATATAS FRITAS FRUTA FRESCA /YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE LACITOS CON YORK CHULETA DE SAJONIA A LA PLANCHA AROS DE CEBOLLA FRUTA FRESCA /YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA NICOISE LOMO AL HORNO PURÉ DE PATATAS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE GARBANZOS CON TOMATE, ATÚN, MAÍZ Y ZANAHORIA HOT DOG SIN LACTOSA BERENJENA SALTEADA FRUTA FRESCA/YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA COLESLAW ENCHILADA DE POLLO COUS COUS FRUTA FRESCA/YOGUR DE SOJA PAN BLANCO / INTEGRAL

MENÚ YAGO SCHOOL SIN LACTOSA

SEMANA DEL 06 AL 12 OCTUBRE

LUNES 06	MARTES 07	MIÉRCOLES 08	JUEVES 09	VIERNES 10	SABADO 11	DOMINGO 12
COMIDA						
ESPIRALES CON SALSA DE TOMATE NATURAL, ALBAHACA Y ACEITUNA NEGRA SALMÓN EN SALSA DE NARANJA COLIFLOR CON ZANAHORIA Y GUISANTES HERVIDOS FRUTA FRESCA PAN	SALMOREJO CASERO MAGRO DE CERDO CON SALSA DE TOMATE CALABAZA AL HORNO YOGUR DE SOJA PAN	ALUBIAS BLANCAS CON VERDURAS PECHUGA DE PAVO EN SALSA ESPAÑOLA ENSALADA DE LECHUGA, TOMATE, ATUN, MAIZ Y HUEVO FRUTA FRESCA PAN	PAELLA MIXTA LOMO DE MERLUZA AL HORNO CON AJO Y PEREJIL CALABACÍN SALTEADO FRUTA FRESCA PAN	CREMA DE ACELGA, JUDIA VERDE, CALABACIN, CALABAZA Y ZANAHORIA REVUELTO DE PATATAS CON JAMÓN SERRANO CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL FRUTA FRESCA PAN	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS SALCHICHAS PATATAS CON BACON CHULETAS AL AJILLO FRUTA FRESCA – YOGUR DE SOJA PAN BLANCO / INTEGRAL	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS HUEVOS REVUELTOS CON PIMIENTOS ARROZ CON SETAS POLLO A LA PLANCHA FRUTA FRESCA – YOGUR DE SOJA PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS ENSALADA DE LECHUGA Y MORTADELA TORTILLA DE PATATAS SALTEADO MEDITERRANEO FRUTA FRESCA /YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS REMOJÓN GRANADINO SERRANITO PATATAS FRITAS FRUTA FRESCA /YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE QUINOA CON HUEVO, ACEITUNAS, YORK Y MAIZ LOMO AL HORNO COUS COUS CON VERDURAS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE APIO, MANZANA Y NUECES BOLITAS DE POLLO COREANO CON MIEL Y SOJA REPOLLO ESTILO KIMCHI FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA SANTURCE GALLO AL HORNO GUISANTES SALTEADOS CON JAMÓN FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE QUINOA CON RABANITOS BROCHETA DE POLLO CON SALSA TERIYAKI AROS DE CEBOLLA FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA MEDITERRÁNEA HAMBURGUESA COMPLETA PATATAS ASADAS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL

MENÚ YAGO SCHOOL SIN LACTOSA SEMANA DEL 13 AL 19 OCTUBRE

LUNES 13	MARTES 14	MIÉRCOLES 15	JUEVES 16	VIERNES 17	SABADO 18	DOMINGO 19
COMIDA						
BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS REVUETO DE BACON ESPAGUETIS CON SALSA DE CHAMPIÑONES COSTILLAS A LA BARBACOA FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	LENTEJAS CON PATATAS POLLO A LA PLANCHA CON LIMÓN ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN	CREMA DE CALABACÍN REVUELTO DE HUEVO PATATAS AL HORNO CON AJO Y TOMILLO YOGUR DE SOJA PAN	ARROZ SALTEADO CON ZANAHORIA, GUISANTES Y HUEVO CABALLA EN SALSA DE TOMATE SALTEADO DE VERDURAS FRUTA FRESCA PAN	GUISANTES SALTEADOS CON JAMÓN HUEVOS AL HORNO CON TOMATE ENSALADA DE LECHUGA, MAIZ Y ACEITUNAS FRUTA FRESCA PAN	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS BACON CRISPY REVUELTO DE YORK ALBÓNDIGAS EN SALSA DE ALMENDRAS FRUTA FRESCA ~ YOGUR DE SOJA PAN BLANCO / INTEGRAL	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS SALCHICHAS CON QUESO BERENJENAS RELLENAS ALITAS BARBACOA FRUTA FRESCA ~ YOGUR DE SOJA PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS ENSALADA COLESLAW ESTOFADO DE MAGRO CON VERDURITAS PATATAS DADO FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA ALEMANA DE PATATA Y CABALLA TORTILLA FRANCESA ARROZ SALTEADO FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE PASTA TRICOLOR BACALADILLA AL HORNO CHAMPIÑONES SALTEADOS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA TROPICAL COL CON SALCHICHAS BRATWURST PURÉ DE PATATAS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE GARBANZOS ÁRABE FILETE DE POLLO A LA PARMIGIANA ZANAHORIAS BABY SALTEADAS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE PATATA TACOS AL PASTOR CHAMPIÑONES AL AJILLO FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA CAMPERA PIZZA SIN LACTOSA PATATAS CHIPS FRUTA FRESCA / YOGUR DE SOJA PAN BLANCO / INTEGRAL

MENÚ YAGO SCHOOL SIN LACTOSA

SEMANA DEL 20 AL 26 OCTUBRE

LUNES 20	MARTES 21	MIÉRCOLES 22	JUEVES 23	VIERNES 24	SABADO 25	DOMINGO 26
			COMIDA			
CODITOS A LA BOLONESA	ALUBIAS BLANCAS CON ACELGAS	ESPINACAS SALTEADAS	ARROZ CON SLASA DE TOMATE	CREMA DE PUERROS	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *EMBUTIDOS *CEREALES Y BOLLERIA HORNEADA
BACALAO CON AJO Y PIMENTON	POLLO A LA PLANCHA	FILETES DE LOMO A LA PLANCHA	LOMO DE MERLUZA AL HORNO	REVUELTO DE ESPÁRRAGOS		
COLIFLOR SALTEADA	ENSALADA DE LECHUGA, TOMATE, ATUN, MAIZ Y HUEVO	PATATAS ASADAS	TOMATE ALIÑADO	ZANAHORIAS BABY SALTEADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
YOGUR DE SOJA	FRUTA FRESCA	FRUTA FRESCA	YOGUR DE SOJA	FRUTA FRESCA	BACON PASTA CON TOMATE POLLO FRITO	SERRANITOS ARROZ SALTEADO CON AJITOS FILETE DE POLLO
PAN	PAN	PAN	PAN	PAN	FRUTA FRESCA ~ YOGUR DE SOJA	FRUTA FRESCA ~ YOGUR DE SOJA
					PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL
			CENA			
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
ENSALADA DE LECHUGA CON APIO Y NUECES	ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAIZ	ENSALADA MIXTA	ENSALADA CAMPERA	ENSALADA SANTURCE	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON RABANITOS
CHULETA SAJONIA A LA PLANCHA	MERLUZA AL HORNO	DUELOS Y QUEBRANTOS (HUEVOS REVUELTOS CON CHORIZO Y PANCETA)	LOMO AL HORNO CON SALSA STROGONOFF	FISH AND CHIPS	QUESADILLAS DE JAMÓN	HAMBURGUESAS
CALABACÍN REHOGADO	SALTEADO DE VERDURAS	BERENJENA SALTEADA	PATATAS DADO	CALABACÍN AL GRILL	NACHOS	PATATAS FRITAS TEX-MEX
FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

MENÚ YAGO SCHOOL SIN LACTOSA

SEMANA DEL 27 AL 31 OCTUBRE

LUNES 27	MARTES 28	MIÉRCOLES 29	JUEVES 30	VIERNES 31		
COMIDA						
ESPIRALES SALTEADOS CON AJO Y PIMENTÓN	CREMA DE CALABACÍN	ARROZ CON SALSA DE TOMATE	PATATAS CON POTÓN Y MEJILLONES	LENTEJAS CON ZANAHORIAS		
GALLO A LA MEDITERRANEA	POLLO A LA PLANCHA	CINTA DE LOMO CON CHUTNEY DE MANZANA Y CEBOLLA	ATÚN CON CEBOLLA	TORTILLA DE CALABACÍN CASERA		
ENSALADA DE COL	CALABAZA HORNO	CALABACÍN HORNO	ENSALADA DE TOMATE	ARROZ EN BLANCO		
YOGUR DE SOJA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA		
PAN	PAN	PAN	PAN	PAN		
CENA						
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS		
ENSALADA ALEMANA DE PATATA	ENSALADA TROPICAL	ENSALADA NICOISE	ENSALADA CAMPERA	ENSALADA CÉSAR		
SERRANITO	TORTILLA DE PATATAS	GALLO A LA ROTEÑA	ALBÓNDIGAS EN SALSA DE CEBOLLA	MAGRO DE CERDO EN SALSA AROMÁTICA		
PATATAS FRITAS	COLIFLOR SALTEADA	PATATAS PANADERAS	PATATAS FRITAS	SALTEADO MEDITERRANEO		
FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA	FRUTA FRESCA / YOGUR DE SOJA		
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL		

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 1 TO 5

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
			COMIDA		BRUNCH	BRUNCH
		RICE WITH TOMATO SAUCE BAKED CHICKEN THIGH FRENCH FRIES FRESH FRUIT BREAD	GAZPACHO HOMEMADE FRENCH OMELET SEASONED TOMATO FRESH FRUIT BREAD	VEGETABLE NOODLE SOUP TURKEY IN PLUM SAUCE PLAIN COUSCOUS SOY YOGURT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET CRISPY BACON PASTA WITH TOMATO MEATBALLS IN SAUCE FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SCRAMBLED EGGS RICE WITH CHICKEN AND CURRY PORK LOIN STRIP IN SAUCE FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD
			CENA			
		SALAD BUFFET COUSCOUS SALAD WITH VEGETABLES BAKED HAKE FRENCH FRIES FRESH FRUIT / SOY YOGURT SALAD BUFFET	SALAD BUFFET BOW TIE PASTA SALAD WITH HAM GRILLED SMOKED PORK CHOP ONION RINGS FRESH FRUIT / SOY YOGURT SALAD BUFFET	SALAD BUFFET NIÇOISE SALAD BAKED PORK LOIN MASHED POTATOES FRESH FRUIT / SOY YOGURT SALAD BUFFET	SALAD BUFFET CHICKPEA SALAD WITH TOMATO, TUNA, CORN, AND CARROTS LACTOSE-FREE HOT DOG SAUTÉED EGGPLANT FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET COLESLAW SALAD CHICKEN ENCHILADA COUSCOUS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 6 TO 12

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
			COMIDA			
SPIRALS WITH FRESH TOMATO SAUCE, BASIL, AND BLACK OLIVE SALMON IN ORANGE SAUCE BOILED CAULIFLOWER WITH CARROT AND PEAS FRESH FRUIT BREAD	HOMEMADE SALMOREJO LEAN PORK WITH TOMATO SAUCE BAKED PUMPKIN SOY YOGURT BREAD	WHITE BEANS WITH VEGETABLES TURKEY BREAST IN SPANISH SAUCE LETTUCE, TOMATO, TUNA, CORN, AND EGG SALAD FRESH FRUIT BREAD	MIXED PAELLA BAKED HAKE LOIN WITH GARLIC AND PARSLEY SAUTÉED ZUCCHINI FRESH FRUIT BREAD	CREAM OF CHARD, GREEN BEANS, ZUCCHINI, PUMPKIN, AND CARROT SCRAMBLED POTATOES WITH SERRANO HAM SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT BREAD	BRUNCH VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SAUSAGES POTATOES WITH BACON PORK CHOPS WITH GARLIC FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	BRUNCH VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SCRAMBLED EGGS RICE WITH MUSHROOMS GRILLED CHICKEN FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD
			CENA			
SALAD BUFFET LETTUCE AND MORTADELLA SALAD POTATO OMELET MEDITERRANEAN SAUTÉ FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET REMOJÓN GRANADINO SERRANITO FRENCH FRIES FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET QUINOA SALAD WITH EGG, OLIVES, HAM, AND CORN BAKED PORK LOIN COUSCOUS WITH VEGETABLES FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET CELERY, APPLE, AND WALNUT SALAD KOREAN CHICKEN BALLS WITH HONEY AND SOY KIMCHI-STYLE CABBAGE FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET SANTURCE SALAD BAKED ROOSTER FISH SAUTÉED PEAS WITH HAM FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET QUINOA SALAD WITH RADISHES CHICKEN SKEWER WITH TERIYAKI SAUCE ONION RINGS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET MEDITERRANEAN SALAD COMPLETE BURGER ROASTED POTATOES FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 13 TO 19

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
BRUNCH			COMIDA		BRUNCH	BRUNCH
VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SCRAMBLED EGGS WITH BACON SPAGHETTI IN MUSHROOMS SAUCE BARBECUE RIBS FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	LENTILS WITH POTATOES GRILLED CHICKEN WITH LEMON LETTUCE, CORN, AND OLIVE SALAD FRESH FRUIT BREAD	ZUCCHINI CREAM SCRAMBLED EGGS BAKED POTATOES WITH GARLIC AND THYME SOY YOGURT BREAD	SAUTÉED RICE WITH CARROT, PEAS, AND EGG MACKEREL IN TOMATO SAUCE SAUTÉED VEGETABLES FRESH FRUIT BREAD	SAUTÉED PEAS WITH HAM BAKED EGGS WITH TOMATO LETTUCE, CORN, AND OLIVE SALAD FRESH FRUIT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET CRISPY BACON SCRAMBLED HAM MEATBALLS IN ALMOND SAUCE FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SAUSAGES WITH CHEESE STUFFED EGGPLANTS BARBECUE WINGS FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD
			CENA			
SALAD BUFFET COLESLAW SALAD LEAN MEAT STEW WITH VEGETABLES DICED POTATOES FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET GERMAN POTATO AND MACKEREL SALAD FRENCH OMELET SAUTÉED RICE FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET TRICOLOR PASTA SALAD BAKED WHITING SAUTÉED MUSHROOMS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET TROPICAL SALAD CABBAGE WITH BRATWURST SAUSAGES MASHED POTATOES FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET ARABIC CHICKPEAS SALAD CHICKEN FILLET A LA PARMIGIANA SAUTÉED BABY CARROTS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET POTATO SALAD TACOS AL PASTOR GARLIC MUSHROOMS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET COUNTRY-STYLE SALAD LACTOSE-FREE PIZZA POTATO CHIPS FRESH FRUIT / SOY YOGURT WHITE / WHOLE WHEAT BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 20 TO 26

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
			COMIDA			
ELBOW PASTA BOLOGNESE	WHITE BEANS WITH SWISS CHARD	SAUTÉED SPINACH	RICE WITH TOMATO SAUCE	LEEK CREAM SOUP	BRUNCH	BRUNCH
COD WITH GARLIC AND PAPRIKA	GRILLED CHICKEN	GRILLED PORK LOIN FILLETS	BAKED HAKE LOIN	SCRAMBLED EGGS WITH ASPARAGUS	VARIOUS BREADS AND SPREADS	VARIOUS BREADS AND SPREADS
SAUTÉED CAULIFLOWER	SALAD WITH LETTUCE, TOMATO, TUNA, CORN AND EGG	ROASTED POTATOES	SEASONED TOMATO	SAUTEED BABY CARROTS	CURED MEATS	CURED MEATS
SOY YOGURT	FRESH FRUIT	FRESH FRUIT	SOY YOGURT	FRESH FRUIT	CEREALS AND BAKED GOODS	CEREALS AND BAKED GOODS
BREAD	BREAD	BREAD	BREAD	BREAD	SALAD BUFFET	SALAD BUFFET
					BACON	SERRANITOS (SPANISH PORK SANDWICH)
					PASTA WITH TOMATO	RICE SAUTEED WITH GARLIC
					FRIED CHICKEN	CHICKEN FILET
					FRESH FRUIT AND SOY YOGURT	FRESH FRUIT AND SOY YOGURT
					WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD
			CENA			
SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET
LETTUCE SALAD WITH CELERY AND WALNUTS	RICE SALAD WITH EGG, OLIVES, HAM AND CORN	MIXED SALAD DUELOS Y QUEBRANTOS	COUNTRY-STYLE SALAD	SANTURCE SALAD	BEAN SALAD WITH COUSCOUS AND MINT	QUINOA SALAD WITH RADISHES
GRILLED SAXONY CHOP	BAKED HAKE	(SCRAMBLED EGGS WITH CHORIZO AND BACON)	ROAST PORK LOIN WITH STROGANOFF SAUCE	FISH AND CHIPS	HAM QUESADILLAS NACHOS	BURGERS
BRAISED ZUCCHINI	SAUTÉED VEGETABLES	SAUTÉED EGGPLANT	DICED POTATOES	GRILLED ZUCCHINI	FRESH FRUIT / SOY YOGURT	TEX-MEX FRENCH FRIES
FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT	FRESH FRUIT / SOY YOGURT
WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD

MENÚ YAGO SCHOOL – LACTOSE FREE

WEEK 27 TO 31

MONDAY 27

TUESDAY 28

WEDNESDAY 29

THURSDAY 30

FRIDAY 31

COMIDA

SPIRALS SAUTÉED WITH
GARLIC AND PAPRIKA

JOHN DORY
MEDITERRANEAN STYLE

CABBAGE SALAD

SOY YOGURT

BREAD

CREAM OF ZUCCHINI
SOUP

GRILLED CHICKEN

ROASTED PUMPKIN

FRESH FRUIT

BREAD

ARROZ CON SALSA DE
TOMATE

PORK LOIN WITH APPLE
AND ONION CHUTNEY

ROASTED ZUCCHINI

FRESH FRUIT

BREAD

POTATOES WITH
CUTTLEFISH AND
MUSSELS

TUNA WITH ONION

TOMATO SALAD

FRESH FRUIT

BREAD

LENTILS WITH CARROTS

HOMEMADE ZUCCHINI
OMELETTE

PLAIN RICE

FRESH FRUIT

BREAD

CENA

SALAD BUFFET

GERMAN POTATO
SALAD

SERRANITO (SPANISH
PORK SANDWICH)

FRIES

FRESH FRUIT / SOY
YOGURT

WHITE / WHOLE WHEAT
BREAD

SALAD BUFFET

TROPICAL SALAD

SPANISH POTATO
OMELETTE

SAUTÉED CAULIFLOWER

FRESH FRUIT / SOY
YOGURT

WHITE / WHOLE WHEAT
BREAD

SALAD BUFFET

NIÇOISE SALAD

JOHN DORY ROTEÑA
STYLE

BAKER'S POTATOES

FRESH FRUIT / SOY
YOGURT

WHITE / WHOLE WHEAT
BREAD

SALAD BUFFET

COUNTRY-STYLE SALAD

MEATBALLS IN ONION
SAUCE

FRIES

FRESH FRUIT / SOY
YOGURT

WHITE / WHOLE WHEAT
BREAD

SALAD BUFFET

CAESAR SALAD

PORK STEW IN
AROMATIC SAUCE

SAUTEED
MEDITERRANEAN

FRESH FRUIT / SOY
YOGURT

WHITE / WHOLE WHEAT
BREAD

		MIERCOLES 01	JUEVES 02	VIERNES 03	SABADO 04	DOMINGO 05
			COMIDA			
		WOK DE VERDURAS	GAZPACHO	SOPA DE VERDURAS CON FIDEOS	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA
		ARROZ CON SALSA DE TOMATE	JUDÍAS VERDES SALTEADAS	HAMBURGUESA VEGETAL		
		PATATAS FRITAS ESPECIADAS	TOMATE ALIÑADO	COUS COUS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
		FRUTA FRESCA	FRUTA FRESCA	YOGUR NATURAL CON TOPPING	PASTA SALTEADA VERDURAS SALTEADAS	ARROZ CON VERDURAS MENESTRA SALTEADA
		PAN BLANCO	PAN BLANCO	PAN BLANCO	FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL
			CENA			
		BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
		ENSALADA DE COUS COUS CON VERDURITAS	ENSALADA DE PASTA	ENSALADA NICOISE	ENSALADA DE GARBANZOS CON TOMATE, MAÍZ Y ZANAHORIA	ENSALADA COLESLAW
		CREMA DE VERDURAS	CRUDITES	CROQUETAS DE ESPINACAS	PANINI VEGETAL	ENCHILADA DE VERDURAS
		PATATAS FRITAS	AROS DE CEBOLLA	PURÉ DE PATATAS	BERENJENA REBOZADA	COUS COUS
		FRUTA FRESCA /YOGUR	FRUTA FRESCA /YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA/YOGUR	FRUTA FRESCA/YOGUR
		PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

LUNES 06	MARTES 07	MIÉRCOLES 08	JUEVES 09	VIERNES 10	SABADO 11	DOMINGO 12
COMIDA						
CODITOS CON TOMATE	VERDURAS SALTEADAS	POTAJE DE ALUBIAS	MENESTRA SALTEADA	CREMA DE VERDURAS	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA
WOK DE VERDURAS	SALMOREJO	CROQUETAS DE ESPINACAS	ENSALADA DE ARROZ TROPICAL	COLIFLOR SALTEADA	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
PANACHÉ DE VERDURAS	CALABAZA ASADA	ENSALADA MIXTA	CALABACÍN REHOGADO	CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL	PATATAS CON VERDURAS VERDURAS A LA PARRILLA	ARROZ CON SETAS CRUDITES
FRUTA FRESCA	YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA ~ YOGUR	FRUTA FRESCA ~ YOGUR
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
ENSALADA DE HORTALIZAS	REMOJÓN GRANADINO	ENSALADA DE QUINOA CON, ACEITUNAS Y MAIZ	ENSALADA DE APIO, MANZANA Y NUECES	ENSALADA SANTURCE	ENSALADA DE QUINOA CON RABANITOS	ENSALADA MEDITERRÁNEA
SOPA DE VERDURAS	SANDWICH VEGETAL	CREMA DE VERDURAS	CRUDITES	VERDURAS SALTEADAS	CREMA DE VERDURAS	HAMBURGUESA VEGETAL
SALTEADO MEDITERRANEO	PATATAS FRITAS	COUS COUS CON VERDURAS	REPOLLO ESTILO KIMCHI	GUISANTES SALTEADOS	AROS DE CEBOLLA	PATATAS ASADAS
FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

LUNES 13	MARTES 14	MIÉRCOLES 15	JUEVES 16	VIERNES 17	SABADO 18	DOMINGO 19
COMIDA						
BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS ESPAGUETIS CON SALSA DE CHAMPIÑONES VERDURAS SALTEADAS FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	CHAMPIÑONES SALTEADOS AL AJILLO LENTEJAS ESTOFADAS ENSALADA DE MAIZ CON ACEITUNAS FRUTA FRESCA PAN BLANCO	CREMA DE CALABACÍN PISTO DE VERDURAS PATATAS AL HORNO YOGUR PAN BLANCO	ARROZ TRES DELICIAS CROQUETAS DE ESPINACAS SALTEADO DE VERDURAS FRUTA FRESCA PAN BLANCO	BROCOLI SALTEADO GUISANTES EN AMARILLO ENSALADA VARIADA FRUTA FRESCA PAN BLANCO	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS PASTA SALTEADA MENESTRA SALTEADA FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA BUFFET DE ENSALADAS ARROZ CON VERDURAS WOK DE VERDURAS FRUTA FRESCA ~ YOGUR PAN BLANCO / INTEGRAL
CENA						
BUFFET DE ENSALADAS ENSALADA COLESLAW CREMA DE VERDURAS PATATAS DADO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA ALEMANA DE PATATA VERDURAS A LA PARRILLA ARROZ SALTEADO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE PASTA TRICOLOR SANDWICH VEGETAL CHAMPIÑONES SALTEADOS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA TROPICAL SOPA DE VERDURAS PURÉ DE PATATAS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA DE GARBANZOS ÁRABE HAMBURGUESA VEGETAL ZANAHORIAS BABY SALTEADAS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADILLA RUSA TACOS DE VERDURAS CHAMPIÑONES AL AJILLO FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL	BUFFET DE ENSALADAS ENSALADA CAMPERA PANINI VEGETAL PATATAS CHIPS FRUTA FRESCA / YOGUR PAN BLANCO / INTEGRAL

MENÚ YAGO SCHOOL VEGANO

SEMANA DEL 20 AL 26 OCTUBRE

LUNES 20	MARTES 21	MIÉRCOLES 22	JUEVES 23	VIERNES 24	SABADO 25	DOMINGO 26
			COMIDA			
ENSALADA DE PASTA	CREMA DE CALABAZA	ENSALADA CÉSAR	ARROZ FRITO CON VERDURAS	MENESTRA DE VERDURAS	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA	BRUNCH: *PANES Y UNTABLES VARIADOS *CEREALES Y BOLLERIA HORNEADA
CROQUETAS DE ESPINACAS	ALUBIAS CON ACELGAS	ESPINACAS CON BECHAMEL GRATINADAS	WOK DE VERDURAS	CREMA DE PUERROS Y PATATAS ZANAHORIAS BABY SALTEADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
COLIFLOR SALTEADA	ENSALADA MIXTA	PATATAS ASADAS	TOMATE ALIÑADO	FRUTA FRESCA	PASTA SALTEADA CRUDITES	ARROZ CON VERDURAS PISTO DE VERDURAS
YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	YOGUR NATURAL CON TOPPING2	PAN BLANCO	FRUTA FRESCA - YOGUR	FRUTA FRESCA - YOGUR
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO		PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL
			CENA			
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS
ENSALADA DE LECHUGA CON APIO Y NUECES	ENSALADA DE ARROZ CON, ACEITUNAS Y MAIZ	ENSALADA MIXTA	ENSALADA CAMPERA	ENSALADA SANTURCE	ENSALADA DE ALUBIAS CON COUS COUS Y HIERBABUENA	ENSALADA DE QUINOA CON RABANITOS
SOPA DE VERDURAS	SANDWICH VEGETAL	CREMA DE VERDURAS	VERDURAS SALTEADAS	PANINI VEGETAL	QUESADILLAS VEGETALES	HAMBURGUESA VEGETAL
CALABACÍN REHOGADO	SALTEADO DE VERDURAS	BERENJENA REBOZADA	PATATAS DADO	CALABACÍN AL GRILL	NACHOS	PATATAS FRITAS TEX-MEX
FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL

LUNES 27	MARTES 28	MIÉRCOLES 29	JUEVES 30	VIERNES 31		
COMIDA						
ESPIRALES CON VERDURAS AL WOK	CREMA DE CALABACÍN CON CEBOLLA CRUJIENTE	ARROZ CON TOMATE	PATATAS CON VERDURAS	CREMA DE BONIATO, ESPINACA Y COCO		
CROQUETAS DE ESPINACAS	POTAJE DE GARBANZOS	HAMBURGUESA VEGETAL	PISTO DE VERDURAS	LENTEJAS CON ZANAHORIAS Y SOFRITO DE PIMIENTOS CASEROS		
ENSALADA DE COL	CALABAZA ASADA	CALABACIN ASADO	ENSALADA DE TOMATE	ARROZ SALTEADO		
YOGUR NATURAL CON TOPPING	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA	FRUTA FRESCA		
PAN INTEGRAL	PAN BLANCO	PAN BLANCO	PAN BLANCO	PAN BLANCO		
CENA						
BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS	BUFFET DE ENSALADAS		
ENSALADA ALEMANA DE PATATA	ENSALADA TROPICAL	ENSALADA NICOISE	ENSALADA CAMPERA	ENSALADA CÉSAR		
SANDWICH VEGETAL	CREMA DE VERDURAS	MENESTRA SALTEADA	SOPA DE VERDURAS	VERDURAS A LA PARRILLA		
PATATAS FRITAS	COLIFLOR SALTEADA	PATATAS PANADERAS	PATATAS FRITAS	SALTEADO MEDITERRANEO		
FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR	FRUTA FRESCA / YOGUR		
PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL	PAN BLANCO / INTEGRAL		

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
			COMIDA			
					BRUNCH	BRUNCH
		VEGETABLE WOK RICE WITH TOMATO SAUCE SPICED FRENCH FRIES FRESH FRUIT WHITE BREAD	GAZPACHO SAUTÉED GREEN BEANS SEASONED TOMATO FRESH FRUIT WHITE BREAD	VEGETABLE SOUP WITH NOODLES VEGGIE BURGER COUSCOUS NATURAL YOGURT WITH TOPPING WHITE BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SAUTEED PASTA SAUTEED VEGETABLES FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET RICE WITH VEGETABLES SAUTEED VEGETABLES FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD
			CENA			
		SALAD BUFFET COUS COUS SALAD VEGETABLE CREAM SOUP FRENCH FRIES FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET PASTA SALAD CRUDITÉS ONION RINGS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET NIÇOISE SALAD SPINACH CROQUETTES MASHED POTATOES FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET CHICKPEA SALAD WITH TOMATO, CORN AND CARROT VEGETABLE PANINI FRESH FRUIT / YOGURT FRUTA FRESCA/YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET COLESLAW SALAD VEGETABLE ENCHILADA COUSCOUS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD

MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
			COMIDA			
ELBOW PASTA WITH TOMATO	SAUTÉED VEGETABLES	BEAN STEW	SAUTÉED VEGETABLE MEDLEY	VEGETABLE CREAM SOUP	BRUNCH	BRUNCH
VEGETABLE WOK	SALMOREJO (COLD TOMATO SOUP)	SPINACH CROQUETTES	TROPICAL RICE SALAD	SAUTÉED CAULIFLOWER	VARIOUS BREADS AND SPREADS	VARIOUS BREADS AND SPREADS
VEGETABLE PANACHÉ	ROASTED PUMPKIN	MIXED SALAD	BRAISED ZUCCHINI	MUSHROOMS SAUTÉED WITH GARLIC AND PARSLEY	CURED MEATS	CURED MEATS
FRESH FRUIT	NATURAL YOGURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	CEREALS AND BAKED GOODS	CEREALS AND BAKED GOODS
WHOLE WHEAT BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	SALAD BUFFET	SALAD BUFFET
					POTATOES WITH VEGETABLES	RICE WITH MUSHROOMS
					GRILLED VEGETABLES	CRUDITES
					FRESH FRUIT AND SOY YOGURT	FRESH FRUIT AND SOY YOGURT
					WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD
			CENA			
SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET
VEGETABLE SALAD	GRANADA-STYLE ORANGE AND COD SALAD	QUINOA SALAD WITH OLIVES AND CORN	CELERY, APPLE AND WALNUT SALAD	SANTURCE SALAD	QUINOA SALAD WITH RADISHES	MEDITERRANEAN SALAD
VEGETABLE SOUP	VEGETABLE SANDWICH	VEGETABLE CREAM SOUP	CRUDITÉS	SAUTÉED VEGETABLES	VEGETABLE CREAM SOUP	VEGGIE BURGER
MEDITERRANEAN STIR-FRY	FRENCH FRIES	COUSCOUS WITH VEGETABLES	KIMCHI-STYLE CABBAGE	SAUTÉED PEAS	ONION RINGS	ROASTED POTATOES
FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT
WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD

MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
BRUNCH			COMIDA		BRUNCH	BRUNCH
VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SPAGHETTI IN MUSHROOMS SAUCE SAUTEED VEGETABLES FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	MUSHROOMS SAUTÉED WITH GARLIC STEWED LENTILS CORN SALAD WITH OLIVES FRESH FRUIT FRESH BREAD	CREAM OF ZUCCHINI SOUP RATATOUILLE (VEGETABLE STEW) BAKED POTATOES YOGURT FRESH BREAD	THREE DELIGHTS RICE SPINACH CROQUETTES SAUTÉED VEGETABLES FRESH FRUIT FRESH BREAD	SAUTÉED BROCCOLI PEAS IN YELLOW SAUCE MIXED SALAD FRESH FRUIT FRESH BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET SAUTEED PASTA SAUTEED VEGETABLES FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD	VARIOUS BREADS AND SPREADS CURED MEATS CEREALS AND BAKED GOODS SALAD BUFFET RICE WITH VEGETABLES VEGETABLES WOK FRESH FRUIT AND SOY YOGURT WHITE / WHOLE WHEAT BREAD
CENA			CENA		CENA	
SALAD BUFFET COLESLAW SALAD VEGETABLE CREAM SOUP DICED POTATOES FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET GERMAN POTATO SALAD GRILLED VEGETABLES SAUTÉED RICE FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET TRICOLOR PASTA SALAD VEGETABLE SANDWICH SAUTÉED MUSHROOMS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET TROPICAL SALAD VEGETABLE SOUP MASHED POTATOES FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET ARABIC CHICKPEAS SALAD VEGGIE BURGER SAUTEED BABY CARROTS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET RUSSIAN SALAD VEGETABLE TACOS GARLIC MUSHROOMS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD	SALAD BUFFET COUNTRY-STYLE SALAD VEGETABLE PANINI POTATO CHIPS FRESH FRUIT / YOGURT WHITE / WHOLE WHEAT BREAD

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
			COMIDA			
PASTA SALAD	PUMPKIN CREAM SOUP	CAESAR SALAD	VEGETABLE FRIED RICE	VEGETABLE MEDLEY	BRUNCH	BRUNCH
SPINACH CROQUETTES	BEANS WITH SWISS CHARD	SPINACH AU GRATIN WITH BÉCHAMEL	VEGETABLE WOK	LEEK AND POTATO CREAM SOUP	VARIOUS BREADS AND SPREADS	VARIOUS BREADS AND SPREADS
SAUTÉED CAULIFLOWER	MIXED SALAD	ROASTED POTATOES	SEASONED TOMATO	SAUTÉED BABY CARROTS	CURED MEATS	CURED MEATS
NATURAL YOGURT WITH TOPPING	FRESH FRUIT	FRESH FRUIT	YOGUR NATURAL CON TOPPING	FRESH FRUIT	CEREALS AND BAKED GOODS	CEREALS AND BAKED GOODS
WHOLE WHEAT BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	WHITE BREAD	SALAD BUFFET	SALAD BUFFET
					SAUTEED PASTA	RICE WITH VEGETABLES
					CRUDITES	VEGETABLES STEW
					FRESH FRUIT AND SOY YOGURT	FRESH FRUIT AND SOY YOGURT
					WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD
			CENA			
SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET	SALAD BUFFET
LETTUCE SALAD WITH CELERY AND WALNUTS	RICE SALAD WITH OLIVES AND CORN	MIXED SALAD	COUNTRY-STYLE SALAD	SANTURCE SALAD	BEAN SALAD WITH COUSCOUS AND MINT	QUINOA SALAD WITH RADISHES
VEGETABLE SOUP	VEGETABLE SANDWICH	VEGETABLE CREAM SOUP	SAUTEED VEGETABLES	VEGETABLE PANINI	VEGETABLE QUESADILLAS	VEGGIE BURGER
BRAISED ZUCCHINI	SAUTÉED VEGETABLES	BATTERED EGGPLANT	DICED POTATOES	GRILLED ZUCCHINI	NACHOS	TEX-MEX FRENCH FRIES
FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT	FRESH FRUIT / YOGURT
WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD	WHITE / WHOLE WHEAT BREAD

MONDAY 27

TUESDAY 28

WEDNESDAY 29

THURSDAY 30

FRIDAY 31

COMIDA

PASTA SPIRALS WITH
WOK VEGETABLES

SPINACH CROQUETTES

CABBAGE SALAD

NATURAL YOGURT WITH
TOPPING

WHOLE WHEAT BREAD

ZUCCHINI CREAM SOUP
WITH CRISPY ONION

CHICKPEA STEW

ROASTED PUMPKIN

FRESH FRUIT

WHITE BREAD

RICE WITH TOMATO

VEGGIE BURGER

ROASTED ZUCCHINI

FRESH FRUIT

WHITE BREAD

POTATOES WITH
VEGETABLES

RATATOUILLE
(VEGETABLE STEW)

TOMATO SALAD

FRESH FRUIT

WHITE BREAD

SWEET POTATO,
SPINACH AND COCONUT
CREAM SOUP

LENTILS WITH CARROTS

SAUTÉED RICE

FRESH FRUIT

WHITE BREAD

CENA

SALAD BUFFET

GERMAN POTATO
SALAD

VEGETABLE SANDWICH

FRENCH FRIES

FRESH FRUIT / YOGURT

WHITE / WHOLE BREAD

SALAD BUFFET

TROPICAL SALAD

VEGETABLE CREAM
SOUP

SAUTÉED CAULIFLOWER

FRESH FRUIT / YOGURT

WHITE / WHOLE BREAD

SALAD BUFFET

NIÇOISE SALAD

SAUTÉED VEGETABLE
MEDLEY

BAKER'S POTATOES

FRESH FRUIT / YOGURT

WHITE / WHOLE BREAD

SALAD BUFFET

COUNTRY-STYLE SALAD

VEGETABLE SOUP

FRENCH FRIES

FRESH FRUIT / YOGURT

WHITE / WHOLE BREAD

SALAD BUFFET

CAESAR SALAD

GRILLED VEGETABLES

SAUTEED
MEDITERRANEAN

FRESH FRUIT / YOGURT

WHITE / WHOLE BREAD