

Monday 3 <small>starter</small>	Tuesday 4 <small>starter</small>	Wednesday 5 <small>starter</small>	Thursday 6 <small>starter</small>	Friday 7 <small>starter</small>
<p>RIGATONI TWO SAUCES TO CHOICE (napolitana or carbonara)</p> <p>1 2 3 4 5</p> <p><small>main dish</small></p>	<p>MIXED SALAD WITH FRESH CHEESE AND TUNA</p> <p>6 8 9 7</p> <p><small>main dish</small></p>	<p>ECOLOGICAL LENTIL STEW WITH RED SAUSAGE</p> <p>13 10 11 12</p> <p><small>main dish</small></p>	<p style="font-size: 2em; color: #808080;">HOLIDAY</p> <p><small>main dish</small></p>	<p style="font-size: 2em; color: #808080;">HOLIDAY</p> <p><small>main dish</small></p>
<p>HOMEMADE CHICKEN STICKS FRIED</p> <p>14 15 16</p> <p><small>side dish</small></p> <p>BAKED AUBERGINES</p> <p><small>dessert</small></p>	<p>BAKED RICE (with D.O rice)</p> <p>20 17 18 19</p> <p><small>dessert</small></p>	<p>"FISH AND CHIPS"</p> <p>21 22 23</p> <p><small>dessert</small></p>	<p><small>side dish</small></p>	<p><small>side dish</small></p>
<p>FRESH FRUIT</p> <p><small>Snack</small></p>	<p>FRESH FRUIT</p> <p><small>Snack</small></p>	<p>YOGHURT</p> <p><small>Snack</small></p>	<p><small>dessert</small></p>	<p><small>dessert</small></p>
<p>HAM SANDWICH WITH TOMATO</p>	<p>FRESH FRUIT AND YOGHURT</p>	<p>TUNA SANDWICH WITH OLIVES</p>	<p><small>dessert</small></p>	<p><small>dessert</small></p>
2ª Opción-Ensalada del día				
<p>CURRIED CHICKEN STRIPS</p> <p>ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS)</p> <p>KCAL:1155 LIPIDS:88.5g PROTEINS:37g HC:50.5g</p>	<p>VEGETABLE PAELLA (red and green pepper, artichokes, leek and green beans)</p> <p>LETTUCE, BEETROOT AND OLIVE SALAD</p> <p>KCAL:745.7 LIPIDS:23.2g PROTEINS:28.5g HC:103.4g</p>	<p>COD CROQUETTES</p> <p>SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE</p> <p>KCAL:807.3 LIPIDS:24g PROTEINS:57.5g HC:89g</p>	<p><small>dessert</small></p>	<p><small>dessert</small></p>

**Special Dietary Needs**

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|-------------------------|--|-----------------------|
| 1. gluten free pasta    | 11. Without red sausage                | 21. Gluten-free flour |
| 2. pasta without eggs   | 12. Rice with red sausage              | 22. Egg-free          |
| 3. napolitana sauce     | 13. Without red sausage                | 23. Breaded chicken   |
| 4. napolitana sauce     | 14. Gluten-free flour and bread crumbs |                       |
| 5. without bacon        | 15. Egg-free breading and without      |                       |
| 6. without eggs         | mayonnaise                             |                       |
| 7. without tuna         | 16. Without mayonnaise                 |                       |
| 8. without cheese       | 17. Vegetable soup                     |                       |
| 9. without cheese       | 18. Without chickpeas                  |                       |
| 10. Without red sausage | 19. Without celery and sausage         |                       |

The second option is for all high school students  
 Every day there is garnish salad  
 The snack is for all students  
 The side dish will respect students food intolerances and allergies  
 The fresh fruit will be seasonal

**Dishes containing:**

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<small>starter</small> <b>CUBAN RICE WITH BOILED EGG</b> (with D.O rice)  <span style="background-color: brown; color: white; padding: 2px;">1</span>	<small>starter</small> <b>CREAM OF PUMPKIN WITH CHEESE</b>  <span style="background-color: orange; color: white; padding: 2px;">2</span> <span style="background-color: pink; color: white; padding: 2px;">3</span>	<small>starter</small> <b>MEAT AND VEGETABLE SOUP WITH ECOLOGICAL PASTA</b>  <span style="background-color: yellow; color: black; padding: 2px;">4</span> <span style="background-color: brown; color: white; padding: 2px;">5</span> <span style="background-color: pink; color: white; padding: 2px;">6</span> <span style="background-color: purple; color: white; padding: 2px;">7</span>	<small>starter</small> <b>"FIDEUA" WITH ALIOLI</b> (with ecological pasta)  <span style="background-color: yellow; color: black; padding: 2px;">8</span> <span style="background-color: brown; color: white; padding: 2px;">9</span> <span style="background-color: blue; color: white; padding: 2px;">10</span> <span style="background-color: purple; color: white; padding: 2px;">11</span>	<small>starter</small> <b>BOILED VEGETABLES</b>  <span style="background-color: brown; color: white; padding: 2px;">12</span> <span style="background-color: lightblue; color: white; padding: 2px;">13</span>
<small>main dish</small> <b>COD CROQUETTES</b>  <span style="background-color: yellow; color: black; padding: 2px;">14</span> <span style="background-color: brown; color: white; padding: 2px;">15</span> <span style="background-color: orange; color: white; padding: 2px;">17</span> <span style="background-color: pink; color: white; padding: 2px;">18</span> <span style="background-color: blue; color: white; padding: 2px;">16</span> <small>side dish</small> <b>LETTUCE, TOMATO AND CORN</b>	<small>main dish</small> <b>CHICKEN WITH AROMATIC HERBS</b>  <span style="background-color: red; color: white; padding: 2px;">19</span> <small>side dish</small> <b>BAKED POTATO</b>	<small>main dish</small> <b>MEAT STEW (CHICKEN, CHICKPEAS, BEEF SAUSAGE AND BLACK SAUSAGE)</b>  <span style="background-color: orange; color: white; padding: 2px;">20</span> <span style="background-color: pink; color: white; padding: 2px;">21</span> <span style="background-color: lightblue; color: white; padding: 2px;">22</span>	<small>main dish</small> <b>FRESH FISH</b>  <span style="background-color: blue; color: white; padding: 2px;">23</span> <small>side dish</small> <b>GRILLED COURGETTES</b>	<small>main dish</small> <b>BEEF BURGER</b>  <span style="background-color: red; color: white; padding: 2px;">25</span> <span style="background-color: pink; color: white; padding: 2px;">24</span> <small>side dish</small> <b>CHIPS</b>
<small>dessert</small> <b>FRESH FRUIT</b>	<small>dessert</small> <b>FRESH FRUIT</b>	<small>dessert</small> <b>FRESH ORANGE FRUIT</b>	<small>dessert</small> <b>FRESH FRUIT</b>	<small>dessert</small> <b>YOGHURT</b>
<small>Snack</small> <b>TURKEY SANDWICH</b>	<small>Snack</small> <b>FRESH FRUIT AND YOGHURT</b>	<small>Snack</small> <b>HAM SANDWICH WITH TOMATO</b>	<small>Snack</small> <b>CHEESE SANDWICH</b>	<small>Snack</small> <b>BANANA AND YOGHURT DRINK</b>
<b>2ª Opción-Ensalada del día</b>				
<b>ZUCCHINI, POTATOES AND ONION OMELETTE</b> LETTUCE, SWEET CORN AND BEETROOT SALAD  KCAL:1002 LIPIDS:132g PROTEINS:21.4g HC:111.7g	<b>GRILLED CHICKEN BREAST</b> LETTUCE, TOMATO, PEPPER AND OLIVE SALAD  KCAL:837.4 LIPIDS:39.8g PROTEINS:50.8g HC:94g	<b>GRILLED MARINATED PORK LOIN</b> LETTUCE, CORN AND BLACK OLIVES  KCAL:531.5 LIPIDS:15.2g PROTEINS:31.5g HC:66.3g	<b>FRESH FISH</b> SALAD WITH EGGS AND TOMATO  KCAL:802.7 LIPIDS:33.3g PROTEINS:38.6g HC:86.3g	<b>GRILLED TURKEY</b> LETTUCE, TOMATO AND CORN  KCAL:1027 LIPIDS:55.6g PROTEINS:30g HC:93.7g

**Special Dietary Needs**

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| <ul style="list-style-type: none"> <li>1. Rice with tomato sauce</li> <li>2. without cheese</li> <li>3. without cheese</li> <li>4. Gluten-free pasta</li> <li>5. Egg-free pasta</li> <li>6. Vegetable soup</li> <li>7. Celeryless</li> <li>8. Gluten-free pasta</li> <li>9. Egg-free pasta</li> <li>10. Vegetable pasta</li> </ul> | <ul style="list-style-type: none"> <li>11. Without celery</li> <li>12. without mayonnaise</li> <li>13. without mayonnaise</li> <li>14. Gluten free croquettes</li> <li>15. Breaded fish without egg</li> <li>16. Meat croquettes</li> <li>17. Breaded fish</li> <li>18. Breaded fish</li> <li>19. Grilled chicken</li> <li>20. Boiled chicken</li> </ul> | <ul style="list-style-type: none"> <li>21. Boiled chicken</li> <li>22. Without chickpeas</li> <li>23. Grilled pork loin</li> <li>24. Fish burger</li> <li>25. Grilled beef</li> </ul> |
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 The fresh fruit will be seasonal

Monday 17 <small>starter</small>	Tuesday 18 <small>starter</small>	Wednesday 19 <small>starter</small>	Thursday 20 <small>starter</small>	Friday 21 <small>starter</small>
LEEK, POTATO AND CARROT SOUP  <span style="background-color: orange; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">2</span>	ECOLOGICAL LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato)  <span style="background-color: lightblue; border: 1px solid black; padding: 2px;">3</span>	MEAT AND VEGETABLE SOUP WITH ECOLOGICAL PASTA  <span style="background-color: yellow; border: 1px solid black; padding: 2px;">4</span> <span style="background-color: brown; border: 1px solid black; padding: 2px;">5</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: purple; border: 1px solid black; padding: 2px;">7</span>	FISH PAELLA (with D.O rice)  <span style="background-color: blue; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: purple; border: 1px solid black; padding: 2px;">9</span>	CAPRESE SALAD  <span style="background-color: orange; border: 1px solid black; padding: 2px;">10</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">11</span>
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
BAKED CHICKEN WITH BACON  <span style="background-color: orange; border: 1px solid black; padding: 2px;">12</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">13</span> <small>side dish</small> CHIPS	GRILLED SAUSAGES  <span style="background-color: red; border: 1px solid black; padding: 2px;">14</span> <small>side dish</small> GLAZED CARROTS WTH LEMON	BEEF STEW  <span style="background-color: yellow; border: 1px solid black; padding: 2px;">15</span> <span style="background-color: red; border: 1px solid black; padding: 2px;">18</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">16</span> <span style="background-color: purple; border: 1px solid black; padding: 2px;">17</span> <small>side dish</small> DICED POTATOES	MEAT CROQUETTES  <span style="background-color: yellow; border: 1px solid black; padding: 2px;">19</span> <span style="background-color: brown; border: 1px solid black; padding: 2px;">20</span> <span style="background-color: orange; border: 1px solid black; padding: 2px;">21</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">22</span> <small>side dish</small> BAKED COURGETTES	PORK RIBS WITH BARBACUE SAUCE  <span style="background-color: yellow; border: 1px solid black; padding: 2px;">23</span> <span style="background-color: red; border: 1px solid black; padding: 2px;">24</span> <small>side dish</small> CHIPS
<small>dessert</small> CUSTARD	<small>dessert</small> FRESH FRUIT	<small>dessert</small> FRESH FRUIT	<small>dessert</small> FRESH FRUIT	<small>dessert</small> "NEULAS Y TURRONES"
<small>Snack</small> HAM SANDWICH WITH TOMATO	<small>Snack</small> FRESH FRUIT AND YOGHURT	<small>Snack</small> TUNA SANDWICH WITH OLIVES	<small>Snack</small> FRESH FRUIT AND YOGHURT	<small>Snack</small> CREAM CHOCOLATE SANDWICH
<b>2ª Opción-Ensalada del día</b>				
GRILLED TURKEY ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS) HAM SANDWICH WITH TOMATO  KCAL:1428 LIPIDS:91.5g PROTEINS:53.2g HC:97.3g	HAM CROQUETTES LETTUCE, BEETROOT AND OLIVE SALAD FRESH FRUIT AND YOGHURT  KCAL:955 LIPIDS:56.6g PROTEINS:20g HC:74.6g	GRILLED SAUSAGES SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE TUNA SANDWICH WITH OLIVES  KCAL:805.4 LIPIDS:39.3g PROTEINS:32g HC:78.5g	TUNA PASTY CABBAGE AMERICAN SALAD FRESH FRUIT AND YOGHURT  KCAL:1064 LIPIDS:54.8g PROTEINS:35g HC:105g	ROAST BEEF WITH GRAVY SAUCE CAESAR SALAD (chicken, chesse, croutons and caesar dressing)  KCAL:1095 LIPIDS:75g PROTEINS:32.5g HC:70.3g

**Special Dietary Needs**

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|--------------------------------|--------------------------------|----------------------------|
| 1. Without dairy products      | 11. mixed salad without cheese | 21. Grilled chicken        |
| 2. Without dairy products      | 12. Without bacon              | 22. Grilled chicken        |
| 3. green bean with potatoes    | 13. Without bacon              | 23. Gluten-free flour      |
| 4. Gluten-free pasta           | 14. Grilled pork loin          | 24. Cooked without vinegar |
| 5. Egg-free pasta              | 15. Gluten-free flour          |                            |
| 6. Vegetables soup             | 16. Grilled fish               |                            |
| 7. Celeryless                  | 17. Grilled beef               |                            |
| 8. Rice with vegetables        | 18. Grilled beef               |                            |
| 9. Without celery              | 19. Gluten free croquettes     |                            |
| 10. mixed salad without cheese | 20. Grilled chicken            |                            |

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