

| Monday 7<br><small>starter</small>  | Tuesday 8<br><small>starter</small>  | Wednesday 9<br><small>starter</small>  | Thursday 10<br><small>starter</small>   | Friday 11<br><small>starter</small>   |
|---|--|--|---|---|
| BROWN NAPOLITANA WITH ECO SPIRALS (homemade tomato sauce)<br><span style="background-color: yellow; border: 1px solid black; padding: 2px;">1</span> <span style="background-color: brown; border: 1px solid black; padding: 2px;">2</span> <span style="background-color: orange; border: 1px solid black; padding: 2px;">3</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">4</span> | CREAM OF PUMPKIN AND CARROT SOUP WITH SWEET POTATO   | CHICKPEA STEW (SAUTEED ONION,GARLIC, RED PEPPER AND TOMATO)<br><span style="background-color: cyan; border: 1px solid black; padding: 2px;">5</span> | BOILED POTATOES WITH GREEN BEANS  | RICE D.O. CALDOSE WITH VEGETABLES AND CHIKEN  |
| <small>main dish</small>  | <small>main dish</small>   | <small>main dish</small>   | <small>main dish</small>  | <small>main dish</small>  |
| MEAT CROQUETTES<br><span style="background-color: yellow; border: 1px solid black; padding: 2px;">6</span> <span style="background-color: brown; border: 1px solid black; padding: 2px;">7</span> <span style="background-color: orange; border: 1px solid black; padding: 2px;">8</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">9</span>   | BAKED CHICKEN (ONION AND TOMATO)<br><span style="background-color: red; border: 1px solid black; padding: 2px;">10</span>                              | SPANISH OMELETTE WITH ONION<br><span style="background-color: brown; border: 1px solid black; padding: 2px;">11</span>                               | BEEF STEW<br><span style="background-color: yellow; border: 1px solid black; padding: 2px;">12</span> <span style="background-color: red; border: 1px solid black; padding: 2px;">15</span> <span style="background-color: pink; border: 1px solid black; padding: 2px;">13</span> <span style="background-color: purple; border: 1px solid black; padding: 2px;">14</span> | FRESH FISH<br><span style="background-color: blue; border: 1px solid black; padding: 2px;">16</span>                        |
| <small>side dish</small>  | <small>side dish</small>   | <small>side dish</small>   | <small>side dish</small>  | <small>side dish</small>  |
| MUSHROOM SAUTEED  | DICED POTATOES   | BAKED COURGETTES   | COUS COUS   | GLAZED CARROTS WITH BUTTER  |
| <small>dessert</small>  | <small>dessert</small>   | <small>dessert</small>   | <small>dessert</small>  | <small>dessert</small>  |
| YOGHURT   | FRUIT ASSORTMENT   | FRESH ORANGE FRUIT   | FRUIT ASSORTMENT  | FRUIT ASSORTMENT  |
| <b>2ª Opción-Ensalada del día</b>   |  |  |   |   |
| CHICKEN CROQUETTES<br>LETTUCE, SWEET CORN AND BEETROOT SALAD<br>TURKEY SANDWICH<br><br>KCAL: 979.4 LIPIDS:50.3g<br>PROTEINS:31.7g CH:96.7g  | GRILLED CHICKEN BREAST<br>LETTUCE, TOMATO, PEPPER AND OLIVE SALAD<br>FRESH FRUIT AND YOGHURT<br><br>KCAL: 1002.5 LIPIDS:60.3g<br>PROTEINS:35.3g CH:76g | SCRAMBLED EGGS WITH HAM<br>LETTUCE, CORN AND BLACK OLIVES<br>HAM SANDWICH WITH TOMATO<br><br>KCAL:906.2 LIPIDS:34.6g<br>PROTEINS:29.7g CH:116.9g     | GRILLED STEAK<br>SALAD WITH EGGS AND TOMATO<br>CHEESE SANDWICH<br><br>KCAL: 830.3 LIPIDS:26g<br>PROTEINS:39.1g CH:109.3g  | FRESH FISH<br>LETTUCE, TOMATO AND CORN<br>BANANA AND YOGHURT DRINK<br><br>KCAL: 782.3 LIPIDS:26.5g<br>PROTEINS:38g CH:96.2g |

**Special Dietary Needs**

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|---|---|
| <ul style="list-style-type: none"> <li>1. Gluten-free pasta</li> <li>2. Egg-free pasta</li> <li>3. Without cheese</li> <li>4. Without cheese</li> <li>5. Boiled vegetable and potato</li> <li>6. Gluten free croquettes</li> <li>7. Grilled chicken</li> <li>8. Grilled chicken</li> <li>9. Grilled chicken</li> <li>10. Grilled chicken</li> </ul> | <ul style="list-style-type: none"> <li>11. Grilled chicken</li> <li>12. Gluten-free flour</li> <li>13. Grilled fish</li> <li>14. Grilled beef</li> <li>15. Grilled beef</li> <li>16. Grilled pork loin</li> </ul> |
|---|---|

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

| Monday 14<br><small>starter</small>             | Tuesday 15<br><small>starter</small>                 | Wednesday 16<br><small>starter</small>                  | Thursday 17<br><small>starter</small>    | Friday 18<br><small>starter</small>  |
|---|--|---|--|--|
| ECO LENTIL STEW WITH RED SAUSAGE<br><br>4 1 2 3 | CHICKEN AND VEGETABLE SOUP WITH NOODLES<br><br>5 6 7 | MIXED SALAD WITH FRESH CHEESE AND TUNA<br><br>8 10 11 9 | CUBAN RICE D.O. WITH FRIED EGG<br><br>12 | CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) |
| <small>main dish</small>                        | <small>main dish</small>                             | <small>main dish</small>                                | <small>main dish</small>                 | <small>main dish</small>   |
| BAKED CHICKEN WITH BACON AND LEMON              | GRILLED SAUSAGES<br><br>13                           | "FIDEUA" WITH ALIOLI<br><br>14 15 16 17                 | FRESH FISH<br><br>18                     | BAKED MARINATED TURKEY<br><br>19   |
| <small>side dish</small>                        | <small>side dish</small>                             | <small>side dish</small>                                | <small>side dish</small>                 | <small>side dish</small>   |
| SAUTEED BASMATI RICE                            | MASHED POTATOES                                      | GRILLED COURGETTES                                      | CHIPS                                    | MUSHROOM SAUTEED   |
| <small>dessert</small>                          | <small>dessert</small>                               | <small>dessert</small>                                  | <small>dessert</small>                   | <small>dessert</small>   |
| FRUIT ASSORTMENT                                | FRESH ORANGE FRUIT                                   | FRUIT ASSORTMENT  | FRUIT ASSORTMENT                         | CUSTARD  |

**2ª Opción-Ensalada del día**

|   |   |   |  |   |
|---|---|---|--|---|
| HOMEMADE BREADED CHICKEN BITES WITH FRIED CORN<br>ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS)<br>HAM SANDWICH WITH TOMATO<br>KCAL: 1002.5 LIPIDS:60.3g<br>PROTEINS:35.3g CH:76g | GRILLED MARINATED PORK LOIN<br>LETTUCE, BEETROOT AND OLIVE SALAD<br>FRESH FRUIT AND YOGHURT<br>KCAL: 1002.5 LIPIDS:60.3g<br>PROTEINS:35.3g CH:76g | FIDEUAA WITH VEGETABLES<br>TUNA SANDWICH WITH OLIVES<br>KCAL:906.2 LIPIDS:34.6g<br>PROTEINS:29.7g CH:116.9g | TUNA OMELETTE<br>CABBAGE AMERICAN SALAD<br>FRESH FRUIT AND YOGHURT<br>KCAL: 830.3 LIPIDS:26g<br>PROTEINS:39.1g CH:109.3g | GRILLED TURKEY<br>CAESAR SALAD (chicken, chesse, croutons and caesar dressing)<br>CHEESE SANDWICH<br>KCAL: 568 LIPIDS:9.56g<br>PROTEINS:34.56g CH:85.5g |
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**Special Dietary Needs**

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|--|--|
| <ol style="list-style-type: none"> <li>1. Without red sausage</li> <li>2. Without red sausage</li> <li>3. Rice with red sausage</li> <li>4. Without red sausage</li> <li>5. Gluten free pasta</li> <li>6. Egg free pasta</li> <li>7. Without celery</li> <li>8. without eggs</li> <li>9. without tuna</li> <li>10. without cheese</li> </ol> | <ol style="list-style-type: none"> <li>11. without cheese</li> <li>12. Rice with tomato sauce</li> <li>13. Grilled pork loin</li> <li>14. Gluten-free pasta</li> <li>15. Egg-free pasta</li> <li>16. Vegetable pasta</li> <li>17. Without celery</li> <li>18. Grilled pork loin</li> <li>19. without vine</li> </ol> |
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**Dishes containing:**

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- PORK

- VEGETABLES
- FISH
- NUTS

| Monday 21<br><small>starter</small>   | Tuesday 22<br><small>starter</small> | Wednesday 23<br><small>starter</small>  | Thursday 24<br><small>starter</small>  | Friday 25<br><small>starter</small>   |
|---|--------------------------------------|---|--|---|
| PUMPKIN SOUP WITH CURRY AND FRIED BACON STRIPS<br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: orange; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: pink; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: lightgreen; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: cyan; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: purple; border: 1px solid black;"></span> | HOLIDAY                              | MIXED SALAD WITH FRESH CHEESE AND TUNA<br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: brown; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: orange; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: pink; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: blue; border: 1px solid black;"></span> | MEAT LASAGNA (au gratin)<br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: yellow; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: brown; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: orange; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: pink; border: 1px solid black; margin-right: 2px;"></span> <span style="display: inline-block; width: 15px; height: 15px; background-color: cyan; border: 1px solid black;"></span> | BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER)<br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: cyan; border: 1px solid black;"></span>   |
| <small>main dish</small><br><b>PORK STEW</b><br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: red; border: 1px solid black; margin-right: 2px;"></span> <b>18</b>  | HOLIDAY                              | <small>main dish</small><br><b>TRADITIONAL VALENCIAN PAELLA</b><br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: cyan; border: 1px solid black; margin-right: 2px;"></span> <b>19</b> <span style="display: inline-block; width: 15px; height: 15px; background-color: purple; border: 1px solid black;"></span> <b>20</b>   | <small>main dish</small><br><b>GRILLED SALMON</b><br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: blue; border: 1px solid black; margin-right: 2px;"></span> <b>21</b>   | <small>main dish</small><br><b>CHICKEN WITH SWEET POTATO AND RAISINS</b><br><br><span style="display: inline-block; width: 15px; height: 15px; background-color: lightgreen; border: 1px solid black; margin-right: 2px;"></span> <b>22</b> |
| <small>side dish</small><br><b>RATATOUILLE</b>  | HOLIDAY                              | <small>side dish</small>  | <small>side dish</small><br><b>BAKED TOMATOES</b>  | <small>side dish</small><br><b>CHIPS</b>  |
| <small>dessert</small><br><b>FRUIT ASSORTMENT OR DAIRY DESSERT</b>  | HOLIDAY                              | <small>dessert</small><br><b>YOGHURT</b>  | <small>dessert</small><br><b>FRUIT ASSORTMENT OR DAIRY DESSERT</b>   | <small>dessert</small><br><b>FRUIT ASSORTMENT OR DAIRY DESSERT</b>  |

**2ª Opción-Ensalada del día**

|   |         |   |  |   |
|---|---------|---|--|---|
| <b>GRILLED PORK SAUSAGES</b><br><br>LETTUCE, SWEET CORN AND BEETROOT SALAD<br>TURKEY SANDWICH<br><br>KCAL: 1002.5 LIPIDS:60.3g<br>PROTEINS:35.3g CH:76g | HOLIDAY | <b>TRADITIONAL VALENCIAN PAELLA</b><br><br>HAM SANDWICH WITH TOMATO<br><br>KCAL:616.7 LIPIDS:15.3g<br>PROTEINS:35.7g CH:82.1g | <b>FRESH FISH</b><br><br>SALAD WITH EGGS AND TOMATO<br><br>CHEESE SANDWICH<br><br>KCAL:671 LIPIDS:19g<br>PROTEINS:62.6g CH:60.4g | <b>GRILLED CHICKEN BREAST</b><br><br>LETTUCE, TOMATO AND CORN<br><br>BANANA AND YOGHURT DRINK<br><br>KCAL:616.7 LIPIDS:15.3g<br>PROTEINS:35.7g CH:82.1g |
|---|---------|---|--|---|

**Special Dietary Needs**

- |   |   |   |
|---|---|---|
| 1. Without bacon<br>2. Without bacon<br>3. Without bacon<br>4. Without curry<br>5. Without bacon<br>6. Without curry<br>7. without eggs<br>8. without tuna<br>9. without cheese<br>10. without cheese | 11. Gluten-free caneloni<br>12. Bolognese egg-free pasta<br>13. Vegetable lasagna<br>14. Bolognese pasta without cheese<br>15. Napolitana pasta without cheese<br>16. Bolognese pasta<br>17. Boiled mixed vegetables<br>18. Grilled pork<br>19. Meat paella<br>20. Without celery | 21. Grilled meat<br>22. without raisins |
|---|---|---|

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**Dishes containing:**

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- PORK

- VEGETABLES
- FISH
- NUTS

| Monday 28   | Tuesday 29  | Wednesday 30  | Thursday 31  | Friday 1  |
|---|---|---|--|-----------|
| starter   | starter   | starter   | starter  | starter   |
| AMATRICIANA ECO<br>MACARONI<br><br>1 2 3 4        | ECO LENTIL AND VEGETABLE<br>STEW (sauteed onions,garlic,red<br>pepper and tomato) 5 | MEAT AND VEGETABLE<br>SOUP WITH ECO PASTA<br><br>6 7 8 9 10 | MIXED SALAD WITH FRESH<br>CHEESE AND TUNA<br><br>11 13 14 12 |           |
| main dish   | main dish   | main dish   | main dish  | main dish |
| COD AU GRATIN WITH APPLE<br>"ALIOLI"<br><br>16 17 | HOMEMADE BREADED CHICKEN<br>WITH FRIED CORN<br><br>19 20 21                         | BEEF BURGER<br><br>22                                       | RICE WITH FISH<br><br>23 24                                  |           |
| side dish   | side dish   | side dish   | side dish  | side dish |
| GRILLED AUBERGINES                                | BABY CARROT   | CHIPS   |  |           |
| dessert   | dessert   | dessert   | dessert  | dessert   |
| FRUIT ASSORTMENT                                  | FRUIT ASSORTMENT  | STRAWBERRY JELLY  | FRESH ORANGE FRUIT   |           |

2ª Opción-Ensalada del día

|  |  |  |  |  |
|--|--|--|--|--|
| GRILLED HAKE FILLET  | TURKEY WITH AROMATIC HERBS                                       | GRILLED STEAK  | BLACK RICE   |  |
| ORANGE SALAD (LETTUCE, ORANGES AND<br>SUNFLOWER SEEDS)<br>HAM SANDWICH WITH TOMATO | LETTUCE, BEETROOT AND OLIVE SALAD<br><br>FRESH FRUIT AND YOGHURT | SOY SALAD (CARROTS, SOY AND CORN)<br>WITH OREGANO VINAIGRETTE<br>TUNA SANDWICH WITH OLIVES | FRESH FRUIT AND YOGHURT                            |  |
| KCAL: 979.4 LIPIDS:50.3g<br>PROTEINS:31.7g CH:96.7g                                | KCAL: 1002.5 LIPIDS:60.3g<br>PROTEINS:35.3g CH:76g               | KCAL:906.2 LIPIDS:34.6g<br>PROTEINS:29.7g CH:116.9g  | KCAL:616.7 LIPIDS:15.3g<br>PROTEINS:35.7g CH:82.1g |  |

Special Dietary Needs

- |                             |  |                          |
|-----------------------------|--|--------------------------|
| 1. Gluten-free pasta        | 11. without eggs                               | 21. Without mayonnaise   |
| 2. Egg-free pasta           | 12. without tuna                               | 22. Fish burger          |
| 3. Napolitana sauce         | 13. without cheese                             | 23. rice with vegetables |
| 4. Napolitana sauce         | 14. without cheese                             | 24. without peas         |
| 5. green bean with potatoes | 15. gluten free flour                          |                          |
| 6. Gluten free pasta        | 16. without alioli                             |                          |
| 7. Egg free pasta           | 17. grilled meat                               |                          |
| 8. Vegetable soup           | 18. Gluten-free breaded                        |                          |
| 9. Vegetables soup          | 19. Egg-free breaded and without<br>mayonnaise |                          |
| 10. Without celery          | 20. Without fish                               |                          |

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The snack is for all students

The side dish will respect students food intolerances and allergies

The fresh fruit will be seasonal