School Menu

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		9 Prt. 23 HC. 95 Lip. 33 KCal. 714 Pasta with tomato sauce Grilled meatballs in vegetables sauce with lettuce and carrot salad Fruit Vegetables/Legumes/Eggs/Dairy dessert	**10** Prt. 26 HC. 38 Lip. 23 KCal. 590 Crema of leek, coliflower, onion and green beans Stewed turkey with zucchini and carrot and brown rice Sugar-free natural yogurt Vegetables/Pasta/Fish/Fruit	**11** Prt. 20 HC. 83 Lip. 29 KCal. 618 Stewed lentils with carrots and paprika Spanish omelette with lettuce and corn salad Fruit Vegetables/Rice/Meat/Fruit
14 Prt. 25 HC. 104 Lip. 16 KCal. 546 Green beans with potatoes and garlic Roast marinated tenderloin with peppers Fruit ...and for dinner: Vegetable/Potatoes/Egg/Fruit	**15** Prt. 18 HC. 171 Lip. 7 KCal. 753 Stewed chickpeas with leek, carrot and peppers Rice with tomato sauce Fruit **Vegetable/Legumes/Fish/Fruit**	**16** Prt. 23 HC. 45 Lip. 27 KCal. 551 Carrot and onion cream Roast chicken with mushrooms with lettuce and corn salad Fruit Vegetable/Pasta/Fish/Dairy dessert	**17** Prt. 24 HC. 104 Lip. 31 KCal. 671 Stewed white beans with leek, red and green peppers Omelette with lettuce and tomato Milk Vegetable/Potatoes/Meat/Fruit	**18** Prt. 33 HC. 119 Lip. 26 KCal. 710 Pasta salad (pasta, tuna, corn and olives) Grilled pollack in sea style sauce with lettuce and carrot salad Fruit Vegetables/Patotoes/Fish/Fruit
21 Prt. 24 HC. 97 Lip. 23 KCal. 697 Cream of pumpkin, leek and carrot Pork stew with tomato sauce with lettuce and corn salad Fruit ...and for dinner: Vegetable/Legume/Fish/Fruit	**22** Prt. 31 HC. 110 Lip. 25 KCal. 728 Stewed lentils with leek and carrot Stewed chicken escalope with baked potatoes Fruit Vegetable/Pasta/Egg/Fruit	**23** Prt. 31 HC. 75 Lip. 37 KCal. 690 Wholegrain macaroni with tomato sauce and cheese Hake with homemade batter with lettuce and carrot salad Sugar-free natural yogurt Vegetable/Potatoes/Meat/Fruit	**24** Prt. 28 HC. 126 Lip. 11 KCal. 663 Stewed chickpeas with onion, carrot and paprika Stewed vegetal meatballs in tomato sauce Fruit Vegetables/Rice/Meat/Fruit	**25** Prt. 26 HC. 115 Lip. 27 KCal. 784 Rice with carrot, peppers anda mushrooms Hard-boiled eggs gratin with lettuce and tomato Fruit Vegetable/Legume/Fish/Fruit
28 Prt. 19 HC. 81 Lip. 21 KCal. 686 Mixed vegetables Roast chicken burger with grilled zucchini Fruit ...nd for dinner: Vegetable/Legume/Egg/Diary dessert	**29** Prt. 32 HC. 119 Lip. 22 KCal. 684 Rice with tomato sauce Baked liles with grilled potatoes Sugar-free natural yogurt Vegetable/Pasta/Meat/Fruit	**30** Prt. 20 HC. 93 Lip. 27 KCal. 642 White beans with leek, zucchini and carrot Spanish omelette with lettuce and tomato Fruit Vegetable/Potatoes/Fish/Fruit		

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Educational project

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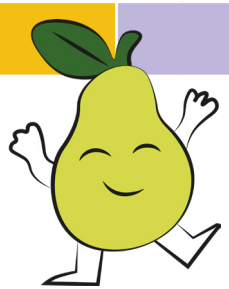
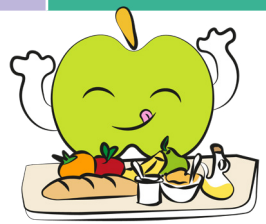
Dinner guidelines

The portion served in the dining room adjusts to childrens age ranges according to their needs (ages between 3 and 8 are 80% of the nutrition facts). Menu includes bread (wholemeal 2 days/week) and water available in pitchers on tables.
These menus have been checked and approved by professionals in human Nutrition and dietetics (Dietitian CYL00059). Ausolan may change the menu due to reasons of force majeure.
E: Energetic value · G: Fats · HC: Carbohydrates · P: Protei

School Menu

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Prt. 17 HC. 135 Lip. 14 KCal. 741 Cream of zucchini, leek and onion Wholegrain macaroni with vegetable bolognese with lettuce and carrot salad Fruit	2 Prt. 29 HC. 119 Lip. 22 KCal. 735 Stewed chickpeas with pepper, onion and carrot Grilled pork ham with apple sauce with lettuce and corn salad Fruit
			Vegetable/Rice/Meat/Fruit	Vegetables/Pasta/Meat/Fruit
5 Prt. 29 HC. 78 Lip. 24 KCal. 597 Wholegrain noodle soup Stewed chicken escalope with lettuce and carrot salad Fruit	6 Prt. 23 HC. 128 Lip. 28 KCal. 732 Stewed pinto beans with carrots and paprika Spanish omelette with lettuce and pickle salad Fruit	7 Prt. 20 HC. 25 Lip. 30 KCal. 549 Broccoli with potatoes Grilled saxony loin with lettuce and corn salad Fruit	8 Prt. 36 HC. 105 Lip. 20 KCal. 777 Spiral with tomato sauce Grilled salmon in orange sauce wtih baked potatoes Milk	9 Prt. 22 HC. 128 Lip. 7 KCal. 607 Rice with lentil and tomato sauce Green beans with galic Fruit
...and for dinner: Vegetable/Legume/Fish/Dairy dessert	Vegetables/Pasta/Meat/Fruit	Vegetables/Potatoes/Fish/Fruit	Vegetable/Rice/Meat/Fruit	Vegetable/Legume/Meat/Fruit
12 **HOLIDAY**	13 Prt. 29 HC. 106 Lip. 27 KCal. 701 Gratin shell pasta Roast marinated tenderloin with lettuce and carrot salad Fruit	14 Prt. 23 HC. 118 Lip. 30 KCal. 713 Stewed lentils with red pepper and onion Spanish omelette with lettuce and corn salad Fruit	15 Prt. 31 HC. 87 Lip. 34 KCal. 706 Stewed potatoes in green sauce Galician-style baked hake with lettuce and pickle salad Sugar-free natural yogurt	16 Prt. 20 HC. 133 Lip. 5 KCal. 591 Chicken noodle soup White bean chili with textured soy Fruit
	Vegetables/Potatoes/Fish/Fruit	Vegetables/Pasta/Meat/Fruit	Vegetables/Rice/Meat/Fruit	Vegetables/Rice/Egg/Fruit
19 Prt. 25 HC. 127 Lip. 9 KCal. 646 Rice with tomato sauce Baked quinoa burger with roasted diced potatoes Fruit	20 Prt. 32 HC. 77 Lip. 21 KCal. 666 Wholegrain chicken noodle soup Stew broth with sacraments Sugar-free liquid yogurt	21 Prt. 31 HC. 80 Lip. 22 KCal. 710 Cream of carrot, onion and potato Roast chicken lemon with lettuce and corn salad Fruit	22 Prt. 21 HC. 113 Lip. 28 KCal. 655 Stewed pinto beans with leek Omelette with lettuce and tomato Fruit	23 Prt. 32 HC. 119 Lip. 29 KCal. 689 Macaroni with mushrooms Grilled pollack with American sauce with lettuce and carrot salad Fruit
...nd for dinner: Vegetable/Potatoes/Egg/Fruit	Vegetable/Rice/Fish/Fruit	Vegetables/Pasta/Meat/Fruit	Vegetable/Rice/Fish/Fruit	Vegetable/Pasta/Meat/Diary dessert
26 Prt. 26 HC. 80 Lip. 18 KCal. 711 Mixed vegetables Roast chicken thighs in chilindron sauce with lettuce and corn salad Fruit	27 Prt. 30 HC. 116 Lip. 25 KCal. 697 Lentil stew with zucchini Pork stew with onion an pepper and grilled diced potatoes Fruit	28 Prt. 33 HC. 97 Lip. 36 KCal. 720 Wholegrain macaroni with tomato sauce Hake in green sauce with lettuce and tomato Sugar-free natural yogurt	29 Prt. 9 HC. 86 Lip. 20 KCal. 603 Cream of pumpkin, lean and potato Fresh baked sausages with carrot sauce Fruit	30 **HOLIDAY**
...and for dinner: Vegetable/Rice/Egg/Fruit	Vegetables/Pasta/Meat/Fruit	Vegetable/Legume/Meat/Fruit	Vegetable/Pasta/Fish/Dairy dessert	

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Proyecto educativo

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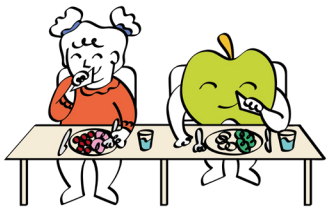
School Menu

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **HOLIDAY**	3 Prt. 31 HC. 111 Lip. 26 KCal. 720 Vegetables paella with mushrooms, carrota and peppers Grilled hamburguer with grilled zucchini Sugar-free natural yogurt Vegetable/Rice/Fish/Fruit	4 Prt. 23 HC. 128 Lip. 28 KCal. 732 Stewed white beans with leek and pumpkin Spanish omelette with lettuce and tomato Fruit Vegetable/Rice/Meat/Fruit	5 Prt. 17 HC. 135 Lip. 14 KCal. 741 Cream of zucchini, leek and onion Wholegrain macaroni with vegetable bolognese with lettuce and carrot salad Fruit Vegetables/Rice/Egg/Fruit	6 Prt. 32 HC. 128 Lip. 20 KCal. 683 Stewed chickpeas with leek, onion and carrot Baked liles with grilled potatoes Fruit Vegetable/Legume/Meat/Fruit
9 Prt. 25 HC. 87 Lip. 22 KCal. 657 Stewed potatoes with onion and peppers Stewed chicken with garlic mushrooms Fruit ...and for dinner: Vegetable/Legume/Fish/Diary dessert	10 Prt. 25 HC. 87 Lip. 27 KCal. 684 Green benas with garlic an paprika Hard-boiled eggs gratin with lettuce and olives salad Fruit Vegetables/Pasta/Meat/Fruit	11 Prt. 18 HC. 161 Lip. 9 KCal. 726 Rice with tomato sauce Stewed lentils with carrot, leek and paprika Fruit Vegetable/Potatoes/Fish/Fruit	12 Prt. 35 HC. 108 Lip. 25 KCal. 715 Shell pasta with zucchini Grilled pork chop with peppers with lettuce and corn salad Fruit Vegetables/Rice/Egg/Fruit	13 Prt. 30 HC. 119 Lip. 25 KCal. 760 Stewed pinto beans with carrots and paprika Home-made readed dab with lettuce and carrot salad Fruit Vegetable/Pasta/Meat/Fruit
16 Prt. 31 HC. 107 Lip. 26 KCal. 690 Napoletana spiral Grilled pork loin with lettuce and carrot salad Fruit ...and for dinner: Vegetables/Pasta/Egg/Fruit	17 Prt. 26 HC. 89 Lip. 28 KCal. 677 Stewed potatoes with carrot and red and green peppers Grilled hake in sea style sauce with lettuce and pickle salad Fruit Vegetable/Potatoes/Meat/Fruit	18 Prt. 28 HC. 126 Lip. 11 KCal. 663 Stewed chickpeas with carrot and pepper Grilled vegetal meatballs with vegetables sauce Fruit Vegetable/Potatoes/Fish/Fruit	19 Prt. 32 HC. 72 Lip. 24 KCal. 694 Crema of leek, coliflower, onion and green beans Stewed turkey with carrots and onion served with borwn rice Sugar-free natural yogurt Vegetables/Rice/Fish/Fruit	20 Prt. 23 HC. 118 Lip. 30 KCal. 713 Stewed lentils with carrot and onion Spanish omelette with lettuce and corn salad Fruit Vegetables/Pasta/Meat/Fruit
23 Prt. 22 HC. 90 Lip. 31 KCal. 677 Stewed potatoes in green sauce Omelette with lettuce and tomato Sugar-free liquid yogurt and for dinner: Vegetable/Legume/Egg/Fruit	24 Prt. 21 HC. 121 Lip. 9 KCal. 698 Rice with lentil and tomato sauce Cream of pumpkin, carrot, zucchini and leek Fruit Vegetable/Rice/Fish/Fruit	25 Prt. 28 HC. 75 Lip. 19 KCal. 625 Wholegrain chicken noodle soup Stew broth with sacraments Fruit Vegetable/Pasta/Egg/Fruit	26 Prt. 26 HC. 82 Lip. 18 KCal. 702 Romanesco with potato and ham Rosemary roast chicken with lettuce and corn salad Fruit Vegetable/Rice/Meat/Fruit	27 Prt. 32 HC. 122 Lip. 27 KCal. 734 Pasta with tomato sauce Grilled pollack in zucchini sauce with lettuce and carrot salad Fruit Vegetables/Pasta/Meat/Diary dessert
30 Prt. 21 HC. 129 Lip. 20 KCal. 725 Stewed lentils with peppers and onion Grilled tuna patties with lettuce and tomato Fruit ...and for dinner: Vegetable/Pasta/Fish/Fruit				



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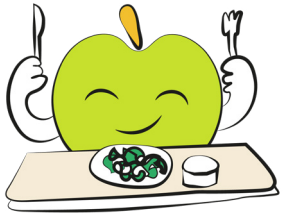
School Menu

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Prt. 25 HC. 79 Lip. 28 KCal. 745 Crema of leek, coliflower, onion and green beans Pork stew with tomato sauce adn peppers with lettuce and carrot salad Fruit Vegetables/Rice/Egg/Fruit	2 Prt. 32 HC. 102 Lip. 32 KCal. 651 Wholegrain macaroni with tomato sauce Baked hake with ratatouille Sugar-free natural yogurt Vegetable/Legume/Meat/Fruit	3 Prt. 26 HC. 115 Lip. 27 KCal. 784 Rice with zucchini, carrot and tricolor peppers Hard-boiled eggs gratin with lettuce and corn salad Fruit Vegetables/Pasta/Meat/Diary dessert	4 Prt. 22 HC. 150 Lip. 12 KCal. 688 Sautéed green beans with tomato sauce adn onion Chickepea tabbouleh Fruit Vegetables/Potatoes/Fish/Fruit
7 **HOLIDAY**	8 **HOLIDAY**	9 Prt. 19 HC. 81 Lip. 21 KCal. 686 Mixed vegetables Mixed grilled burguer with baked pumpkin and carrot Fruit Vegetable/Rice/Egg/Fruit	10 Prt. 32 HC. 118 Lip. 22 KCal. 656 Stewed lentils with leek, onion and green pepper Baked liles with grilled potatoes Fruit Vegetables/Pasta/Meat/Diary dessert	11 Prt. 17 HC. 135 Lip. 14 KCal. 741 Cream of zucchini, leek and onion Wholegrain macaroni with vegetable bolognese with lettuce and carrot salad Fruit Vegetable/Potatoes/Meat/Fruit
14 Prt. 29 HC. 78 Lip. 24 KCal. 597 Wholegrain noodle soup Stewed chicken escalope with lettuce and carrot salad Fruit ...and for dinner: Vegetables/Legumbe/Fish/Fruit	15 Prt. 23 HC. 128 Lip. 28 KCal. 740 Stewed chickpeas with garden vegetables Spanish omelette with lettuce and olives salad Fruit Vegetables/Pasta/Meat/Fruit	16 Prt. 23 HC. 129 Lip. 7 KCal. 609 Green beans with carrot Rice with lentil and tomato sauce Fruit Vegetable/Potatoes/Fish/Fruit	17 Prt. 30 HC. 130 Lip. 27 KCal. 728 Shell pasta with tomato sauce Pork stew with baked diced potatoes Fruit Vegetable/Rice/Egg/Fruit	18 Prt. 34 HC. 111 Lip. 28 KCal. 776 Stewed pinto beans with carrot and peppers Home-made readed dab with lettuce and corn salad Milk Vegetable/Pasta/Meat/Diary dessert
21 Prt. 31 HC. 108 Lip. 31 KCal. 781 Napoletana style macaroni Stewed chicken escalope with lettuce and carrot salad Fruit ...and for dinner: Vegetables/Rice/Egg/Fruit	22 Prt. 25 HC. 88 Lip. 28 KCal. 677 Stewed potatoes with red and green peppers and leek Grilled hake with American sauce with lettuce and pickle salad Fruit Vegetables/Pasta/Meat/Diary dessert	23 Prt. 16 HC. 99 Lip. 21 KCal. 600 Chicken soup with stars Flmenquines with diced roasted potatoes with rosemary Fruit Vegetable/Potatoes/Fish/Fruit		

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