



# MENU NOVEMBER 2020

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Chicken noodle soup	Chickpea salad with tomato and hard-boiled egg	EY: guacamole with carrots, red and green pepper. P&S: nachos with guacamole and melted cheese	Cuban rice with tomato sauce and hard boiled egg	Caesar salad
V: vegetable broth with semolina				Veg: vegetarian Caesar salad (with tofu)
Homemade chicken nuggets with watercress	French omelette with homemade chips	EY: homemade burgers with mashed potato. P & S: beef stew with potatoes and carrots	Grilled salmon with watercress in a mustard, balsamic and soya dressing	Cod with curry sauce, steamed vegetables and baked potato
V: sautéed seitan with vegetables and rice		V: seitan stew with potatoes and carrots		V: vegetable curry and tofu
Banana Kcal = 653,45 Prot (g) = 33,77/20,7 % Líp (g) = 21,21/29,2 % Hid. Carb (g) = 81,87/50,1 %	Apple Kcal = 660,85 Prot (g) = 22,69/13,7 % Líp (g) = 25,25/34,4 % Hid. Carb (g) = 85,71/51,9 %	Apple Kcal = 725,97 Prot (g) = 27,59/15,2% Líp (g) = 3017/37,4 % Hid. Carb (g) = 86,02/47,4 %	Yoghurt Kcal = 704,45 Prot (g) = 33,17/18,8% Líp (g) = 32,29/41,3 % Hid. Carb (g) = 70,29/39,9 %	Mandarine Kcal = 647,44 Prot (g) = 39,25/24,2% Líp (g) = 25,36/35,2 % Hid. Carb (g) = 65,55/40,5 %
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Salad with apple and a mustard vinaigrette	Homemade lentils with vegetables	Chicken broth soup with star pasta	Pasta with homemade bolognese sauce	Guacamole with carrot and red and green pepper chunks
		V: vegetable broth with star pasta	V: pasta with vegetarian bolognese sauce	
Free-range chicken with rosemary and lemon accompanied by boiled potatoes	Spanish omelette with tomato salad	Baked salmon with dill and steamed broccoli	Battered squid with salad	Homemade hot dog with onion confit and homemade chips
V: grilled seitan with soja sauce and boiled potatoes				V: vegetarian hot dog with onion confit and homemade chips
Banana Kcal = 606,16 Prot (g) = 24,71/16,3 % Líp (g) = 18,88/28 % Hid. Carb (g) = 84,35/55,7 %	Apple Kcal = 670,9 Prot (g) = 25,04/14,9 % Líp (g) = 21,74/29,2 % Hid. Carb (g) = 93,77/55,9 %	Yoghurt Kcal = 604,53 Prot (g) = 31,22/20,7 % Líp (g) = 25,25/37,6 % Hid. Carb (g) = 63,1/41,8 %	Apple Kcal = 724,47 Prot (g) = 32,75/18,2 % Líp (g) = 21,27/26,4 % Hid. Carb (g) = 100,51/55,5 %	Mandarine Kcal = 734,62 Prot (g) = 21,78/13,7 % Líp (g) = 31,66/44,9 % Hid. Carb (g) = 65,64/41,4 %



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Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Pasta with tomato sauce and cheese	Homemade chickpea stew	Chicken noodle broth soup	Caesar salad	EY: guacamole with carrot, red and green pepper. P&S: nachos with guacamole and melted cheese
		V: vegetable broth with semolina	V: vegetarian Caesar salad (with tofu)	
Cod with curry sauce and steamed vegetables and potatoes	Chicken fajitas with mixed salad	Spanish omelette with mixed salad	Homemade hamburger with homemade chips	Baked salmon with salsa verde and sautéed vegetables
	V: seitan taco fajitas with mixed salad		V: vegan burger with homemade chips	
<b>Pear</b> Kcal = 649,7 Prot (g) = 30,55/18,8 % Líp (g) = 18,5/25,6 % Hid. Carb (g) = 90,2/55,6 %	<b>Yoghurt</b> Kcal = 672,14 Prot (g) = 36,13/21,5 % Líp (g) = 21,3/28,5 % Hid. Carb (g) = 83,98/50 %	<b>Apple</b> Kcal = 688,27 Prot (g) = 24,36/14,2 % Líp (g) = 25,19/32,9 % Hid. Carb (g) = 91,03/52,9 %	<b>Mandarine</b> Kcal = 661,61 Prot (g) = 36,74/22,2 % Líp (g) = 32,41/44,1 % Hid. Carb (g) = 55,74/33,7 %	<b>Apple</b> Kcal = 607,12 Prot (g) = 20,09/13,2 % Líp (g) = 31,2/46,2 % Hid. Carb (g) = 61,49/40,5 %
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
Couscous salad with vegetables and a citrus vinaigrette	Homemade chicken broth soup with star pasta	Homemade lentils	Cuban rice with tomato sauce and hard-boiled egg	EY&P: pasta with bolognese sauce. S: pasta with pesto sauce
	V: vegetable broth with star pasta			V: pasta with pesto sauce
EY: grilled chicken with salad. P&S: beef stew with potatoes and carrots	Battered squid with mixed salad	EY: homemade hamburger with french fries and mixed salad. P&S: pork tenderloin with roquefort sauce or hamburger with french fries and mixed salad	Grilled salmon with dill and steamed broccoli	Spanish omelette with mixed salad
V: seitan stew with potatoes and carrots		V: tofu with roquefort sauce, french fries and mixed salad		
<b>Yoghurt</b> Kcal = 756,06 Prot (g) = 31,57/19,2 % Líp (g) = 18,54/25,4 % Hid. Carb (g) = 90,73/55,3 %	<b>Apple</b> Kcal = 703,18 Prot (g) = 28,99/16,5 % Líp (g) = 27,1/34,7 % Hid. Carb (g) = 85,83/48,8 %	<b>Pear</b> Kcal = 607,51 Prot (g) = 25,96/17,1 % Líp (g) = 20,27/30 % Hid. Carb (g) = 80,31/52,9 %	<b>Apple</b> Kcal = 708,46 Prot (g) = 30,38/17,1 % Líp (g) = 28,66/36,4 % Hid. Carb (g) = 82,25/46,4 %	<b>Mandarine</b> Kcal = 701,68 Prot (g) = 29,19/16,6 % Líp (g) = 24,4/31,3 % Hid. Carb (g) = 91,33/52,1 %



# MENU

## NOVEMBER 2020

Monday 30th				
Chicken noodle soup				
V: vegetable broth with semolina				
Homemade chicken nuggets with mixed salad				
V: tofu nuggets with mixed salad				
Mandarine				
Kcal = 605,31				
Prot (g) = 34,11/22,5 %				
Líp (g) = 20,87/31 %				
Hid. Carb (g) = 70,26/46,4 %				

The school uses organic vegetables from the MySchool garden in the lunches.

All the menus are served with wholemeal fresh bread and with high quality water, obtained with the Superior Osmosis method of Bluewater.

As stated in RD 126/2015 and Regulation 1169/2011, the school has information about allergies and food intolerances available upon request.

The Biolinea company, which has its own laboratories, carries out the nutritional assessment of the dishes mentioned above.

These have been analyzed by a Specialist in Human Nutrition and Dietetics for MySchool, in order to determine the composition and value of the food consumed in the daily diet.