

# Recomendaciones Cena

An **inspired** school



**inspired**



**MENU CENAS OCTUBRE 24**

**lunes, 7 de octubre**

Vegetable cream  
Grilled egg with carrots  
Bread, fruit

**lunes, 14 de octubre**

Peas with onion and garlic  
French omelette with cheese  
Bread, fruit

**lunes, 21 de octubre**

Grilled zucchini  
Grilled chicken with potatoes  
Bread, fruit

**lunes, 28 de octubre**

Grilled zucchini  
Grilled chicken with potatoes  
Bread, fruit

**martes, 1 de octubre**

Grilled eggplant with basil  
Fish and chips  
Bread, fruit

**martes, 8 de octubre**

Quinoa with peppers  
Grilled salmon with lemon  
Bread, fruit

**martes, 15 de octubre**

Corn and apple salad  
Grilled turkey  
Bread, fruit

**martes, 22 de octubre**

Carrot salad  
Grilled codfish  
Bread, fruit

**martes, 29 de octubre**

Gnocchi with pepper sauce  
Chicken wok  
Bread, fruit

**miércoles, 2 de octubre**

Pumpkin cream  
Grilled turkey  
Bread, fruit, yoghurt

**miércoles, 9 de octubre**

Tomato salad  
Homemade turkey burger  
Bread, fruit, yoghurt

**miércoles, 16 de octubre**

Baked vegetable  
Roast chicken  
Bread, fruit, yoghurt

**miércoles, 23 de octubre**

Quinoa with vegetables  
Chickpeas with curry sauce  
Bread, fruit, yoghurt

**miércoles, 30 de octubre**

Eggplant with cheese  
Baked salmon  
Bread, fruit, yoghurt

**jueves, 3 de octubre**

Fresh cheese salad  
Spanish omelette  
Bread, fruit

**jueves, 10 de octubre**

Cauliflower sautéed  
Meat lasagne  
Bread, fruit

**jueves, 17 de octubre**

Mixed complete salad  
Beef burger  
Bread, fruit

**jueves, 24 de octubre**

Mozzarella salad  
Stew turkey  
Bread, fruit

**jueves, 31 de octubre**

Vegetable cream  
Spanish omelette  
Bread, fruit

**viernes, 4 de octubre**

Broccoli with ham  
Grilled beef with corn  
Bread, fruit

**viernes, 11 de octubre**

Potato and carrot cream  
Grilled squid with potatoes  
Bread, fruit

**viernes, 18 de octubre**

Noodle soup  
Pizza with ham  
Bread, fruit

**viernes, 25 de octubre**

Leek cream  
Fish and chips  
Bread, fruit

Revisado por: **Alejandra Carrizo**  
Responsable de Nutrición Calidad  
Colegiada (CODINMA) Nº MAD00832

# Dinner Suggestions

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## Monday, 7 October

Vegetable cream  
Grilled egg with carrots  
Bread, fruit

## Monday, 14 October

Peas with onion and garlic  
French omelette with cheese  
Bread, fruit

## Monday, 21 October

Grilled zucchini  
Grilled chicken with potatoes  
Bread, fruit

## Monday, 28 October

Grilled zucchini  
Grilled chicken with potatoes  
Bread, fruit

## Tuesday, 1 October

Grilled eggplant with basil  
Fish and chips  
Bread, fruit

## Tuesday, 8 October

Quinoa with peppers  
Grilled salmon with lemon  
Bread, fruit

## Tuesday, 15 October

Corn and apple salad  
Grilled turkey  
Bread, fruit

## Tuesday, 22 October

Carrot salad  
Grilled codfish  
Bread, fruit

## Tuesday, 29 October

Gnocchi with pepper sauce  
Chicken wok  
Bread, fruit

## Wednesday, 2 October

Pumpkin cream  
Grilled turkey  
Bread, fruit, yoghurt

## Wednesday, 9 October

Tomato salad  
Homemade turkey burger  
Bread, fruit, yoghurt

## Wednesday, 16 October

Baked vegetable  
Roast chicken  
Bread, fruit, yoghurt

## Wednesday, 23 October

Quinoa with vegetables  
Chickpeas with curry sauce  
Bread, fruit, yoghurt

## Wednesday, 30 October

Eggplant with cheese  
Baked salmon  
Bread, fruit, yoghurt

## Thursday, 3 October

Fresh cheese salad  
Spanish omelette  
Bread, fruit

## Thursday, 10 October

Cauliflower sautéed  
Meat lasagne  
Bread, fruit

## Thursday, 17 October

Mixed complete salad  
Beef burger  
Bread, fruit

## Thursday, 24 October

Mozzarella salad  
Stew turkey  
Bread, fruit

## Thursday, 31 October

Vegetable cream  
Spanish omelette  
Bread, fruit

## Friday, 4 October

Broccoli with ham  
Grilled beef with corn  
Bread, fruit

## Friday, 11 October

Potato and carrot cream  
Grilled squid with potatoes  
Bread, fruit

## Friday, 18 October

Noodle soup  
Pizza with ham  
Bread, fruit

## Friday, 25 October

Leek cream  
Fish and chips  
Bread, fruit

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