




JUNE | KENSINGTON SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1P LENTILS SALAD (tuna, black olives, carrot and tomato) (1, 4) 2P CHEESE OMELETTE (3, 7) GU LETTUCE, CARROT AND SOY SALAD (6) PO FRESH FRUIT 1	1P LEEK AND POTATOES CREAM (7) 2P TURKEY STEW (12) GU COUSCOUS (1, 6) PO FRESH FRUIT 2	2P RICE WITH HOMEMADE TOMATO SAUCE, GRILLED HAKE AND GRILLED AUBERGINE WITH HONEY SAUCE (4) PO FRESH FRUIT 3	HOMEMADE BREADED TURKEY STICKS WITH BOILED VEGETABLES AND SOY MAYONNAISE (1, 3, 5, 6, 8, 12) PO ICE CREAM (6, 7) 4	
1P ZUCCHINI CREAM 2P BOLOGNESE PASTA (minced meat and homemade tomato sauce) (1, 3, 12) PO FRESH FRUIT 7	1P VEGETABLE PAELLA (onion, red and green pepper, leek, peas and green beans) 2P BAKED PORK LOIN WITH MUSTARD AND HONEY SAUCE (1, 10, 12) PO FRESH FRUIT 8	1P BOILED CHIKPEAS, POTATOES AND CARROTS 2P BAKED CHICKEN (onion and natural tomato) (12) GU BAKED TOMATO PO YOGURT (7) 9	2P GRILLED BEEF BURGER WITH STEAMED GREEN BEANS AND POTATOES (12) GU LETTUCE AND TOMATO SALAD PO FRESH FRUIT 10	1P PASTA SALAD (1, 3, 4, 12) 2P BREADED HAKE (fried with flour) (1, 4) GU CORN, TOMATO AND LETTUCE SALAD PO FRESH FRUIT 11
2P GRILLED TURKEY WITH MUSHROOMS SAUCE, BOILED VEGETABLES AND SAUTEED RICE (12) PO FRESH FRUIT 14	1P BEANS SALAD WITH FRESH VEGETABLES AND COD (4, 12) 2P POTATOES AND ONION OMELETTE (3) GU FRESH SALAD (lettuce, oranges and olives) PO FRESH FRUIT 15	1P CARROT CREAM (potato and onion) "FIDEUA" WITH CUTTLEFISH AND ALIOLI SAUCE (opcional) (1, 2, 3, 4, 9, 14) PO YOGURT (7) 16	1P RUSSIAN SALAD (3, 4, 6) 2P BAKED CHICKEN WITH LEMON SAUCE (1, 12) GU DREESED TOMATO PO FRESH FRUIT 17	PESTO PASTA (olive oil, basil, grated cheese and almonds) (1, 3, 5, 7, 8) 2P GRILLED "BUTIFARRA" (pork meat) (12) GU GRILLED ZUCCHINI PO FRESH FRUIT 18
1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P BAKED HAKE (onion and tomato) (4) GU CHIPS PO FRESH FRUIT 21	1P PASTA WITH TWO SAUCES TO CHOICE (1, 3, 6, 7, 12) 2P BREADED CHICKEN (flour, egg and breadcrumbs) (1, 3, 6, 12) GU FRESH SALAD PO ICE CREAM (6, 7) 22	 23	24	25
28	29	30		

Validated menus by our SANED dietitians-nutritionists (CAT000409)

ALLERGENS:

