



# MAY | KENSINGTON SCHOOL

| MONDAY |   | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |   |
|--------|---|---------|--|-----------|--|----------|--|--------|---|
| 2P     | GRILLED TURKEY WITH MUSHROOMS SAUCE AND RUSIAN SALAD ( 12 )                   | 1P      | VEGETABLES CREAM (green beans, chard, carrot, potato and zucchini) ( 7 )                 | 2P        | SAUTEED PASTA WITH GREEN BEANS AND BACON, COD IN TEMPURE WITH KEWPIE MAYONNAISE AND FRESH SALAD ( 1, 3, 4, 6, 7, 9, 10, 12 ) | 2P       | ROASTED CHICKEN WITH POTATOES AND GRILLED ZUCHINNI AND FRESH SALAD           | 1P     | LENTILS SALAD (tuna, black olives, carrot and tomato) ( 1, 4 )                        |
| PO     | FRESH FRUIT   | 2P      | MEAT CANELLONIAU GRATIN WITH BOLETUS "BECHAMEL" SAUCE ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 ) | PO        | FRESH FRUIT  | PO       | FRESH FRUIT  | 2P     | POTATOES AND ONION OMELETTE ( 3 )   |
|        | <b>3</b>  | PO      | FRESH FRUIT  |           | <b>4</b>   |          | <b>6</b>   | GU     | BAKED TOMATO  |
|        |   |         |  |           |  |          |  | PO     | YOGURT ( 7 )  |
| 2P     | BEEF FRICANDO WITH COUSCOUS AND SAUTEED MUSHROOMS WITH OLIVE OIL ( 1, 6, 12 ) | 1P      | RICE WITH HOMEMADE TOMATO SAUCE  | 1P        | CHICKEN, VEGETABLES & PASTA SOUP ( 1, 9 )  | 1P       | CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) | 1P     | VEGETABLES CREAM (green beans, chard, carrot and potato) ( 7 )                        |
| PO     | FRESH FRUIT   | 2P      | BAKED HAKE (onion and tomato) ( 4 )  | 2P        | GRILLED BEEF BURGUER ( 12 )  | 2P       | GRILLED CHICKEN  | 2P     | GRILLED PORK LOIN WITH "RANCHERA" SAUCE ( 1, 7, 9, 10, 11 )                           |
|        | <b>10</b>   | GU      | FRESH SALAD (lettuce, red pepper, and carrot) ( 12 )                                     | GU        | GRILLED AUBERGINES WITH HONEY SAUCE (optional) ( 1 )   | GU       | CORN, TOMATO AND LETTUCE SALAD   | GU     | "CALIU" POTATOES  |
|        |   | PO      | FRESH FRUIT  | PO        | FRESH FRUIT  | PO       | FRESH FRUIT  | PO     | YOGURT ( 7 )  |
|        |   |         |  |           | <b>11</b>  |          | <b>13</b>  |        | <b>14</b>   |
| 1P     | LENTILS & VEGETABLES STEW ( 1 )   | 1P      | "CUBAN" RICE WITH BOILED EGGS ( 3 )  | 1P        | LEEK AND POTATOES CREAM ( 7 )  | 1P       | SAUTEED NOODLES WITH VEGETABLES ( 1, 6 )                                     | 2P     | PASTA SALAD , GRILLED SALMON AND FRESH SALAD ( 1, 3, 4, 12 )                          |
| 2P     | SMOKED TURKEY OMELETTE ( 3, 6 )   | 2P      | TURKEY STEW ( 12 )   | 2P        | GRILLED PORK SAUSAGES ( 12 )   | 2P       | CHICKEN WINGS TIKKA MASALA (chicken wings indian style) ( 1, 7, 9, 10, 11 )  | PO     | FRESH FRUIT   |
| GU     | LETTUCE AND SOY SALAD ( 6 )   | GU      | SAUTEED PEAS ( 7 )   | GU        | COUSCOUS ( 1, 6 )  | GU       | CHIPS  |        |   |
| PO     | FRESH FRUIT   | PO      | YOGURT ( 7 )   | PO        | FRESH FRUIT  | PO       | CUSTARD ( 3, 7 )   |        |   |
|        | <b>17</b>   |         | <b>18</b>  |           | <b>19</b>  |          | <b>20</b>  |        | <b>21</b>   |
|        |   | 2P      | RICE WITH HOMEMADE TOMATO SAUCE WITH CHEESE OMELET AND SAUTEED MUSHROOMS ( 3, 7 )        | 1P        | VEGETABLES CREAM (green beans, chard, carrot and potato) ( 7 )   | 1P       | BEANS SALAD WITH COD "EMPEDRAT" ( 4, 12 )                                    | 2P     | PASTA WITH PEAR SAUCE, ZUCCHINI AND CHEESE AND BREADED HAKE WITH PANKO ( 1, 3, 4, 7 ) |
|        |   | PO      | YOGURT ( 7 )   | 2P        | HOMEMADE HAM PIZZA (tomato sauce, mozzarella and olives) ( 1, 6, 7 )   | 2P       | GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE ( 1, 6, 11 )                | PO     | VANILLA AND CHOCOLATE ICE CREAM ( 6, 7 )  |
|        |   |         |  | GU        | LETTUCE, OLIVES AND SWEET CORN SALAD   | GU       | FRESH SALAD (lettuce, red pepper, and carrot) ( 12 )                         |        |   |
|        |   |         |  | PO        | FRESH FRUIT  | PO       | FRESH FRUIT  |        |   |
|        |   |         |  |           | <b>25</b>  |          | <b>27</b>  |        | <b>28</b>   |
| 1P     | BOILED GREEN BEANS AND POTATOES   |         |  |           |  |          |  |        |   |
| 2P     | MEATBALLS WITH ONION AND CINNAMON SAUCE ( 12 )                                |         |  |           |  |          |  |        |   |
| GU     |   |         |  |           |  |          |  |        |   |
| PO     | VEGETABLES FRESH FRUIT  |         |  |           |  |          |  |        |   |
|        | <b>31</b>   |         |  |           |  |          |  |        |   |

Validated menus by our SANED dietitians-nutritionists (CAT000409)

**ALLERGENS:**

