

COLEGIO EUROPEO DE MADRID - Menú Primaria - JANUARY 2020

LUNES / MONDAY		MARTES / TUESDAY		MIÉRCOLES / WEDNESDAY		JUEVES / THURSDAY		VIERNES / FRIDAY	
6		7		1		2		3	
NO A SCHOOL DAY		NO A SCHOOL DAY		HAPPY NEW YEAR		NO A SCHOOL DAY		NO A SCHOOL DAY	
				8		9		10	
				Pasta con tomate y york (1,3,6)		Judías blancas c/chorizo (6)		Sopa de pescado con arroz (2,4,14)	
				Pasta with tomato sauce and york		"Chorizo" with beans stew		Fish soup with rice	
Figuritas de pescado c/ensalada (1,3,4,7)		Huevos revueltos c/rodaja de tomate (3)		Pollo asado con manzana y patatas dado					
Breaded fish with salad		Scrambled eggs with fresh tomato		Roasted chicken with apple and fries					
Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Lácteos / Dairy					
Kcal 746 Lip 24,2 Prot. 59,9 Hcar 176		Kcal 713 Lip 30,7 Prot. 80,9 Hcar 87		Kcal 715 Lip 23,9 Prot. 63,3 Hcar 144					
13		14		15		16		17	
Patatas guisadas con pavo (12)		Arroz con tomate		Judías verdes con tomate		Sopa de cocido (1,3)		Puré de calabacín y puerros	
Turkey ragout with potatoes stew		Rice with tomato sauce		Green beans with tomato sauce		"Cocido" soup		Cream of zucchini & leeks soup	
Tortilla con queso y ensalada (3,7)		Fil. merluza al horno con verduritas (4)		Cinta de lomo con patatas dado		Complemento (6)		Limanda a la andaluza c/pasta salteada (1,3,4)	
Cheese plain omelette with salad		Oven baked whiting fillet with vegetables		Pork loin with fries		Chick-peas, meat, vegetables stew		Breaded fish with sauteed pasta	
Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Lácteos / Dairy	
Kcal 670 Lip 13,1 Prot. 47,6 Hcar 178		Kcal 758 Lip 34,6 Prot. 85,3 Hcar 105		Kcal 730 Lip 18,5 Prot. 69,0 Hcar 182		Kcal 738 Lip 31,7 Prot. 52,2 Hcar 136		Kcal 638 Lip 15,7 Prot. 63,2 Hcar 119	
20		21		22		23		24	
Fideuá mixta (1,3)		Puré de verduras y hortalizas		Sopa marinera con estrellitas (1,2,3,4,14)		Lentejas con chorizo (6)		Arroz Tres Delicias (2,3,6)	
Mixed "fideua"		Cream of vegetables soup		Seafood with pasta		"Chorizo" with lentils stew		Special fried rice	
Fil. de pescado rebozado con ensalada (1,3,4,7)		Pollo al ajillo con patatas fritas		Hamburguesa con tomate (1,6,12)		Tortilla española con ensalada (3)		Salmón a la naranja con jardinera (4)	
Cod croquettes with salad		Chicken cooked with garlic and fries		Hamburger cooked in tomato sauce		Spanish potatoe omelette with salad		Salmon cooked in sauce with vegetables	
Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Lácteos / Dairy	
Kcal 668 Lip 26,5 Prot. 73,8 Hcar 76		Kcal 658 Lip 12,0 Prot. 37,0 Hcar 184		Kcal 723 Lip 30,4 Prot. 70,9 Hcar 108		Kcal 692 Lip 15,2 Prot. 45,7 Hcar 188		Kcal 690 Lip 12,4 Prot. 58,3 Hcar 188	
27		28		29		30		31	
Judías verdes rehogadas		Tallarines Carbonara (1,3,6,7)		Patatas marineras (2,4,12,14)		Judías pintas estofadas con verduras		Sopa de picadillo con arroz	
Sauteed green beans		"Carbonara" style tagliatelle		Seafood and fish with potatoes stew		Vegetables with beans stew		"Picadillo" soup with rice	
Magro de cerdo con tomate y patata panadera		Fil. de pescadilla al limón c/ens. De tomate natural		Fil. de pollo a las finas hierbas c/ensalada		Tortilla de queso c/ens. Lechuga y maíz (3,7)		Fil. limanda en salsa verde c/guisantes (4)	
Pork meat cooked in sauce with fries		Sole fish cooked with lemon sauce and salad		Chicken steak with salad		Cheese plain omelette with salad		Fish in sauce with peas sauteed	
Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Fruta de temporada / Seasonal fruit		Lácteos / Dairy	
Kcal 724 Lip 16,5 Prot. 64,6 Hcar 191		Kcal 715 Lip 23,9 Prot. 63,3 Hcar 144		Kcal 715 Lip 23,9 Prot. 63,3 Hcar 144		Kcal 801 Lip 25,6 Prot. 50,5 Hcar 235		Kcal 700 Lip 20,3 Prot. 81,7 Hcar 130	

COLEGIO EUROPEO DE MADRID - Menú Primaria sin frutos secos - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa marinera con estrellitas (1,2,3,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/guisantes (4) Fish in sauce with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin frutos secos, sandía ni melón - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR		
		NO A SCHOOL DAY		NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	Sopa de pescado con arroz (2,4,14)
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7)	Huevos revueltos c/rodaja de tomate (3)	Pollo asado con manzana y patatas dado
		Breaded fish with salad	Scrambled eggs with fresh tomato	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12)	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Turkey ragout with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7)	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	Limanda a la andaluza c/pasta salteada (1,3,4)
Cheese plain omelette with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)	Puré de verduras y hortalizas	Sopa marinera con estrellitas (1,2,3,4,14)	Lentejas con chorizo (6)	Arroz Tres Delicias (3,6)
Mixed "fideua"	Cream of vegetables soup	Seafood with pasta	"Chorizo" with lentils stew	Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7)	Pollo al ajillo con patatas fritas	Hamburguesa con tomate (1,6,12)	Tortilla española con ensalada (3)	Salmón a la naranja con jardinera (4)
Cod croquettes with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Spanish potatoe omelette with salad	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas	Tallarines Carbonara (1,3,6,7)	Patatas marineras (2,4,12,14)	Judías pintas estofadas con verduras	Sopa de picadillo con arroz
Sauteed green beans	"Carbonara" style tagliatelle	Seafood and fish with potatoes stew	Vegetables with beans stew	"Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	Tortilla de queso c/ens. Lechuga y maíz (3,7)	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Cheese plain omelette with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin carne de cerdo - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate (1,3)</u> Pasta with tomato sauce	<u>Judías blancas c/verduras</u> Vegetables with beans stew	<u>Sopa de pescado con arroz (2,4,14)</u> Fish soup with rice
		<u>Figuritas de pescado c/ensalada (1,3,4,7)</u> Breaded fish with salad	<u>Huevos revueltos c/rodaja de tomate (3)</u> Scrambled eggs with fresh tomato	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
13	14	15	16	17
<u>Patatas guisadas con pavo (12)</u> Turkey ragout with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Judías verdes con tomate</u> Green beans with tomato sauce	<u>Sopa de fideos (1,3)</u> Pasta soup	<u>Puré de calabacín y puerros</u> Cream of zucchini & leeks soup
<u>Tortilla con queso y ensalada (3,7)</u> Cheese plain omelette with salad	<u>Fil. merluza al horno con verduritas (4)</u> Oven baked whiting fillet with vegetables	<u>Filete de pollo con patatas dado</u> Chicken fillet with fries	<u>Complemento (sin carne de cerdo)</u> Chick-peas, meat, vegetables stew	<u>Limanda a la andaluza c/pasta salteada (1,3,4)</u> Breaded fish with sauteed pasta
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
20	21	22	23	24
<u>Fideuá mixta (1,3)(sin carne de cerdo)</u> Mixed "fideua"	<u>Puré de verduras y hortalizas</u> Cream of vegetables soup	<u>Sopa marinera con estrellitas (1,2,3,4,14)</u> Seafood with pasta	<u>Lentejas c/verduras</u> Vegetables with lentils stew	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada (1,3,4,7)</u> Cod croquettes with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa (no cerdo) con tomate (1,6,12)</u> Hamburger cooked in tomato sauce	<u>Tortilla española con ensalada (3)</u> Spanish potatoe omelette with salad	<u>Salmón a la naranja con jardinera (4)</u> Salmon cooked in sauce with vegetables
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
27	28	29	30	31
<u>Judías verdes rehogadas</u> Sauteed green beans	<u>Tallarines con tomate (1,3)</u> Tagliatelle with tomato sauce	<u>Patatas marineras (2,4,12,14)</u> Seafood and fish with potatoes stew	<u>Judías pintas estofadas con verduras</u> Vegetables with beans stew	<u>Sopa de arroz</u> Soup with rice
<u>Ragout de ternera con tomate y patata panadera</u> Veal ragout cooked in sauce with fries	<u>Fil. de pescadilla al limón c/ens. De tomate natural</u> Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas c/ensalada</u> Chicken steak with salad	<u>Tortilla de queso c/ens. Lechuga y maíz (3,7)</u> Cheese plain omelette with salad	<u>Fil. limanda en salsa verde c/guisantes (4)</u> Fish in sacue with peas sauteed
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>

COLEGIO EUROPEO DE MADRID - Menú Primaria sin judías blancas ni pintas - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Crema de guisantes Cream of peas soup	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa marinera con estrellitas (1,2,3,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Puré de calabacín Cream of zucchini soup	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/guisantes (4) Fish in sauce with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin gluten - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate y york</u> (pasta esp.sin alergen.6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		<u>Pescado al horno c/ensalada</u> (4) Oven baked fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	<u>Sopa de cocido</u> (esp.sin alergen.6) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	<u>Limanda a la andaluza c/pasta salteada</u> (harina de maíz,pasta sin alergen.4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (pasta esp.sin alergen.6) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (pasta esp.sin alergen.2,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
<u>Fil. de pescado rebozado con ensalada</u> (harina de maíz,3,4,7) Breaded fish with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	<u>Hamburguesa con tomate</u> (esp.sin alergen.6) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	<u>Tallarines Carbonara</u> (pasta esp.sin alergen.6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/guisantes (4) Fish in sauce with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin gluten ni lactosa - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate y york</u> (pasta esp.sin alergenos,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		<u>Pescado al horno c/ensalada</u> (4) Oven baked fish with salad	<u>Huevos revueltos c/rodaja de tomate</u> (3) Scrambled eggs with fresh tomato	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
		13	14	15
<u>Patatas guisadas con pavo</u> (12) Turkey ragout with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Judías verdes con tomate</u> Green beans with tomato sauce	<u>Sopa de cocido</u> (esp.sin alergenos) "Cocido" soup	<u>Puré de calabacín y puerros</u> Cream of zucchini & leeks soup
<u>Tortilla francesa con ensalada</u> (3) Plain omelette with salad	<u>Fil. merluza al horno con verduritas</u> (4) Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	<u>Complemento</u> (6) Chick-peas, meat, vegetables stew	<u>Limanda a la andaluza c/pasta salteada</u> (harina de maíz,pasta sin alergenos,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (pasta esp.sin alergenos) Mixed "fideua"	<u>Puré de verduras y hortalizas</u> Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (pasta esp.sin alergenos,2,4,14) Seafood with pasta	<u>Lentejas con chorizo</u> (6) "Chorizo" with lentils stew	<u>Arroz Tres Delicias</u> (3,6) Special fried rice
<u>Fil. de pescado rebozado con ensalada</u> (harina de maíz,3,4) Breaded fish with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate</u> (esp.sin alergenos) Hamburger cooked in tomato sauce	<u>Tortilla española con ensalada</u> (3) Spanish potatoe omelette with salad	<u>Salmón a la naranja con jardinera</u> (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
27	28	29	30	31
<u>Judías verdes rehogadas</u> Sauteed green beans	<u>Tallarines con tomate</u> (pasta esp.sin alergenos) Tagliatelle with tomato sauce	<u>Patatas marineras</u> (2,4,12,14) Seafood and fish with potatoes stew	<u>Judías pintas estofadas con verduras</u> Vegetables with beans stew	<u>Sopa de picadillo con arroz</u> "Picadillo" soup with rice
<u>Magro de cerdo con tomate y patata panadera</u> Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón c/ens. De tomate natural</u> Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas c/ensalada</u> Chicken steak with salad	<u>Tortilla francesa con ensalada</u> (3) Plain omelette with salad	<u>Fil. limanda en salsa verde c/guisantes</u> (4) Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin lactosa - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR		
		NO A SCHOOL DAY		NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	Sopa de pescado con arroz (2,4,14)
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Fish soup with rice
		<u>Pescado al horno c/ensalada (4)</u>	Huevos revueltos c/rodaja de tomate (3)	Pollo asado con manzana y patatas dado
		Oven baked fish with salad	Scrambled eggs with fresh tomato	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12)	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Turkey ragout with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
<u>Tortilla francesa con ensalada (3)</u>	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	Limanda a la andaluza c/pasta salteada (1,3,4)
Plain omelette with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Dairy
20	21	22	23	24
Fideuá mixta (1,3)	Puré de verduras y hortalizas	Sopa marinera con estrellitas (1,2,3,4,14)	Lentejas con chorizo (6)	Arroz Tres Delicias (3,6)
Mixed "fideua"	Cream of vegetables soup	Seafood with pasta	"Chorizo" with lentils stew	Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4)	Pollo al ajillo con patatas fritas	<u>Hamburguesa con tomate (esp.sin alergenos)</u>	Tortilla española con ensalada (3)	Salmón a la naranja con jardinera (4)
Cod croquettes with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Spanish potatoe omelette with salad	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Dairy
27	28	29	30	31
Judías verdes rehogadas	<u>Tallarines con tomate (1,3)</u>	Patatas marineras (2,4,12,14)	Judías pintas estofadas con verduras	Sopa de picadillo con arroz
Sauteed green beans	Tagliatelle with tomato sauce	Seafood and fish with potatoes stew	Vegetables with beans stew	"Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	<u>Tortilla francesa con ensalada (3)</u>	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Plain omelette with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin huevo ni lactosa - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate y york</u> (pasta esp.sin alergen.6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		<u>Pescado al horno c/ensalada</u> (4) Oven baked fish with salad	<u>Ragout de pavo con zanahorias</u> Turkey ragour with carrots	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
13	14	15	16	17
<u>Patatas guisadas con verduras</u> (1,2) Vegetables with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	<u>Sopa de cocido</u> (esp.sin alergen.6) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
<u>Ragout de pavo ensalada</u> Turkey ragout with salad	<u>Fil. merluza al horno</u> con verduritas (4) Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	<u>Limanda a la andaluza c/pasta salteada</u> (1,pasta sin alergen.4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (pasta esp.sin alergen.6) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (pasta esp.sin alergen.2,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada</u> (1,sin pasar por huevo,4) Breaded fish with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate</u> (esp.sin alergen.6) Hamburger cooked in tomato sauce	<u>Ternera con champiñones</u> Veal meat with mushrooms	<u>Salmón a la naranja</u> con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	<u>Tallarines con tomate</u> (pasta esp.sin alergen.6) Tagliatelle with tomato sauce	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	<u>Sopa de arroz</u> Soup with rice
<u>Magro de cerdo</u> con tomate y patata panadera Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón</u> c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas</u> c/ensalada Chicken steak with salad	<u>Ragout de ternera</u> c/ens. Lechuga y maíz Veal ragout with salad	<u>Fil. limanda en salsa verde</u> c/guisantes (4) Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo de soja / Soy Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin huevo - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate y york</u> (pasta esp.sin alergen.6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		<u>Pescado al horno c/ensalada</u> (4) Oven baked fish with salad	<u>Ragout de pavo con zanahorias</u> Turkey ragour with carrots	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
<u>Patatas guisadas con verduras</u> (1,2) Vegetables with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	<u>Sopa de cocido</u> (esp.sin alergen.6) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
<u>Ragout de pavo ensalada</u> Turkey ragout with salad	<u>Fil. merluza al horno</u> con verduritas (4) Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	<u>Limanda a la andaluza c/pasta salteada</u> (1,pasta sin alergen.4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (pasta esp.sin alergen.6) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (pasta esp.sin alergen.2,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada</u> (1,sin pasar por huevo,4,7) Breaded fish with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate</u> (esp.sin alergen.6) Hamburger cooked in tomato sauce	<u>Ternera con champiñones</u> Veal meat with mushrooms	<u>Salmón a la naranja</u> con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	<u>Tallarines Carbonara</u> (pasta esp.sin alergen.6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	<u>Sopa de arroz</u> Soup with rice
<u>Magro de cerdo</u> con tomate y patata panadera Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón</u> c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas</u> c/ensalada Chicken steak with salad	<u>Ragout de ternera</u> c/ens. Lechuga y maíz Veal ragout with salad	<u>Fil. limanda en salsa verde</u> c/guisantes (4) Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin frutos secos ni huevo crudo - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa marinera con estrellitas (1,2,3,4,14) Seafood with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/guisantes (4) Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin huevo (sí rebozado y hecho) - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad Fruta de temporada / Seasonal fruit	Judías blancas c/chorizo (6) "Chorizo" with beans stew Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato Fruta de temporada / Seasonal fruit	Sopa de pescado con arroz (2,4,14) Fish soup with rice Pollo asado con manzana y patatas dado Roasted chicken with apple and fries Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad Fruta de temporada / Seasonal fruit	Arroz con tomate Rice with tomato sauce Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables Fruta de temporada / Seasonal fruit	Judías verdes con tomate Green beans with tomato sauce Cinta de lomo con patatas dado Pork loin with fries Fruta de temporada / Seasonal fruit	Sopa de cocido (1,3) "Cocido" soup Complemento (6) Chick-peas, meat, vegetables stew Fruta de temporada / Seasonal fruit	Puré de calabacín y puerros Cream of zucchini & leeks soup Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3) Mixed "fideua" Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad Fruta de temporada / Seasonal fruit	Puré de verduras y hortalizas Cream of vegetables soup Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries Fruta de temporada / Seasonal fruit	Sopa marinera con estrellitas (1,2,3,4,14) Seafood with pasta Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce Fruta de temporada / Seasonal fruit	Lentejas con chorizo (6) "Chorizo" with lentils stew Tortilla española con ensalada (3) Spanish potatoe omelette with salad Fruta de temporada / Seasonal fruit	Arroz Tres Delicias (3,6) Special fried rice Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries Fruta de temporada / Seasonal fruit	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad Fruta de temporada / Seasonal fruit	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad Fruta de temporada / Seasonal fruit	Judías pintas estofadas con verduras Vegetables with beans stew Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad Fruta de temporada / Seasonal fruit	Sopa de picadillo con arroz "Picadillo" soup with rice Fil. limanda en salsa verde c/guisantes (4) Fish in sauce with peas sauteed Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin huevo crudo - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR		
		NO A SCHOOL DAY		NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	Sopa de pescado con arroz (2,4,14)
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7)	Huevos revueltos c/rodaja de tomate (3)	Pollo asado con manzana y patatas dado
		Breaded fish with salad	Scrambled eggs with fresh tomato	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12)	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Turkey ragout with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7)	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	Limanda a la andaluza c/pasta salteada (1,3,4)
Cheese plain omelette with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)	Puré de verduras y hortalizas	Sopa marinera con estrellitas (1,2,3,4,14)	Lentejas con chorizo (6)	Arroz Tres Delicias (3,6)
Mixed "fideua"	Cream of vegetables soup	Seafood with pasta	"Chorizo" with lentils stew	Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7)	Pollo al ajillo con patatas fritas	Hamburguesa con tomate (1,6,12)	Tortilla española con ensalada (3)	Salmón a la naranja con jardinera (4)
Cod croquettes with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Spanish potatoe omelette with salad	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas	Tallarines Carbonara (1,3,6,7)	Patatas marineras (2,4,12,14)	Judías pintas estofadas con verduras	Sopa de picadillo con arroz
Sauteed green beans	"Carbonara" style tagliatelle	Seafood and fish with potatoes stew	Vegetables with beans stew	"Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	Tortilla de queso c/ens. Lechuga y maíz (3,7)	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Cheese plain omelette with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin huevo (sí trazas) ni marisco - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	<u>Sopa de arroz</u>
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Soup with rice
		<u>Pescado al horno c/ensalada (4)</u>	<u>Ragout de pavo con zanahorias</u>	Pollo asado con manzana y patatas dado
		Oven baked fish with salad	Turkey ragour with carrots	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
<u>Patatas guisadas con verduras (1,2)</u>	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Vegetables with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
<u>Ragout de pavo ensalada</u>	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	<u>Limanda a la andaluza c/pasta salteada (1,pasta sin alergen,4)</u>
Turkey ragout with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
<u>Fideuá mixta (1,3)(no marisco)</u>	Puré de verduras y hortalizas	<u>Sopa con estrellitas (1,3)</u>	Lentejas con chorizo (6)	<u>Arroz con champiñones</u>
Mixed "fideua"	Cream of vegetables soup	Soup with pasta	"Chorizo" with lentils stew	Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada (1,sin pasar por huevo,4,7)</u>	Pollo al ajillo con patatas fritas	<u>Hamburguesa con tomate (esp.sin alergen)</u>	Ternera con champiñones	Salmón a la naranja con jardinera (4)
Breaded fish with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Veal meat with mushrooms	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas	Tallarines Carbonara (1,3,6,7)	<u>Patatas guisadas con verduras (12)</u>	Judías pintas estofadas con verduras	<u>Sopa de arroz</u>
Sauteed green beans	"Carbonara" style tagliatelle	Vegetables with potatoes stew	Vegetables with beans stew	Soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	<u>Ragout de ternera c/ens. Lechuga y maíz</u>	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Veal ragout with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin marisco - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR		
		NO A SCHOOL DAY		NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	<u>Sopa de arroz</u>
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7)	Huevos revueltos c/rodaja de tomate (3)	Pollo asado con manzana y patatas dado
		Breaded fish with salad	Scrambled eggs with fresh tomato	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12)	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Turkey ragout with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7)	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	Limanda a la andaluza c/pasta salteada (1,3,4)
Cheese plain omelette with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)(no marisco)	Puré de verduras y hortalizas	Sopa con estrellitas (1,3)	Lentejas con chorizo (6)	Arroz Tres Delicias (3,6)
Mixed "fideua"	Cream of vegetables soup	Soup with pasta	"Chorizo" with lentils stew	Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7)	Pollo al ajillo con patatas fritas	Hamburguesa con tomate (1,6,12)	Tortilla española con ensalada (3)	Salmón a la naranja con jardinera (4)
Cod croquettes with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Spanish potatoe omelette with salad	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas	Tallarines Carbonara (1,3,6,7)	Patatas guisadas con verduras (12)	Judías pintas estofadas con verduras	Sopa de picadillo con arroz
Sauteed green beans	"Carbonara" style tagliatelle	Vegetables with potatoes stew	Vegetables with beans stew	"Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	Tortilla de queso c/ens. Lechuga y maíz (3,7)	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Cheese plain omelette with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin marisco ni hongos - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6)	Judías blancas c/chorizo (6)	<u>Sopa de arroz</u>
		Pasta with tomato sauce and york	"Chorizo" with beans stew	Soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7)	Huevos revueltos c/rodaja de tomate (3)	Pollo asado con manzana y patatas dado
		Breaded fish with salad	Scrambled eggs with fresh tomato	Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12)	Arroz con tomate	Judías verdes con tomate	Sopa de cocido (1,3)	Puré de calabacín y puerros
Turkey ragout with potatoes stew	Rice with tomato sauce	Green beans with tomato sauce	"Cocido" soup	Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7)	Fil. merluza al horno con verduritas (4)	Cinta de lomo con patatas dado	Complemento (6)	Limanda a la andaluza c/pasta salteada (1,3,4)
Cheese plain omelette with salad	Oven baked whiting fillet with vegetables	Pork loin with fries	Chick-peas, meat, vegetables stew	Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)(no marisco)	Puré de verduras y hortalizas	<u>Sopa con estrellitas (1,3)</u>	Lentejas con chorizo (6)	Arroz Tres Delicias (3,6)
Mixed "fideua"	Cream of vegetables soup	Soup with pasta	"Chorizo" with lentils stew	Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7)	Pollo al ajillo con patatas fritas	Hamburguesa con tomate (1,6,12)	Tortilla española con ensalada (3)	Salmón a la naranja con jardinera (4)
Cod croquettes with salad	Chicken cooked with garlic and fries	Hamburger cooked in tomato sauce	Spanish potatoe omelette with salad	Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas	Tallarines Carbonara (1,3,6,7)	<u>Patatas guisadas con verduras (12)</u>	Judías pintas estofadas con verduras	Sopa de picadillo con arroz
Sauteed green beans	"Carbonara" style tagliatelle	Vegetables with potatoes stew	Vegetables with beans stew	"Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera	Fil. de pescadilla al limón c/ens. De tomate natural	Fil. de pollo a las finas hierbas c/ensalada	Tortilla de queso c/ens. Lechuga y maíz (3,7)	Fil. limanda en salsa verde c/guisantes (4)
Pork meat cooked in sauce with fries	Sole fish cooked with lemon sauce and salad	Chicken steak with salad	Cheese plain omelette with salad	Fish in sacue with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin lentejas - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de pescado con arroz (2,4,14) Fish soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa marinera con estrellitas (1,2,3,4,14) Seafood with pasta	Puré de calabaza y zanahoria Cream of pumpkin and carrots soup	Arroz Tres Delicias (3,6) Special fried rice
Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas marineras (2,4,12,14) Seafood and fish with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/guisantes (4) Fish in sauce with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin garbanzos, guisantes ni marisco - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de arroz Soup with rice
		Figuritas de pescado c/ensalada (1,3,4,7) Breaded fish with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. merluza al horno con verduritas sin guisantes (4) Oven baked whiting fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Ternera con patata y zanahoria Veal meat with potatoes and carrots	Limanda a la andaluza c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)(no marisco ni guisantes) Mixed "fideua"	Puré de verduras y hortalizas (sin guisantes) Cream of vegetables soup	Sopa con estrellitas (1,3) Soup with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz con champiñones Mushrooms with rice
Fil. de pescado rebozado con ensalada (1,3,4,7) Cod croquettes with salad	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Salmón a la naranja con jardinera sin guisantes (4) Salmon cooked in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas guisadas con verduras (12) Vegetables with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Fil. de pescadilla al limón c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Fil. limanda en salsa verde c/lechuga (4) Fish in sacue with plettuce
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin legumbre - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate</u> (1,3) Pasta with tomato sauce	<u>Crema sin legumbre</u> Cream of vegetables soup	<u>Sopa de pescado con arroz</u> (2,4,14) Fish soup with rice
		<u>Figuritas de pescado c/ensalada</u> (1,3,4,7) Breaded fish with salad	<u>Huevos revueltos c/rodaja de tomate</u> (3) Scrambled eggs with fresh tomato	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
13	14	15	16	17
<u>Patatas guisadas con pavo</u> (12) Turkey ragout with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Coliflor Orly</u> (1) Breaded coulliflower	<u>Sopa de fideos</u> (1,3) "Cocido" soup	<u>Puré de calabacín y puerros</u> Cream of zucchini & leeks soup
<u>Tortilla con queso y ensalada</u> (3,7) Cheese plain omelette with salad	<u>Fil. merluza al horno con verduras (sin legumbre)</u> (4) Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	<u>Ternera con patata y zanahoria</u> Veal meat stewed with potatoes and carrots	<u>Limanda a la andaluza c/pasta salteada</u> (1,3,4) Breaded fish with sauteed pasta
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (1,3)(sin legumbre) Mixed "fideua"	<u>Puré de verduras y hortalizas (sin legumbre)</u> Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (1,2,3,4,14) Seafood with pasta	<u>Puré de calabaza y zanahoria</u> Cream of pumpkin and carrots soup	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada</u> (1,3,4,7) Cod croquettes with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate (esp.sin alergen)</u> Hamburger cooked in tomato sauce	<u>Tortilla española con ensalada</u> (3) Spanish potatoe omelette with salad	<u>Salmón a la naranja con jardinera</u> (4)(sin legumbre) Salmon cooked in sauce with vegetables
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
27	28	29	30	31
<u>Coliflor con bechamel</u> (1,7) Couliflower in white sauce	<u>Tallarines con tomate</u> (1,3) Tagliatelle with tomato sauce	<u>Patatas marineras</u> (2,4,12,14) Seafood and fish with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Sopa de picadillo con arroz</u> "Picadillo" soup with rice
<u>Magro de cerdo con tomate y patata panadera</u> Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón c/ens. De tomate natural</u> Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas c/ensalada</u> Chicken steak with salad	<u>Tortilla de queso c/ens. Lechuga y maíz</u> (3,7) Cheese plain omelette with salad	<u>Fil. limanda en salsa verde c/lechuga</u> (4) Fish in sacue with lettuce
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin frutos secos ni legumbre - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate (1,3)</u> Pasta with tomato sauce	<u>Crema sin legumbre</u> Cream of vegetables soup	<u>Sopa de pescado con arroz (2,4,14)</u> Fish soup with rice
		<u>Figuritas de pescado c/ensalada (1,3,4,7)</u> Breaded fish with salad	<u>Huevos revueltos c/rodaja de tomate (3)</u> Scrambled eggs with fresh tomato	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
13	14	15	16	17
<u>Patatas guisadas con pavo (12)</u> Turkey ragout with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Coliflor Orly (1)</u> Breaded coulliflower	<u>Sopa de fideos (1,3)</u> "Cocido" soup	<u>Puré de calabacín y puerros</u> Cream of zucchini & leeks soup
<u>Tortilla con queso y ensalada (3,7)</u> Cheese plain omelette with salad	<u>Fil. merluza al horno con verduras (sin legumbre)(4)</u> Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	<u>Ternera con patata y zanahoria</u> Veal meat stewed with potatoes and carrots	<u>Limanda a la andaluza c/pasta salteada (1,3,4)</u> Breaded fish with sauteed pasta
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
20	21	22	23	24
<u>Fideuá mixta (1,3)(sin legumbre)</u> Mixed "fideua"	<u>Puré de verduras y hortalizas (sin legumbre)</u> Cream of vegetables soup	<u>Sopa marinera con estrellitas (1,2,3,4,14)</u> Seafood with pasta	<u>Puré de calabaza y zanahoria</u> Cream of pumpkin and carrots soup	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado con ensalada (1,3,4,7)</u> Cod croquettes with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate (esp.sin alergen)</u> Hamburger cooked in tomato sauce	<u>Tortilla española con ensalada (3)</u> Spanish potatoe omelette with salad	<u>Salmón a la naranja con jardinera (4)(sin legumbre)</u> Salmon cooked in sauce with vegetables
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>
27	28	29	30	31
<u>Coliflor con bechamel (1,7)</u> Couliflower in white sauce	<u>Tallarines con tomate (1,3)</u> Tagliatelle with tomato sauce	<u>Patatas marineras (2,4,12,14)</u> Seafood and fish with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Sopa de picadillo con arroz</u> "Picadillo" soup with rice
<u>Magro de cerdo con tomate y patata panadera</u> Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón c/ens. De tomate natural</u> Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas c/ensalada</u> Chicken steak with salad	<u>Tortilla de queso c/ens. Lechuga y maíz (3,7)</u> Cheese plain omelette with salad	<u>Fil. limanda en salsa verde c/lechuga (4)</u> Fish in sacue with lettuce
<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Fruta de temporada / Seasonal fruit</u>	<u>Lácteo / Dairy</u>

COLEGIO EUROPEO DE MADRID - Menú Primaria sin legumbre ni almíbar - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7	8	9	10
NO A SCHOOL DAY	NO A SCHOOL DAY	<u>Pasta con tomate</u> (1,3) Pasta with tomato sauce	<u>Crema sin legumbre</u> Cream of vegetables soup	<u>Sopa de pescado con arroz</u> (2,4,14) Fish soup with rice
		<u>Figuritas de pescado</u> c/ensalada (1,3,4,7) Breaded fish with salad	<u>Huevos revueltos</u> c/rodaja de tomate (3) Scrambled eggs with fresh tomato	<u>Pollo asado con manzana y patatas dado</u> Roasted chicken with apple and fries
		<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
13	14	15	16	17
<u>Patatas guisadas con pavo</u> (12) Turkey ragout with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Coliflor Orly</u> (1) Breaded coulliflower	<u>Sopa de fideos</u> (1,3) "Cocido" soup	<u>Puré de calabacín y puerros</u> Cream of zucchini & leeks soup
<u>Tortilla con queso y ensalada</u> (3,7) Cheese plain omelette with salad	<u>Fil. merluza al horno con verduras</u> (sin legumbre)(4) Oven baked whiting fillet with vegetables	<u>Cinta de lomo con patatas dado</u> Pork loin with fries	<u>Ternera con patata y zanahoria</u> Veal meat stewed with potatoes and carrots	<u>Limanda a la andaluza</u> c/pasta salteada (1,3,4) Breaded fish with sauteed pasta
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
20	21	22	23	24
<u>Fideuá mixta</u> (1,3)(sin legumbre) Mixed "fideua"	<u>Puré de verduras y hortalizas</u> (sin legumbre) Cream of vegetables soup	<u>Sopa marinera con estrellitas</u> (1,2,3,4,14) Seafood with pasta	<u>Puré de calabaza y zanahoria</u> Cream of pumpkin and carrots soup	<u>Arroz con champiñones</u> Mushrooms with rice
<u>Fil. de pescado rebozado</u> con ensalada (1,3,4,7) Cod croquettes with salad	<u>Pollo al ajillo con patatas fritas</u> Chicken cooked with garlic and fries	<u>Hamburguesa con tomate</u> (esp.sin alergenos) Hamburger cooked in tomato sauce	<u>Tortilla española</u> con ensalada (3) Spanish potatoe omelette with salad	<u>Salmón a la naranja con jardinera</u> (4)(sin legumbre) Salmon cooked in sauce with vegetables
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy
27	28	29	30	31
<u>Coliflor con bechamel</u> (1,7) Couliflower in white sauce	<u>Tallarines con tomate</u> (1,3) Tagliatelle with tomato sauce	<u>Patatas marineras</u> (2,4,12,14) Seafood and fish with potatoes stew	<u>Arroz con tomate</u> Rice with tomato sauce	<u>Sopa de picadillo con arroz</u> "Picadillo" soup with rice
<u>Magro de cerdo</u> con tomate y patata panadera Pork meat cooked in sauce with fries	<u>Fil. de pescadilla al limón</u> c/ens. De tomate natural Sole fish cooked with lemon sauce and salad	<u>Fil. de pollo a las finas hierbas</u> c/ensalada Chicken steak with salad	<u>Tortilla de queso</u> c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	<u>Fil. limanda en salsa verde</u> c/lechuga (4) Fish in sacue with lettuce
<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Fruta de temporada</u> / Seasonal fruit	<u>Lácteo</u> / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin pescado ni marisco - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de arroz Soup with rice
		Salchichas de pavo con ensalada (6) Turkey sausage with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. De pollo con verduras Chicken fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Lacon c/pasta salteada Lacon with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)(no marisco ni pescado) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa con estrellitas (1,3) Soup with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
Ragout de pavo con verduras Turkey ragout with vegetables	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Lomo de cerdo adobado con jardinera Pork loin in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas guisadas con verduras (12) Vegetables with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Ragout de ternera con zanahorias Veal ragout with carrots	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Lomo de cerdo adobado c/quisantes Pork loin with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy

COLEGIO EUROPEO DE MADRID - Menú Primaria sin pescado - JANUARY 2020

		MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		1	2	3
		HAPPY NEW YEAR	NO A SCHOOL DAY	NO A SCHOOL DAY
LUNES / MONDAY	MARTES / TUESDAY	8	9	10
6	7			
NO A SCHOOL DAY	NO A SCHOOL DAY	Pasta con tomate y york (1,3,6) Pasta with tomato sauce and york	Judías blancas c/chorizo (6) "Chorizo" with beans stew	Sopa de arroz Soup with rice
		Salchichas de pavo con ensalada (6) Turkey sausage with salad	Huevos revueltos c/rodaja de tomate (3) Scrambled eggs with fresh tomato	Pollo asado con manzana y patatas dado Roasted chicken with apple and fries
		Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
13	14	15	16	17
Patatas guisadas con pavo (12) Turkey ragout with potatoes stew	Arroz con tomate Rice with tomato sauce	Judías verdes con tomate Green beans with tomato sauce	Sopa de cocido (1,3) "Cocido" soup	Puré de calabacín y puerros Cream of zucchini & leeks soup
Tortilla con queso y ensalada (3,7) Cheese plain omelette with salad	Fil. De pollo con verduras Chicken fillet with vegetables	Cinta de lomo con patatas dado Pork loin with fries	Complemento (6) Chick-peas, meat, vegetables stew	Lacon c/pasta salteada Lacon with sauteed pasta
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
20	21	22	23	24
Fideuá mixta (1,3)(no marisco ni pescado) Mixed "fideua"	Puré de verduras y hortalizas Cream of vegetables soup	Sopa con estrellitas (1,3) Soup with pasta	Lentejas con chorizo (6) "Chorizo" with lentils stew	Arroz Tres Delicias (3,6) Special fried rice
Ragout de pavo con verduras Turkey ragout with vegetables	Pollo al ajillo con patatas fritas Chicken cooked with garlic and fries	Hamburguesa con tomate (1,6,12) Hamburger cooked in tomato sauce	Tortilla española con ensalada (3) Spanish potatoe omelette with salad	Lomo de cerdo adobado con jardinera Pork loin in sauce with vegetables
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy
27	28	29	30	31
Judías verdes rehogadas Sauteed green beans	Tallarines Carbonara (1,3,6,7) "Carbonara" style tagliatelle	Patatas guisadas con verduras (12) Vegetables with potatoes stew	Judías pintas estofadas con verduras Vegetables with beans stew	Sopa de picadillo con arroz "Picadillo" soup with rice
Magro de cerdo con tomate y patata panadera Pork meat cooked in sauce with fries	Ragout de ternera con zanahorias Veal ragout with carrots	Fil. de pollo a las finas hierbas c/ensalada Chicken steak with salad	Tortilla de queso c/ens. Lechuga y maíz (3,7) Cheese plain omelette with salad	Lomo de cerdo adobado c/quisantes Pork loin with peas sauteed
Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Fruta de temporada / Seasonal fruit	Lácteo / Dairy