

# Menu MAY 2024

| Days Días | Monday Lunes  | Tuesday Martes  | Wednesday Miércoles   | Thursday Jueves  | Friday Viernes  |
|-----------|---|---|---|--|---|
| May 6-10  | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Lentils with vegetables<sup>6,8</sup><br/>Lentejas con Verduras<sup>6,8</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> | <ul style="list-style-type: none"> <li>- Pureed Vegetable Soup<br/>Crema de verduras</li> <li>- Pilaf<sup>7</sup><br/>Pilaf (Arroz con Verduras, Pasas y Almendras)<sup>7</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>          | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Potato and Vegetable Omelet<sup>1,2</sup><br/>Tortilla de patatas y verdura<sup>1,2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- White Beans<sup>1,6</sup><br/>Alubias blancas<sup>1,6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>  | <ul style="list-style-type: none"> <li>- Cold Tomato and Bread Soup<sup>3</sup><br/>Salmorejo<sup>3</sup></li> <li>- Spanish Potato Salad<sup>2</sup><br/>Ensaladilla Rusa<sup>2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> |
| May 13-17 | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Red Beans<sup>1,6</sup><br/>Alubias Rojas<sup>1,6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>                       | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Potato and Vegetable Omelet<sup>1,2</sup> Tortilla<br/>de patatas y verdura<sup>1,2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>                         | <p><b>NO SCHOOL HOLIDAY</b></p>   | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Chick Peas with Vegetables<sup>6</sup><br/>Garbanzos con Verduras<sup>6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>  | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Lasagne<sup>1</sup><br/>Lasaña<sup>1</sup></li> </ul>  |
| May 20-24 | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Lentils with vegetables<sup>6,8</sup><br/>Lentejas con Verduras<sup>6,8</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> | <ul style="list-style-type: none"> <li>- Cold Vegetable Soup<br/>Gazpacho</li> <li>- Millet with Vegetables<br/>Mijo con Verduras</li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>  | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Potato and Egg Stew<sup>2</sup><br/>Patatas Al Descuido<sup>2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>                       | <ul style="list-style-type: none"> <li>- Black Beans with Basmati Rice (Gallo Pinto)<sup>6</sup></li> <li>- Judías Negras con Arroz Basmati (Gallo Pinto)<sup>6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan Integral<sup>3</sup></li> </ul> <p style="text-align: center;"><b>MAY 23 BIRTHDAY CAKE<sup>1,2,3</sup> DAY!</b></p> | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Pasta<sup>1,3</sup><br/>Pasta<sup>1,3</sup></li> </ul>   |
| May 27-31 | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- White Beans<sup>1,6</sup><br/>Alubias blancas<sup>1,6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>                   | <ul style="list-style-type: none"> <li>- Pureed Vegetable Soup<br/>Crema de verduras</li> <li>- Vegetable and Egg Stir-Fry with Rice<sup>2,9</sup><br/>Arroz Tres Delicias<sup>2,9</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Potato and Vegetable Omelet<sup>1,2</sup><br/>Tortilla de patatas y verdura<sup>1,2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> | <ul style="list-style-type: none"> <li>- Salad<br/>Ensalada</li> <li>- Red Beans<sup>1,6</sup><br/>Alubias Rojas<sup>1,6</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul>  | <ul style="list-style-type: none"> <li>- Cold Tomato and Bread Soup<sup>3</sup><br/>Salmorejo<sup>3</sup></li> <li>- Spanish Potato Salad<sup>2</sup><br/>Ensaladilla Rusa<sup>2</sup></li> <li>- Whole grain Bread<sup>3</sup><br/>Pan integral<sup>3</sup></li> </ul> |

<sup>1</sup> Contains dairy / <sup>1</sup> Contiene lácteos / <sup>2</sup> Contains eggs / <sup>2</sup> Contiene huevos / <sup>3</sup> Contains gluten / <sup>3</sup> Contiene gluten / <sup>4</sup> Contains peanut / <sup>4</sup> Contiene cacahuete / <sup>5</sup> Contains sesame / <sup>5</sup> Contiene sésamo / <sup>6</sup> Contains celery / <sup>6</sup> Contiene apio / <sup>7</sup> Contains nuts / <sup>7</sup> Contiene Frutos con cascara / <sup>8</sup> Contains mustard / <sup>8</sup> Contiene mostaza / <sup>9</sup> Contains soy / <sup>9</sup> Contiene soja