NOVEMBER MENU 2026
(with dinner suggestions)
Margarita Fernández Pol - Head cook
María Colomer Valiente - Dietist-nutritionist Col IB00005

2	3	4	5	6
MIXED SALAD w/ FRESH CHEESE & NUTS (7,8) WHOLE GRAIN SPAGHETTI w/ VEGETAL BOLOGNESE SAUCE (1,3,6,10) (onion, carrot, tomato, texturized soybean) SEASONAL FRESH FRUIT Evening meal suggestion: Sautéed whole grain rice with vegetables & nuts / Fruit	WHOLE GRAIN PASTA SOUP (1,3,6,10) HOMEMADE BREADED CODFISH (1,3,4) CAPRESE SALAD (7) NATURAL YOGHOURT w/ FRESH FRUIT (7) Evening meal suggestion: Scrambled eggs with vegetables & quinoa / Fruit	CHICK PEA STEW or CHICK PEA STEW PURÉE STROGONOFF CHICKEN (7) SAUTÉED RICE SEASONAL FRESH FRUIT Evening meal suggestion: Mixed salad & grilled squid with potatoes / Fruit	CREAM OF CARROT & GINGER SOUP ROAST PORK w/ MUSTARD SAUCE (10) MASHED POTATOES (7,12) SEASONAL FRESH FRUIT Evening meal suggestion: Chickpeas Falafel with rice & salad / Fruit	"ARROZ BRUT" MAJORCAN STYLE RICE FRENCH OMELETTE w/ HAM & CHEESE (3,6,7) MIXED SALAD w/ SWEETCORN (Red Fruits Sauce) (12) SEASONAL FRESH FRUIT Evening meal suggestion: Variety of mexican "tortillas" / Fruit
9	**10**	**11**	**12**	**13**
MIXED SALAD w/ GARLIC BREAD (Red Fruits Sauce) (1,12) CHICKPEAS w/ CURRY SAUCE (7) (onion, courgette, tomato, coconut milk) w/ RICE SEASONAL FRESH FRUIT Evening meal suggestion: Lentil stew w/ mushrooms with curry sauce / Fruit	CREAM OF VEGETABLES SOUP w/ CROUTONS (1) GRILLED BEEF BURGER COUSCOUS SEASONAL FRESH FRUIT Evening meal suggestion: Mixed salad & french omelette with toasts / Fruit	WHOLE GRAIN MACARONI w/ TOMATO SAUCE (1,3,6,109 SCRAMBLED EGGS w/ POTATOES (3) MIXED SALAD w/ APPLE & RAISINS (Yoghourt sauce) (7) SEASONAL FRESH FRUIT Evening meal suggestion: Sautéed vegetables with couscous & grilled burger / Fruit	LENTIL STEW or LENTIL STEW PURÉE (1) ROAST CHICKEN RICE SEASONAL FRESH FRUIT Evening meal suggestion: Pasta soup & boiled eggs with salad / Fruit	WHOLE GRAIN PASTA SOUP (1,3,6,10) HOMEMADE BREADED HAKE (1,3,4) MIXED SALAD w/ SEEDS (Red fruit sauce) (11,12) NATURAL YOGHOURT w/ FRESH FRUIT (7) Evening meal suggestion: Homemade pizza / Fruit
16	**17**	**18**	**19**	**20**
HUMMUS w/ CRUDITÉS (11) THAI STYLE NOODLES (1,3,6,10,11) (onion, carrot, red pepper, seeds, soybean sprouts, soybean sauce) SEASONAL FRESH FRUIT Evening meal suggestion: Vegetables pie with tomato sauce & potatoes / Fruit	FISH RICE SOUP (2,4,14) SPANISH OMELETTE (3) GREEK SALAD (romaine, tomatoes, cucumber, pepper, cheese & black olives) (Tzatziki sauce) (7) SEASONAL FRESH FRUIT Evening meal suggestion: Pasta soup & grilled turkey fillet with salad / Fruit	CHICK PEA STEW or CHICK PEA STEW PURÉE GRILLED BREAST CHICKEN w/ LEMON FRIED RICE WITH VEGETABLES SEASONAL FRESH FRUIT Evening meal suggestion: Baked hake with potatoes & salad / Fruit	WHOLE GRAIN PASTA SOUP (1,3,6,10) BAKED GALLINETA w/ GARLIC, PAYSLEY & LEMON (4) PANZANELLA SALAD (cherry tomatoes, red onion, croutons, avocado) (1) SEASONAL FRESH FRUIT Evening meal suggestion: Chickpea with boiled potatoes & vegetables / Fruit	CREAM OF COURGETTE SOUP BEEF MEATBALLS w/ POTATOES & VEGETABLES (3) (garlic, onion, carrots, green beans, green peas, tomato sauce) NATURAL YOGHOURT w/ FRESH FRUIT (7) Evening meal suggestion: Variety of "quesadillas" / Fruit
23	**24**	**25**	**26**	**27**
MIXED SALAD w/ NUTS (Mustard & honey Sauce) (8,10,12) VEGETABLE LASAGNE (1,3,6,7,10) (garlic,onion, carrot, tomato, lentils, herbs) SEASONAL FRESH FRUIT Evening meal suggestion: Legume pasta with vegetables / Fruit	GNOCCHI W/ NEAPOLITAN SAUCE(1,6,10) BAKED SALMON (4) MIXED SALAD w/ OLIVES (Vinaigrette sauce) SEASONAL FRESH FRUIT Evening meal suggestion: Cream of Vegetables soup & scrambled eggs w/ potatoes / Fruta	LENTIL STEW or LENTIL STEW PURÉE (1) POTATO & COURGETTE OMELETTE (3) CÉSAR SALAD (lettuce, croutons, cheese, césar sauce) (1,3,4,7,10) SEASONAL FRESH FRUIT Evening meal suggestion: Pasta soup & grilled sole fillet w/ asparragus / Fruta	PUMPKIN CREAM SOUP GRILLED TURKEY FILLET w/ MUSHROOMS SAUCE ROAST SWEET POTATO NATURAL YOGHOURT w/ FRESH FRUIT (7) Evening meal suggestion: Sautéed vegetables & chicken with couscous / Fruit	International menu: INDIA TANDOORI STYLE CHICKEN RICE w/ CURRY SAUCE (7) & NAAN BREAD (1) SEASONAL FRESH FRUIT Evening meal suggestion: Tacos de salmón y verduras / Fruta
30				
MIXED SALAD w/ CHEESE FINGERS (1,2,3,4,6,7,10,14) BEANS w/ VEGETABLES & RICE (onion, leeks, carrot, pepper, tomato, herbs) SEASONAL FRESH FRUIT Evening meal suggestion: Cream of vegetables soup & stuffed eggs / Fruit				

1: Gluten 2: Crustaceans 3: Egg 4: Fish 5: Peanuts 6: Soy 7: Milk 8: Nuts 9: Celery 10: Mustard 11: Sesame 12: Sulfites 13: Lupins 14: Mollusks

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All meals are accompanied by local brown bread, water and a variety of seasonal fruit to choose from every day.
The kitchen prepares our menus with BIO eggs and free range chicken. Olive oil is used for cooking and dressing dishes.
The fish we use has the MSC (Marine Stewardship Council) certificate of sustainable fishing. Whenever possible, we use localy sourced products.

SNACKS

NURSERY

MID MORNING SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS

MID AFTERNOON SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
CUBED CHEESE WITH SULTANAS or ASSORTMENT OF BREADS WITH CHEESE	YOGURT WHITH OATS OR CORN FLAKES NO ADDED SUGAR	SLICED HAM WITH SULTANAS or ASSORTEMENT OF BREAD WITH OLIVE OIL AND HAM	YOGURT WHITH OATS OR CORN FLAKES NO ADDED SUGAR	CUBED CHEESE WITH SULTANAS or ASSORTMENT OF BREADS WITH CHEESE

SEASONAL FRUIT AVAILABLE THROUGHOUT THE DAY

RECEPTION 1 y 2

MID MORNING SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS	SEMI-SKIMMED MILK, VARIETY OF BREADS WITH OLIVE OIL	SEMI-SKIMMED MILK AND PLAIN OR MALLORCAN BISCUITS OR CEREAL CRACKERS

MID AFTERNOON SNACK

CHILDREN BRING A HEALTHY SNACK FOR THE AFTERNOON BREAK. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

YEAR 1 - YEAR 2

CHILDREN BRING A HEALTHY SNACK BOTH FOR THE MORNING AND FOR THE AFTERNOON BREAKS. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

YEAR 3 - DP2

CHILDREN BRING A HEALTHY SNACK ONLY FOR THE MORNING BREAK TIME. REMEMBER TUESDAYS AND THURSDAYS ARE FRUIT DAYS

	Nursery	Reception	Nursery	
Información Nutricional	Mid Morning	Mid Afternoon	Mid Afternoon	
Energy value	193,0/ 791,3	216,5/ 887,7	195,56/ 801,8	Kcal/Kj
Fat	7,87	8,67	4,04	g
of which, saturates	4,17	4,67	2,22	g
Carbohydrate	22,63	24,93	34,64	g
of which, sugars	10,50	12,80	24,42	g
Protein	7,70	8,47	7,54	g
Salt	0,23	0,27	0,50	g
Fibre	1,33	1,33	4,46	g

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