

Monthly Menu

Menú Mensual



King's College
The British School of Murcia



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
DIA 7 Pasta Napolitana Palitos de merluza con ensalada Fruta	DIA 8 Alubias estofadas Tortilla francesa / empanadillas / tomate Quesitos / Fruta	DIA 9 Puré de calabaza Salteado de pollo con zanahoria y guisantes Fruta	DIA 10 Paella Mixta Bacalao en Sanfaina Yogur / Fruta	DIA 11 Crema de Verduras Hamburguesa con patatas Fruta
DIA 14 Puré de zanahoria y calabaza Albóndigas en salsa con verduras Fruta/Melocotón alm.	DIA 15 Spaghetti Boloñesa Pescado Italiana Fruta / Helado	DIA 16 Lentejas estofadas Tortilla española con rodajas de tomate Fruta	DIA 17 Arroz con tomate Atún a la Riojana Fruta / yogurt	DIA 18 Sopa de estrellas Pechuga de pollo a la milanesa con ensalada Fruta
DIA 21 Espaguetis a la Carbonara Merluza a la romana con ensalada Fruta	DIA 22 Lentejas Vegetarianas Hamburguesa de pollo con ensalada variada Fruta	DIA 23 Arroz con pollo Nuggets de pescado con ensalada Fruta / Quesitos	DIA 24 Sopa de Picadillo Tortilla francesa con patatas Helados / Fruta	DIA 25 Puré de Verduras Pizza con ensalada Fruta
DIA 28 Arroz con tomate Salchichas con ensalada Fruta	DIA 29 Macarrones boloñesa Filete de lenguado con ensalada Yogurt / Fruta	DIA 30 Judías Pintas Pollo asado con verduras Fruta / Piña en almibar		

Septiembre 2009

INFANTIL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY 7 Pasta with Tomato sauce Fish fingers and mixed salad Fruit	DAY 8 Bean Soup Omelette, pastries and tomato slices Soft cheese/Fruit	DAY 9 Pumpkin Purée Stir Fry Chicken carrots and peas Fruit/ Cream caramel	DAY 10 Mixed Paella Cod with tomato and vegetables Fruit/Diary product	DAY 11 Vegetable Purée Hamburger and chips Fruit
Fruit Carrot and Pumpkin Purée Meatballs and vegetables Fruit/Peach in syrup	DAY 15 Spaghetti Bolognaise Fish fillet Italian style Fruit/Ice cream	DAY 16 Lentil Soup Spanish omelette and tomato slices Fruit	DAY 17 Rice and tomato sauce Tuna with tomato sauce Fruit/Dairy Product	DAY 18 Noodle Soup Chicken in breadcrumbs with salad Fruit
DAY 21 Spaghetti Carbonara Battered Hake with salad Fruit	DAY 22 Vegetarian Lentil soup Chicken burgers and salad Fruit	DAY 23 Chicken with rice Fish nuggets and salad Fruit/Soft Cheese	DAY 24 Soup Plain omelette and chips Fruit/Ice cream	DAY 25 Vegetable Purée Pizza and salad Fruit
DAY 28 Rice and tomato sauce Sausages and salad Fruit	DAY 29 Macaronni Bolognaise Fillet of Sole and salad Fruit /Diary product	DAY 30 Bean Stew Roast Chicken and vegetables Fruit / Pineapple in syrup		

September 2009

CHILDREN'S