

Monthly Menu

Menú Mensual



King's College
The British School of Alicante



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	DIA 1 Pasta napolitana Filete de merluza con verduras Chuletas de cerdo Espinacas a la catalana Fruta	DIA 2 Crema de Calabacín Ternera asada con puré de patata Pescado al horno Coliflor gratinada Postre Lácteo	DIA 3 Paella mixta San Jacobos con ensalada Brocheta de sepia Paella de verduras Fruta	DIA 4 Judias blancas estofadas Tortilla española empanadillas y tomate Canelones de carne Canelones de espinacas Fruta/Lácteo
DIA 7 FESTIVO	DIA 8 FESTIVO	DIA 9 Arroz blanco con tomate Salchichas con ensalada Filete de ternera plancha Pastel de verduras Fruta	DIA 10 Crema de zanahoria y patata Filete de merluza a la Fiorentina Salteado de pollo con verduras Lasaña Vegetal Lácteo/fruta	DIA 11 Lentejas a la campesina Albondigas de ternera Filete de Pescado al horno Pisto manchego fruta
DIA 14 Pasta a la Amatriciana Calamares con calabacín y zanahoria Variado de salchichas Fingers de mozzarella Fruta	DIA 15 Sopa de pescado Pollo asado con patatas Pailitos de merluza Calabacines Gratinados Fruta/Lácteo	DIA 16 Judías pintas estofadas Ragout de ternera a la Jardinera Pescado a la plancha Parrillada de Verduras Cóctel de Fruta/Fruta	DIA 17 Sopa de cocido Filete de Merluza salsa limon y ensalada Chuletas de cerdo a la Riojana Pastel de Verduras Fruta / Lácteo	DIA 18 Aperitivos variados Pavo con patatas asadas y verduras Filete de Pescado Hojaldre vegetal Tarta tres chocolates
DIA 21	DIA 22	DIA 23	DIA 24	DIA 25
DIA 28	DIA 29	DIA 30	DIA 31	

Diciembre 2009

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DAY 1 Pasta with tomato and basil sauce Hake fillet with vegetables Grilled pork chops Spinach with sultanas Fruit	DAY 2 Creamed courgettes Roast Beef and mashed potatoes Baked fish fillet Cauliflower with white sauce Dairy Product	DAY 3 Mixed Paella Breadcrumbs ham & cheese with salad Squid kebabs Vegetarian Paella Fruit	DAY 4 Bean stew Potato omelette, small peas and tomato slices Beef caneloni Spinach caneloni Fruit/Dairy Product
DAY 7 HOLIDAY	DAY 8 HOLIDAY	DAY 9 Rice with tomato sauce Sausages with salad Grilled beef steaks Vegetable pudding Fruit	DAY 10 Creamed carrot and potatoes Hake fillet with tomato sauce and peas Stir fry chicken with vegetables Vegetarian Lasagne Fruit/Dairy Product	DAY 11 Vegetarian lentil stew Beef meatballs Baked fish fillet Ratatouille Fruit
DAY 14 Pasta Amatriciana (Tomato & Bacon) Squid with courgettes and carrots Mixed sausages Mozzarella sticks Fruit	DAY 15 Fish soup Roast chicken and potatoes Fish fingers Courgettes au gratin Fruit/Dairy Product	DAY 16 Kidney beans stew Beef stew with vegetables Grilled fish fillet Grilled vegetables Fruit Cocktail/Fruit	DAY 17 Soup Hake fillet with lemon sauce Pork chops with tomato sauce Vegetable pudding Fruit/Dairy Product	DAY 18 Mixed Appetizers Roast turkey with roast potatoes & vegetables Fish fillet Vegetarian puff pastry Triple chocolate cake

2009
December