

Coruña BRITISH INTERNATIONAL SCHOOL - Enero 2026

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
26	27	28	29	30	31	1
<p>2</p> <p>Basal</p> <ul style="list-style-type: none"> • Zucchini cream • Macaroni with soya bolognesa • Yogurt <p>Vegetarian</p> <ul style="list-style-type: none"> • Zucchini cream • Macaroni with soya bolognesa • Yogurt 	<p>3</p> <p>Basal</p> <ul style="list-style-type: none"> • Green beans sauteed with steamed potatoes • Breaded pork • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Green beans sauteed with steamed potatoes • Breaded vegetable cutlet • Fruit 	<p>4</p> <p>Basal</p> <ul style="list-style-type: none"> • Three delight rice • Hake with bilbaina's sauce and salad • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Three delight rice • Tofu with bilbaina's sauce and salad • Fruit 	<p>5</p> <p>Basal</p> <ul style="list-style-type: none"> • Chickpeas stew with vegetables • Roasted chicken & couscous • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Chickpeas stew with vegetables • Roasted vegetables & couscous • Fruit 	<p>6</p> <p>Basal</p> <ul style="list-style-type: none"> • Noodles soup with ham and egg • Baked cod & salad • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Noodles soup with vegetables and egg • Baked vegetable protein & salad • Fruit 	7	8
<p>9</p> <p>Basal</p> <ul style="list-style-type: none"> • Lentils stew • French omelette & salad • Yogurt <p>Vegetarian</p> <ul style="list-style-type: none"> • Lentils stew • French omelette & salad • Yogurt 	<p>10</p> <p>Basal</p> <ul style="list-style-type: none"> • Pasta with pesto sauce • Baked salmon & salad • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Pasta with pesto sauce • Baked tofu & salad • Fruit 	<p>11</p> <p>Basal</p> <ul style="list-style-type: none"> • Broccoli with paprika oil • Meatballs stew • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Broccoli with paprika oil • Lentil meatballs stew • Fruit 	<p>12</p> <p>Basal</p> <ul style="list-style-type: none"> • Rice with homemade tomato sauce • Fried hake fillet with salad • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Rice with homemade tomato sauce • Fried seitan fillet with salad • Fruit 	<p>13</p> <p>Basal</p> <ul style="list-style-type: none"> • Vegetables soup • Lemon chicken with baked potatoes • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Vegetables soup • Lemon tofu with baked potatoes • Fruit 	14	15
16	17	18	19	20	21	22
<p>23</p> <p>Basal</p> <ul style="list-style-type: none"> • Lentils stew • Potato omelette & salad • Yogurt <p>Vegetarian</p> <ul style="list-style-type: none"> • Lentils stew • Potato omelette & salad • Yogurt 	<p>24</p> <p>Basal</p> <ul style="list-style-type: none"> • Noodles soup • Bbq chicken wings & salad • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Noodles soup • Bbq seitan & salad • Fruit 	<p>25</p> <p>Basal</p> <ul style="list-style-type: none"> • Green beans with tomato sauce • Seafood fideua • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Green beans with tomato sauce • Vegetable fideua • Fruit 	<p>26</p> <p>Basal</p> <ul style="list-style-type: none"> • Carrot soup • Cottage pie • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Carrot soup • Vegetarian cottage pie • Fruit 	<p>27</p> <p>Basal</p> <ul style="list-style-type: none"> • Wok rice with vegetables and soya • Chicken stew with mushrooms • Fruit <p>Vegetarian</p> <ul style="list-style-type: none"> • Wok rice with vegetables and soya • Tofu and mushroom stew • Fruit 	28	1

Generated: 23/02/2026



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