



MENU OCTOBER 2018

Mallorca International School
CRESTATX

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5 País Vasco
Lentils Salmon with mashed potato and salad Melon	Cream of pea soup Homemade nuggets with salad Yoghurt	Cream of pumpkin and sweet potato soup Corsican Pasta Apple	Chicken broth soup with pasta stars Hamburger with salad Jelly	'Alubiada' (Basque white bean stew) Cod omelette with salad Banana
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12 Andalucía
Cream of vegetable soup with croutons Sausages with potatoes and salad (endive and tomato) Apple	Vegetable & soy Lasagne Salmon with salad (tomato and lettuce) Yoghurt	Italian salad (feta cheese, tomato and oregano) Chicken fajitas with salad Melon	Chickpea stew Spanish (potato) omelette with salad (lettuce and tomato) Banana	Córdoba 'Salmorejo' soup 'Flamenquines' of Jaén (breaded filet of pork rolled with ham and cheese) with mixed salad Apple
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19 Catalunya
Chinese rice Baked fish fingers (hake) with mixed salad Melon	Cream of vegetable soup Bolognese pasta Watermelon	Cream of pea soup Potato omelette with salad Banana	Battered calamari Mixed paella Apple	Marinade of peppers and aubergines with extra virgin olive oil 'Butifarra' sausage with white beans Yoghurt
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26 Galicia
Lentils Grilled pork fillet with salad Watermelon	Rice with ham Potato omelette with sliced tomato and salad Banana	Chicken broth soup with pasta stars Chicken wings with salad Apple	Cream of pumpkin, carrot and sweet potato soup with croutons Baked salmon and vegetables with sesame seeds Melon	'Gallego' stew Hake cooked in Gallegan style Yoghurt
Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday
School closed	School closed	School closed	School closed	School closed

Our Chef, Jordi Munné, uses organic vegetables from the MySchool garden in the school lunches.

All the menus are served with wholemeal bread and water Nestlé Aquarel.

As stated in RD 126/2015 and Regulation 1169/2011, the school has information about allergies and food intolerances available upon request.

The Biolinea company, which has its own laboratories, carries out the nutritional assessment of the dishes mentioned above. These have been analyzed by a Specialist in Human Nutrition and Dietetics Guadalupe Moreno Hernández for Mallorca International School (Crestatx), in order to determine the composition and value of the food consumed in the daily diet.

