ATALAYA
COLEGIO INTERNACIONAL

Menu November 2026

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
1º		***LENTILS WITH VEGETABLES*** *SPINACH SALAD*	***PASTA WITH BOLOGNESE SAUCE*** *CAESAR SALAD*	***PUCHERO SOUP*** *MIXED SALAD*	***FISH SOUP WITH NOODLES*** *CAPRESE SALAD*
2º	***HOLIDAY***	***FISH WITH GREEN SAUCE AND MIXED SALAD***	***OVEN-ROASTED CHICKEN WITH MIXED SALAD***	***PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES***	***BREADED CHICKEN STEAKS WITH MIXED SALAD***
P		*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
1º	***SPAGHETTI CARBONARA*** *MIXED SALAD*	***CREAM OF CARROT SOUP*** *MIXED SALAD*	***PUCHERO SOUP*** *TROPICAL SALAD*	***BEEF STEW*** *PASTA SALAD*	***CREAM OF PUMPKIN SOUP*** *MIXED SALAD*
2º	***CALAMARI WITH TOMATO SALAD***	***CHICKEN CURRY WITH RICE***	***TURKEY WITH THYME SAUCE AND PAN-ROASTED POTATOES***	***HAKE IN GREEN SAUCE WITH MIXED SALAD***	***CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
1º	***CREAM OF COURGETTE SOUP*** *MIXED SALAD*	***FISH STEW*** *MIXED SALAD*	***LENTILS WITH VEGETABLES*** *SPINACH SALAD*	***PASTA WITH SHRIMP*** *MIXED SALAD*	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*
2º	***SAUSAGES WITH RICE AND TOMATO SAUCE***	***MEATBALLS WITH SAUCE AND PAN-ROASTED POTATOES***	***KINGKLIP WITH GREEN SAUCE AND MIXED SALAD***	***LEAN PORK WITH TOMATO SAUCE AND OVEN-ROASTED POTATOES***	***HAMBURGER WITH FRENCH FRIES***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
1º	***CHINESE NOODLES*** *MIXED SALAD*	***CHICKPEA STEW*** *MIXED SALAD*	***MINESTRONE SOUP*** *MIXED SALAD*	***PASTA WITH BOLOGNESE SAUCE*** *ROASTED RED PEPPER SALAD*	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*
2º	***TURKEY STEAKS WITH RICE***	***KINGKLIP NUGGETS WITH TOMATO SALAD***	***BEEF WITH SAUCE AND PAN-ROASTED POTATOES***	***OVEN-BAKED KINGKLIP WITH MARINERA SAUCE AND MIXED SALAD***	***CROQUETTES WITH OVEN-ROASTED POTATOES***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 30				
1º	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*				
2º	***LEMON CHICKEN WITH RICE***				
P	*FRUIT*				

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

ATALAYA
COLEGIO INTERNACIONAL

Menu November 2026

(Vegetarian)

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
1º		***LENTILS WITH VEGETABLES*** *SPINACH SALAD*	***PASTA WITH LENTIL BOLOGNESE SAUCE*** *CAESAR SALAD*	***VEGETABLE SOUP*** *MIXED SALAD*	***VEGETABLE STEW*** *CAPRESE SALAD*
2º	***HOLIDAY***	***AUBERGINE STUFFED WITH VEGETABLES WITH MIXED SALAD***	***VEGETABLE EMPANADA WITH MIXED SALAD***	***FALAFEL WITH YOGHURT SAUCE AND BABY POTATOES***	***VEGETABLE PATTIES WITH MIXED SALAD***
P		*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
1º	***SPAGHETTI WITH MUSHROOMS*** *MIXED SALAD*	***CREAM OF CARROT SOUP*** *MIXED SALAD*	***VEGETABLE SOUP*** *TROPICAL SALAD*	***VEGETABLE STEW*** *PASTA SALAD*	***CREAM OF PUMPKIN SOUP*** *MIXED SALAD*
2º	***COURGETTE NESTS WITH TOMATO SALAD***	***TOFU CURRY WITH RICE***	***VEGETABLE COUSCOUS WITH PAN-ROASTED POTATOES***	***MOUSSAKA WITH MIXED SALAD***	***HEURA BURRITOS WITH NACHOS AND GUACAMOLE***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
1º	***CREAM OF COURGETTE SOUP*** *MIXED SALAD*	***VEGETABLE STEW*** *MIXED SALAD*	***LENTILS WITH VEGETABLES*** *SPINACH SALAD*	***PASTA WITH VEGETABLES*** *MIXED SALAD*	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*
2º	***VEGETARIAN SAUSAGES WITH RICE AND TOMATO SAUCE***	***VEGETARIAN BALLS WITH SAUCE AND PAN-ROASTED POTATOES***	***STUFFED PEPPERS WITH MIXED SALAD***	***TOFU AND VEGETABLES WITH TERIYAKI SAUCE AND OVEN-ROASTED POTATOES***	***VEGETARIAN BURGER WITH FRENCH FRIES***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
1º	***NOODLES WITH VEGETABLES*** *MIXED SALAD*	***CHICKPEA STEW*** *MIXED SALAD*	***MINESTRONE SOUP*** *MIXED SALAD*	***PASTA WITH TEXTURED SOY BOLOGNESE SAUCE*** *ROASTED RED PEPPER SALAD*	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*
2º	***VEGETABLE NUGGETS WITH RICE***	***AUBERGINE STICKS WITH TOMATO SALAD***	***STUFFED EGGS WITH PAN-ROASTED POTATOES***	***MINI AUBERGINE PIZZAS WITH MIXED SALAD***	***VEGETABLE CROQUETTES WITH OVEN-ROASTED POTATOES***
P	*FRUIT*	*FRUIT*	*FRUIT*	*FRUIT*	*YOGHURT*

	Monday 30				
1º	***CREAM OF VEGETABLE SOUP*** *MIXED SALAD*				
2º	***VEGETARIAN BALLS WITH TOMATO SAUCE AND RICE***				

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

P	*FRUIT*				

SUGGESTIONS FOR PREPARING DINNERS

Dinners should be complementary to the school menu.
They should provide between 25% and 30% of the daily energy requirements
Dinner is as important as the mid-day meal and should be well planned. It is even recommendable to structure your evening meal similarly: first course, second course and dessert.
Try to include all food groups in your evening meal: vegetables, carbohydrates and proteins.
Vegetables should always be included, either in the first course or as an accompaniment to the second course.
Dinner should be a light meal, so as not to interfere with or affect the child's sleep.

SUGGESTIONS

FIRST COURSES

3 or 4 days per week the main course should be vegetable-based, half raw (salads).
The rest of the days vegetables should be included in the following dishes (pasta, rice, potatoes, soup).

SECOND COURSES

As a general base, we should plan dinners to include:
- **Fish two days per week.**
- **Egg-based dishes 1 or 2 days per week (omelette, scrambled eggs, stuffed eggs ...)**
- **Beef, pork or poultry (chicken, turkey, etc.) should be alternated 3 or 4 days per week**
- **We may occasionally include dishes such as fried foods (croquettes, calamari...) pizza, etc.**

BREAKFASTS: DAIRY PRODUCTS + CEREALS + FRUIT OR JUICE
SNACKS (ONE OF THE GROUPS): DAIRY PRODUCTS + CEREALS + FRUIT OR JUICE| BREAD WITH COLD CUTS | BREAD WITH CHOCOLATE
DINNERS: ACCOMPANIED BY BREAD, DAIRY PRODUCT OR FRUIT

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.