

# MENÚ ABRIL 2025 PRIMARIA, SECUNDARIA Y BACHILLERATO

## HUMANITAS BILINGUAL SCHOOL TRES CANTOS

| LUNES   | MARTES   | MIÉRCOLES   | JUEVES   | VIERNES  |
|---|--|---|--|--|
|   | <b>1</b><br>Lentejas estofadas.<br>Merluza a la romana con ensalada.<br><br>Fruta fresca.<br><br>Cena: Verdura, tortilla y fruta.                                  | <b>2</b><br>Crema de brócoli.<br>Salchichas de pollo con ensalada de tomate.<br>Fruta fresca.<br><br>Cena: Pasta, pescado y fruta.            | <b>3</b><br>Coditos en salsa carbonara.<br>Merluza en salsa marinera.<br><br>Yogur.<br><br>Cena: Sopa, sándwich vegetal y fruta.                     | <b>4</b><br>Judías verdes con patatas.<br>Pollo a la plancha con arroz.<br><br>Fruta fresca.<br><br>Cena: Ensalada mixta, empanada y fruta.  |
| <b>7</b><br>Arroz con tomate.<br>Surfers de merluza con ensalada.<br><br>Fruta fresca.<br><br>Cena: Sopa, hamburguesa y lácteo. | <b>8</b><br>Garbanzos estofados con mejillones y verduras.<br>Tortilla francesa con ensalada.<br>Fruta fresca.<br><br>Cena: Verdura a la plancha, pescado y fruta. | <b>9</b><br>Patatas estofadas con pollo.<br>Croquetas con ensalada.<br><br>Fruta fresca.<br><br>Cena: Ensalada mixta, pollo y fruta.          | <b>10</b><br>Macarrones al pesto.<br>Magro guisado con zanahoria baby.<br><br>Yogur.<br><br>Cena: Verdura, tortilla y fruta.                         | <b>11</b><br><br><br><p style="text-align: center;"><b>DÍA NO LECTIVO</b></p>  |
| <b>14</b><br><br><br><p style="text-align: center;"><b>DÍA NO LECTIVO</b></p>   | <b>15</b><br><br><br><p style="text-align: center;"><b>DÍA NO LECTIVO</b></p>  | <b>16</b><br><br><br><p style="text-align: center;"><b>DÍA NO LECTIVO</b></p>   | <b>17</b><br><br><br><p style="text-align: center;"><b>DÍA FESTIVO</b></p>   | <b>18</b><br><br><br><p style="text-align: center;"><b>DÍA FESTIVO</b></p>   |
| <b>21</b><br><br><br><p style="text-align: center;"><b>DÍA NO LECTIVO</b></p>   | <b>22</b><br>Judías verdes con atún y huevo duro.<br>Merluza a la romana con ensalada.<br>Fruta fresca.<br><br>Cena: Ensalada, pavo y fruta.                       | <b>23</b><br>Coditos con carne picada y tomate frito.<br>Tortilla francesa con ensalada.<br>Fruta fresca.<br><br>Cena: Sopa, pescado y fruta. | <b>24</b><br>Judías blancas estofadas.<br>Magro en salsa cazadora.<br>Fruta en su jugo (sin azúcar añadido).<br><br>Cena: Verdura, empanada y fruta. | <b>25</b><br>Crema de calabaza y zanahoria.<br>Pollo asado al limón con patatas fritas.<br>Fruta fresca.<br><br>Cena: Sopa, pescado y fruta. |
| <b>28</b><br>Arroz tres delicias.<br>Albóndigas con pisto.<br><br>Fruta fresca.<br><br>Cena: Ensalada mixta y fruta.            | <b>29</b><br>Lentejas con verduras.<br>Tortilla de patata con ensalada.<br><br>Fruta fresca.<br><br>Cena: Verdura, pescado y fruta.                                | <b>30</b><br>Espirales con chorizo<br>Merluza con patatas panaderas.<br><br>Yogur.<br><br>Cena: Sopa, huevos rellenos y fruta.                |  |  |

HUMANITAS  
BILINGUAL SCHOOL TRES CANTOS

**MENÚ MENSUAL ADAPTADO A CADA ALUMNO CON ALER- GIA/INTOLERANCIA:**

**INTOLERANCIA AL GLUTEN:**  
Pasta sin gluten. Carnes y pescados elaborados a sus condiciones de alergia.

**ALERGIA AL PESCADO Y /O MARISCO:**  
Sustitución por pollo, cerdo o ternera.

**ALERGIA A LA PROTEÍNA LECHE DE VACA:**  
Alimentos libres de PLV.

**ALERGIA AL HUEVO:**  
Sustitución por pollo, cerdo o ternera. Pasta sin huevo.

**ALERGIA A FRUTOS SECOS:**  
Elaboración de alimentos sin ningún fruto seco.

**ALERGIA A SOJA:**  
Elaboración de los alimentos sin soja.

El menú diario va acompañado de agua y pan.

Las frutas son frescas y de temporada.

Aceite de oliva para todos los guisos y ensaladas.  
Aceite de girasol para freidoras.

# MENU APRIL 2025 PRIMARY, SECONDARY AND SIXTH FORM

## HUMANITAS BILINGUAL SCHOOL TRES CANTOS

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
|   | <b>1</b><br><b>Stewed Lentils</b><br><b>Battered hake with salad.</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Vegetables. Omelette. Fruit                                      | <b>2</b><br><b>Broccoli soup</b><br><b>Chicken sausages with tomato salad</b><br><b>Fresh fruit.</b><br><br>Dinner: Pasta. Fish and Fruit.                   | <b>3</b><br><b>Pasta in Carbonara Sauce</b><br><b>Hake in a marinara sauce .</b><br><br><b>Yoghurt.</b><br><br>Dinner: Soup, Salad sándwich and fruit            | <b>4</b><br><b>Green beans with potatoes</b><br><b>Grilled chicken with rice.</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Mixed Salad. Pastries and Fruit    |
| <b>7</b><br><b>Rice with tomato.</b><br><b>Fish fingers with salad.</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Soup. Hamburger and Dairy | <b>8</b><br><b>Stewed chickpeas with mussels and vegetables.</b><br><b>French omelette with salad.</b><br><b>Fresh fruit..</b><br><br>Dinner: Grilled vegetables Fish and Fruit. | <b>9</b><br><b>Potato and chicken stew.</b><br><b>Croquets with salad.</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Mixed Salad. Chicken and Fruit          | <b>10</b><br><b>Pasta en pesto sauce.</b><br><b>Meat stew with baby carrots.</b><br><br><b>Yoghurt.</b><br><br>Dinner: Mixed Salad. Omelette and Fruit .         | <b>11</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>  |
| <b>14</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>   | <b>15</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>  | <b>16</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>  | <b>17</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>  | <b>18</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>  |
| <b>21</b><br><br><br><p style="text-align: center;"><b>NON SCHOOL DAY</b></p>   | <b>22</b><br><b>Green beans with tuna and boiled egg.</b><br><b>Battered hake with salad.</b><br><b>Fresh fruit.</b><br><br>Dinner: Salda, Turkey and Fruit                      | <b>23</b><br><b>Pasta with mince meat and tomato sauce.</b><br><b>French omelette with salad.</b><br><b>Fresh fruit.</b><br><br>Dinner: Soup, Fish and fruit | <b>24</b><br><b>Stewed white beans</b><br><b>Meat chasseur</b><br><b>Fruit in its syrup (Without added sugar).</b><br><br>Dinner: Vegetables. Pastries and Fruit | <b>25</b><br><b>Cream of pumkin and carrot soup</b><br><b>Lemon roast chicken with french fries</b><br><b>Fresh fruit.</b><br><br>Dinner: Soup, Fish and Fruit |
| <b>28</b><br><b>Fried rice</b><br><b>Meatballs in pisto sauce</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Mixed Salad and Fruit           | <b>29</b><br><b>Lentils with vegetables</b><br><b>Potatoe omelette with salad</b><br><br><b>Fresh fruit.</b><br><br>Dinner: Vegetables Fish and Fruit.                           | <b>30</b><br><b>Pasta with chorizo</b><br><b>Oven baked hake with potatoes</b><br><br><b>Yoghurt.</b><br><br>Dinner: Soup, Stuffed Eggs and Fruit            |  |  |

**HUMANITAS**  
BILINGUAL SCHOOL TRES CANTOS

**MONTHLY MENU ADAPTED TO EACH STUDENTS NEEDS WITH ALLERGIES/TINTOLERANCES:**

**GLUTEN INTOLERANCE:**

Pasta without gluten.  
Meats and fish tailored to the students allergy conditions.

**FISH AND/OR SEAFOOD ALLERGY:**

Substituted for chicken, pork or beef..

**COWS MILK PROTEIN INTOLERANCE:**

Lactose free products.

**EGG INTOLERANCE:**

Substituted for chicken, pork or beef.  
Egg free pasta.

**DRIED FRUIT ALLERGY:**

All food elaborated without dried fruit.

**SOY ALLERGY:**

All food elaborated without soy.

Our daily menu is served with water and bread.

Fruit is fresh and seasonal.

Olive oil is used with all stews and salads.

Sunflower oil is used for frying.