

# Monthly Menu

## Menú Mensual



**King's College**  
The British School of Madrid



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

	<p><b>DAY 1</b></p> <p>Pasta with tomato and Basil sauce</p> <p>Hake fillet and vegetables</p> <p>Grilled Pork Chops</p> <p>Spinach with sultanas</p> <p>Fruit</p>	<p><b>DAY 2</b></p> <p>Courgettes creamy soup</p> <p>Roast Beef and mashed potatoes</p> <p>Grilled fish fillet</p> <p>Cauliflower with white sauce</p> <p>Dairy Product/Fruit</p>	<p><b>DAY 3</b></p> <p>Mixed Paella</p> <p>Saint Jacobs and salad</p> <p>Squid skewers</p> <p>Vegetarian Paella</p> <p>Fruit/Dairy Product</p>	<p><b>DAY 4</b></p> <p>Bean stew</p> <p>Spanish omelette and tomato slices</p> <p>Beef Canelonni</p> <p>Spinach Canelonni</p> <p>Fruit/Dairy Product</p>
<p><b>DAY 7</b></p> <p><b>NATIONAL HOLIDAY</b></p>	<p><b>DAY 8</b></p> <p><b>NATIONAL HOLIDAY</b></p>	<p><b>DAY 9</b></p> <p>Rice with tomato sauce</p> <p>Sausages and salad</p> <p>Beefsteaks</p> <p>Pastel de verduras</p> <p>Fruta</p>	<p><b>DAY 10</b></p> <p>Cream of Potato and carrot</p> <p>Hake fillet with tomato sauce and peas</p> <p>Stir fry chicken and vegetables</p> <p>Vegetarian Lasagna</p> <p>Fruit/Dairy Product</p>	<p><b>DAY 11</b></p> <p>Vegetarian Lentil soup</p> <p>Beef Meatballs</p> <p>Fish fillet</p> <p>Ratatouille</p> <p>Fruit</p>
<p><b>DAY 14</b></p> <p>Pasta Amatriciana (Tomato and bacon)</p> <p>Squid with courgettes and carrots</p> <p>Mixed Sausages</p> <p>Mozzarella sticks</p> <p>Fruit</p>	<p><b>DAY 15</b></p> <p>Fish Soup</p> <p>Roast chicken and potatoes</p> <p>Fish fingers</p> <p>Courgettes au gratin</p> <p>Fruit/Dairy Product</p>	<p><b>DAY 16</b></p> <p>Kidney Beans stew</p> <p>Beef stew with vegetables</p> <p>Fish fillet</p> <p>Grilled vegetables</p> <p>Fruit Cocktail/Fruit</p>	<p><b>DAY 17</b></p> <p>Soup</p> <p>Sole fillet with lemon sauce</p> <p>Pork chops with tomato sauce</p> <p>Vegetarian Flan</p> <p>Fruit/Dairy Product</p>	<p><b>DAY 18</b></p> <p>Apetizes</p> <p>Roast Turkey</p> <p>Fish fillet</p> <p>Vegtarian Puff Pastry</p> <p>Three chocolate cake</p>

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