

Menu


NOVEMBER
2025




Infants 1 Year Old




M/03


 **CHICKEN WITH VEGETABLES** (chicken, pumpkin, celery , leek, carrots, potato and olive oil)


 **GRILLED HAKE** (mastication)


 Yoghurt

 Fruit purée

T/04

 **RICE WITH HAKE AND VEGETABLES** (hake, carrots, beans, peas, olive oil)

 **GRILLED TURKEY BREAST** (mastication)

 Seasonal fruit

 Fruit purée

W/05


 **HAKE WITH TOMATO AND VEGETABLES** (hake, onion, tomato, green beans, potato, olive oil)


 **GRILLED CHICKEN BREAST** (mastication)


 Seasonal fruit


 Fruit purée

T/06

 **TURKEY WITH VEGETABLES** (turkey, potato, courgette, leek and olive oil)

 **VEGETABLES** (mastication)

 Seasonal fruit

 Fruit purée

F/07

 **LENTIL STEW**

 **SPANISH OMELETTE** (mastication)

 Seasonal fruit

 Fruit purée

M/10

 **HAKE WITH CARROTS AND POTATOES** (hake, carrots, leek, potsto and olive oil)

 **GRILLED TURKEY BREAST** (mastication)

 Seasonal fruit

 Fruit purée

T/11

 **TURKEY WITH POTATOES** (turkey, onion,tomato,potato and olive oil)

 **GRILLED HAKE** (mastication)

 Yoghurt

 Fruit purée

W/12


 **RICE WITH HAKE AND VEGETABLES** (rice, hake, carrots, courgettes, tomato and olive oil)


 **GRILLED CHICKEN BREAST** (mastication)


 Seasonal fruit


 Fruit purée

T/13


 **CHICKPEAS WITH VEGETABLES**


 **SPANISH OMELETTE** (mastication)


 Seasonal fruit


 Fruit purée

F/14

 **CHICKEN WITH PEAS AND CARROTS** (chicken, carrots, peas,green beans ,potaato, olive oil)

 **VEGETABLES** (mastication)

 Seasonal fruit

 Fruit purée

M/17

 **HAKE WITH TOMATO AND VEGETABLES** (hake, onion, tomato, green beans, potato and olive oil)

 **GRILED CHICKEN BREAST** (mastication)

 Seasonal fruit

 Fruit purée

T/18

 **TURKEY WITH VEGETABLES** (turkey, potato, courgette, leek and olive oil)

 **VEGETABLES** (mastication)

 Seasonal fruit

 Fruit purée

W/19


 **LENTIL STEW**


 **SPANISH OMELETTE** (mastication)


 Seasonal fruit


 Fruit purée

T/20


 **RICE WITH HAKE AND VEGETABLES** (hake, carrots, beans, peas, olive oil)


 **GRILLED TURKEY BREAST** (mastication)


 Seasonal fruit


 Fruit purée

F/21

 **CHICKEN WITH VEGETABLES** (chicken, pumpkin, celery, leek, carrots, potato and olive oil)

 **GRILLED HAKE** (mastication)

 Yoghurt

 Fruit purée

M/24

 **RICE WITH HAKE AND VEGETABLES** (rice, hake, carrots, courgettes, tomato and olive oil)

 **GRILLED CHICKEN BREAST** (mastication)

 Seasonal fruit

 Fruit purée

T/25

 **TURKEY WITH POTATOES** (turkey, onion,tomato,potato and olive oil)

 **GRILLED HAKE** (mastication)

 Seasonal fruit


 Fruit purée

W/26


 **CHICKPEAS WITH VEGETABLES**


 **SPANISH OMELETTE** (mastication)


 Yoghurt


 Fruit purée

T/27


 **CHICKEN WITH PEAS AND CARROTS** (chicken, carrots, peas,green beans ,potaato, olive oil)


 **VEGETABLES** (mastication)


 Seasonal fruit


 Fruit purée

F/28

 **HAKE WITH CARROTS AND POTATOES** (hake, carrots, leek, potsto and olive oil)

 **GRILLED TURKEY BREAST** (mastication)

 Seasonal fruit

 Fruit purée