



ENERO JANUARY

MERIENDAS SNACKS




PRIMERAS DOS SEMANAS FIRST TWO WEEKS

LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
PAN DE PICOS "PICOS" BREAD (NUR-Y2) Jamón York con Aceite y Tomate (NUR-Y2) Ham with Oil & Tomato (Y3-Y13) Jamón Serrano con Aceite y Tomate (Y3-Y13) Cured Ham with Oil & Tomato	PAN DE ACEITE OIL BREAD Queso Cheddar & Edam Cheddar & Edam Cheese 	FRUTA FRUIT Plátano Banana	SÁNDWICH DE PAN INTEGRAL WHOLEMEAL SANDWICH BREAD Pechuga de Pavo y Queso Manchego Turkey Ham and Soft Manchego Cheese	COCA DE LLANDA SPONGE CAKE
PAN INTEGRAL WHOLEMEAL BREAD Salchichón con Aceite de Oliva Virgen Extra Salami with Olive Oil	PAN DE PUEBLO RUSTIC BREAD Jamón York con Aceite de Sésamo Cured Ham with sesame seed Oil	FRUTA FRUIT Pera de agua Pear	PAN RÚSTICO DE OLIVA RUSTIC OLIVE BREAD Atún con Aceitunas Tuna with Olives	COCA DE CALABAZA PUMPKIN SPONGE CAKE



ÚLTIMAS DOS SEMANAS LAST TWO WEEKS

PAN DE PICOS "PICOS" BREAD (NUR-Y2) Jamón York con Aceite y Tomate (NUR-Y2) Ham with Oil & Tomato (Y3-Y13) Jamón York con Aceite de Pimentón (Y3-Y13) Ham with Paprika Oil	PAN DE 8 CEREALES 8 CEREALS BREAD Crema de Sobrasada y Queso Sobrasada Cream with Cheese 	FRUTA FRUIT Plátano Banana	SÁNDWICH DE PAN BLANCO WHITE BREAD SANDWICH Crema de Queso Fresco con Pechuga de Pavo Fresh Cheese Cream with Turkey Ham	COCA DE ESPELTA Y AZÚCAR BUCKWHEAT AND SUGAR CAKE
PAN TRADICIONAL TRADITIONAL BREAD Paté Finas Hierbas Fine Herbs Pâté	PAN DE SEMILLAS BREAD WITH THE SEEDS Atún con Pimiento Asado Tuna with Roasted Pepper	FRUTA FRUIT Pera Pear	PAN INTEGRAL DE SÁNDWICH WHOLEMEAL SANDWICH BREAD Queso con Jamón Ahumado Cheese with Smoked Ham	COCA DE PEPITAS DE CHOCOLATE SPONGE CAKE WITH CHOCOLATE PIPS

*Todos los días hay fruta disponible para aquellos alumnos que no quieran bocadillo.
*Fruit is available every day for those students who do not want a Sandwich.