

MENU DECEMBER 2025, PRIMARY, SECONDARY AND 6TH FORM

HUMANITAS BILINGUAL SCHOOL TRES CANTOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta with courgettes Battered hake with mashed potatoes Fruit of the day. Dinner: Vegetables. Omelette. Fruit	2 Green beans with boiled egg. Meatballs in sauce with baby carrots. Fruit of the day. Dinner: Salad. Fish and Fruit.	3 Stewed lentils with bacon and vegetables. Potatoe omelette with a tomato and sweetcorn salad. Fruit of the day. Dinner: Vegetables. Chicken and Fruit	4 Fried rice. Hake in green sauce and peas. Yoghurt. Dinner: Soup. Meat. Dairy.	5 Cream of brociolli soup. Stew in sauce with mushrooms. Fruit of the day. Dinner: Vegetables. Omelette. Fruit
8 HOLIDAY	9 Peas and ham. Russian fillets with a garden sauce. Fruit of the day. Dinner: Salad. Fish and Fruit.	10 Rice in broth. Spanish omelette with salad. Fruit of the day. Dinner; Vegetables. Pastries. Fruit.	11 Pasta in a pesto sauce Oven baked hake with oven baked potatoes. Yoghurt. Dinner; Salad sandwich. Chicken. Fruit	12 Potatoe and chicken stew. Breaded ham and cheese with salad. Fruit of the day. Dinner: Vegetables. Fish. Fruit
15 Pasta with chorizo. Battered hake with mixed vegetables. Fruit of the day. Dinner: Vegetables. Chicken and Fruit	16 Stewed kidney beans with vegetables. Potatoe omelette with salad. Fruit of the day. Dinner; Soup Pastries. Fruit.	17 Rice with cod and vegetables. Turkey chops with salad. Fruit of the day. Dinner: Vegetables. Omelette. Fruit	18 Cream of vegetable soup. Meatballs in sauce with peas. Fruit of the day. Dinner: Soup Fish and Fruit.	19 Christmas Menu
22 NON SCHOOL DAY	23 NON SCHOOL DAY	24 NON SCHOOL DAY	25 NON SCHOOL DAY	26 NON SCHOOL DAY
29 NON SCHOOL DAY	30 NON SCHOOL DAY	31 NON SCHOOL DAY		

HUMANITAS
BILINGUAL SCHOOL TRES CANTOS

MONTHLY MENU ADAPTED TO EACH STUDENTS NEEDS WITH ALLERGIES/TOLERANCES:

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.

MENÚ DICIEMBRE 2025 PRIMARIA, SECUNDARIA Y BACHILLERATO

HUMANITAS BILINGUAL SCHOOL TRES CANTOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 Pasta rehogada con calabacín. Merluza a la romana con puré de patata. Fruta fresca. Cena: Verdura, tortilla y fruta.	2 Judías verdes con huevo cocido. Albóndigas en salsa con zanahoria baby. Fruta fresca. Cena: Ensalada, pescado y fruta.	3 Lentejas guisadas con bacon y verduras. Tortilla de patata con ensalada de tomate y maíz. Fruta fresca. Cena: Verdura, pollo y fruta.	4 Arroz tres delicias. Merluza en salsa verde con guisantes. Yogur. Cena: Sopa, ternera y lácteo.	5 Crema de brócoli. Magro en salsa con champiñón. Fruta fresca. Cena: Verdura, tortilla y fruta.
8 DÍA FESTIVO	9 Guisantes con jamón. Filetes rusos a la jardinera. Fruta fresca. Cena: Ensalada, pescado y fruta.	10 Arroz caldoso. Tortilla francesa con ensalada. Fruta fresca. Cena: Verdura, empanada y fruta.	11 Pasta al pesto. Merluza al horno con patatas panaderas. Yogur. Cena: Sándwich vegetal, pollo y fruta .	12 Patatas guisadas con pollo. San Jacobo con ensalada. Fruta fresca. Cena: Verdura, pescado y fruta.
15 Coditos con chorizo. Merluza a la romana con menestra. Fruta fresca. Cena: Verdura, pollo y fruta.	16 Judías pintas guisadas con verduras. Tortilla de patata con ensalada. Fruta fresca. Cena: Sopa, empanada y fruta.	17 Arroz con bacalao y verduras. Chuletillos de pavo con ensalada. Fruta fresca. Cena: Verdura, tortilla y fruta.	18 Crema de verduras. Albóndigas en salsa con guisantes. Fruta fresca. Cena: Sopa, pescado y fruta.	19 MENÚ ESPECIAL NAVIDAD
22 NO LECTIVO	23 NO LECTIVO	24 NO LECTIVO	25 DÍA FESTIVO	26 NO LECTIVO
29 NO LECTIVO	30 NO LECTIVO	31 NO LECTIVO		

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MENÚ MENSUAL ADAPTADO A CADA ALUMNO CON ALERGIA/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 LE-CHE 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.