

MENÚ FEBRERO 2026 Primaria, Secundaria y Bachillerato

HUMANITAS BILINGUAL SCHOOL TRES CANTOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 Tricolor de verduras al horno. Albóndigas en salsa española. Fruta fresca. Cena: Verdura, pescado y fruta.	3 Judías blancas estofadas con verduras. Tortilla de calabacín con ensalada. Fruta fresca. Cena: Lasaña de verduras y yogur.	4 Macarrones a la riojana. Merluza al horno con patata panadera. Yogur. Cena: Verdura, pavo y fruta.	5 Arroz caldoso. Pollo asado al limón con ensalada. Fruta fresca. Cena: Empanada, pescado y fruta.	6 Crema de verduras. Filete de Sajonia al horno con ensalada. Fruta fresca. Cena: Verdura, tortilla y fruta.
9 Judías verdes con patata. Merluza a la romana con ensalada. Fruta fresca. Cena: Verdura, pollo y fruta.	10 Crema de calabacín. Chuletas de pavo con ensalada. Fruta fresca. Cena: Sopa, tortilla y fruta.	11 Lentejas estofadas con verduras. Tortilla francesa con ensalada. Fruta fresca. Cena: Sopa, pescado y fruta.	12 Coditos con champiñón al ajillo. Merluza en salsa verde con guisantes. Yogur. Cena: Sándwich vegetal, pescado y fruta.	13 Arroz con pollo. Croquetas con ensalada de tomate y maíz. Fruta fresca. Cena: Sopa, pollo y fruta.
16 Guisantes con huevo cocido. Mini hamburguesas con salsa de tomate. Fruta fresca. Cena: Verdura, pescado y fruta.	17 Garbanzos estofados con verduras. Tortilla de patata con ensalada. Fruta fresca. Cena: Sopa, pescado y macedonia.	18 Risotto a la carbonara. Bacalao a la riojana. Fruta fresca. Cena: Empanada, pollo y fruta.	19 Crema de verduras. Ragout de pollo al ajillo con patatas fritas. Fruta fresca. Cena: Sopa, empanada y fruta.	20 Macarrones en salsa marinara. Magro guisado con verduras. Yogur. Cena: Sándwich vegetal, pescado y fruta.
23 Arroz con chorizo y verduras. Filete de pollo empanado con ensalada. Fruta fresca. Cena: Verdura, tortilla y fruta.	24 Judías verdes con tomate. Magro en salsa con puré de patata. Fruta fresca. Cena: Sopa, pescado y fruta.	25 Crema de verduras. Albóndigas a la jardinera. Fruta fresca. Cena: Lasaña de verduras y fruta.	26 Coditos en salsa carbonara. Merluza al horno con patata panadera. Yogur. Cena: Sopa, pollo y fruta.	27 Lentejas estofadas con verduras. Tortilla francesa con ensalada. Fruta fresca. Cena: Lasaña de verduras y fruta.

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MENÚ MENSUAL ADAPTADO A CADA ALUMNO/A 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 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.

MENÚ FEBRUARY 2026 Primary, Secondary and 6th Form

HUMANITAS BILINGUAL SCHOOL TRES CANTOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Oven baked mixed vegetables Meatballs in a Spanish sauce. Fruit of the day. Dinner: Vegetables, fish and fruit.	3 Stewed white beans and vegetables. Ciurgette omelette with salad. Fruit of the day. Dinner: Vegetable lasagna and yoghurt.	4 Macaroni Rioja-style. Baked hake with sliced baked potatoes Yoghurt. Dinner: Vegetables, turkey and fruit.	5 Rice in broth Lemon roasted chicken with salad. Fruit of the day. Dinner: Savoury pie, fish and Fruit.	6 Cream of vegetable soup. Baked ham steak (Sajonia-style) with salad. Fruit of the day. Dinner: Vegetables, omelette and fruit.
9 Green beans with potatoes. Battered hake with salad. Fruit of the day. Dinner: Vegetables, chicken and fruit.	10 Cream of courgette soup. Turkey chops with salad. Fruit of the day. Dinner: Soup, omelette and fruit	11 Stewed lentils with vegetables. French omelette with salad Fruit of the day. Dinner: Soup, fish and fruit.	12 Pasta with garlic mushrooms. Hake in green sauce with peas. Yoghurt. Dinner: Salad sandwich, fish and fruit.	13 Rice with chicken. Croquettes with tomato and corn salad. Fruit of the day. Dinner: Soup, chicken and fruit.
16 Peas with boiled egg. Mini hamburgers with tomato sauce. Fruit of the day. Dinner: Vegetables, fish and Fruit.	17 Stewed chickpeas with vegetables. Spanish potato omelette with salad. Fruit of the day. Dinner: Soup, fish and fruit salad.	18 Carbonara risotto. Cod Rioja-style Fruit of the day. Dinner: Savory pie, chicken and fruit.	19 Vegetable cream soup. Garlic chicken ragout with french fries. Fruit of the day. Dinner: Soup, savoury pie and fruit.	20 Macaroni with marinara sauce. Stewed lean pork with vegetables. Yoghurt. Dinner: Salad sandwich, fish and fruit
23 Rice with chorizo and vegetables. Breaded chicken filet with salad. Fruit of the day. Dinner: Vegetables, omelette and Fruit.	24 Green beans with tomato. Pork in sauce with mashed potatoes Fruit of the day. Dinner: Soup, fish and fruit.	25 Cream of vegetable soup. Meatballs with a garden sauce. Fruit of the day. Dinner: Vegetable lasagna and fruit.	26 Pasta in carbonara sauce. Baked hake with sliced baked potatoes Yoghurt. Dinner: Soup, chicken and fruit.	27 Stewed lentils with vegetables. French omelette with salad. Fruit of the day. Dinner: Vegetable lasagna and Fruit.

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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.