























May 2021

CASA DEL MAR MONTESSORI MARBELLA MENU

ALL MEALS INCLUDE A SALAD BUFFET

WEEK 1	MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
MAIN COURSE	Vegetarian lasagne	Chickpea curry	Veggie balls in tomato sauce	Vegetarian curry	Vegetarian chickenless nuggets
GARNISH	Steamed broccoli	Boiled potatoes	Pasta	Rice	Cauliflower gratin
DESERT	Yoghurt	Fruit salad	Yoghurt	Fresh fruit	Yoghurt
ALLERGY AWARENESS					
WEEK 2	MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
MAIN COURSE	Mc & cheese	Chickpea stew	Vegan Chili	Vegetarian springrolls	Vegetarian paella
GARNISH	Corn on the cob	Mashed potatoes	White rice	Steamed broccoli	Spanish tortilla
DESERT	Yoghurt	Fruit salad	Yoghurt	Fresh fruit	Yoghurt
ALLERGY AWARENESS					 

WEEK 3	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
MAIN COURSE	Vegetarian quesadilla	Vegetarian bolognese	Mushroom croquettes	Vegetarian empanada	Vegetarian lentil stew (potaje de lentejas)
GARNISH	Steamed broccoli	Pasta	Herb baby potatoes	Corn on the cob	Whole grain rice
DESERT	Yoghurt	Fresh fruit	Yoghurt	Fresh fruit	Yoghurt
ALLERGY AWARENESS		  	  	 	
WEEK 4	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
MAIN COURSE	Vegetarian paella	Vegetarian carbonara	Chickenless nuggets	Chickpea potato curry	Vegetarian meatloaf
GARNISH	Spanish tortilla	Pasta	Roast potatoes	Veggie mix	Mashed potatoes
DESERT	Yoghurt	Fresh fruit	Yoghurt	Fresh fruit	Yoghurt
ALLERGY AWARENESS	