

Menú

SEPTIEMBRE 2022

Thursday 8

RED CURRY CHICKEN AND
THAI RICE

LETTUCE, TOMATO AND
CORN SALAD

CHILLED MELON AND
APPLE CREAM WITH
LEMON AND MINT AROMA

FRUIT

Friday 9

ARAGONESE SCRAMBLED
EGGS, WITH HAM,
POTATO AND GREEN
PEPPER

MIXED RICE SALAD WITH
MANGO AND MUSTARD
VINAIGRETTE

CURRIED NAVARRA BEANS

FRUIT

Monday 12

HAKE MEATBALLS WITH
VEGETABLE CAPONATA
AND SPAGHETTI

OLIVIER SALAD (WITH
HARD-BOILED EGG,
TUNA AND MAYONNAISE)

ANDALUSIAN GAZPACHO

FRUIT

Tuesday 13

COCIDO MADRILEÑO
SALAD OF MIXED LETTUCE,
TOMATO, CUCUMBER AND
BASIL OIL

COCIDO SOUP

FRUIT

Wednesday 14

TURKEY FILLET WITH CREAM
CHEESE SAUCE, SAUTEED
RICE AND BROCCOLI

CREOLE SALAD

STUFFED EGGS WITH TUNA
AND TOMATO

NATURAL YOGURT

Thursday 15

COD IN A GREEN SAUCE
WITH EGG AND
WHITE ASPARAGUS

PANZANELLA SALAD

CASTILIAN LENTILS

FRUIT

Friday 16

BEEF BURGER WITH
EMMENTAL AND
CARAMELISED ONION

PASTA SALAD WITH PESTO
AND NATURAL TOMATOES

POTATO FRIES WITH BACON
AND CHEESE

FRUIT

Dear families,
September is finally here, and with it, the beginning of the school year; a year that promises to be exciting. It is a time when students are already preparing their school bags, filling them with enthusiasm and a great desire to learn and have new experiences every day. At school, teachers and all school staff are full of enthusiasm and energy ready to welcome our children and their families, and we, from the department of cuisine, have our backpacks full of energy, responsibility and passion to face a new school year feeding the senses of all CIT students and staff. Our menus will continue to offer a balanced mix of well-known dishes with others that are not so well known, as well as typical dishes from Malaga and the Andalusian cuisine in combination with others of a more international nature. But it is not only in the daily menus that our objective will remain: during the year we will continue to give first-hand information to both students and parents about the cuisine and the CIT restaurants, through talks on nutrition, live cooking workshops, tastings of our menus, etc... Since the purpose of our company is to have a positive influence in the life of others through food and nutrition.

For all this, from Scolarest, we want to welcome the whole CIT community to the 2022/23 academic year and we wish you a great year.

Rafael Garcia Perez
Jefe de Cocina del CIT



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SEPTIEMBRE 2022

Monday 19

MONKFISH IN CANARIAN
GREEN MOJO SAUCE WITH
VEGETABLE PAELLA

LETTUCE, CHERRY TOMATO
AND BEETROOT SALAD WITH
MUSTARD DRESSING

TOMATO CARPACCIO

NATURAL YOGURT

Tuesday 20

COUS COUS, CHICKPEAS,
VEGETABLES AND
CHICKEN

MIXED SALAD

POTATOES WITH
HOMEMADE ALI OLI

FRUIT

Wednesday 21

FISH IN BREADCRUMBS AU
GRATIN WITH HAM, ONION,
AND GREEN OLIVES ON A
BED OF PISTO

MEXICAN SALAD WITH
BASMATI RICE, AVOCADO
AND LIME VINAIGRETTE

ROASTED TOMATO AND
CARROT PATE

HOMEMADE DESSERT

Thursday 22

HOMEMADE LASAGNE WITH
LEGUMES

ORGANIC POTATO SALAD
WITH CARROT, TOMATO,
LETTUCE AND
OLIVES

CARROT CREAM WITH
GINGER, AVOCADO AND
GRAPE

FRUIT

Friday 23

BARBECUED PORK RIB WITH
SPICED POTATO AND
COLESLAW

FRUIT SALAD WITH CHEESE

VEGETARIAN PINTO BEANS
WITH RED PEPPER

FRUIT

Monday 26

GREEN BEANS WITH POTATO
AU GRATIN A LA BOLOGNESE

GREEK STYLE PASTA SALAD

STRAWBERRY SALMOREJO
WITH
GOAT CHEESE

FRUIT

Tuesday 27

BAKED HAKE LOIN WITH
MOUSSELINE ON A BED OF
SPINACH

GREEN SALAD WITH
LETTUCE, CUCUMBER AND
OLIVES

STEWED LENTILS WITH
CHISTORRA SAUSAGE

FRUIT

Wednesday 28

HAM AND CHEESE PUFF
PASTRY WITH LETTUCE MIX

TUNA SALAD WITH POTATO,
APPLE AND ROSEMARY

GUACAMOLE WITH NACHOS,
TOMATO AND
ONION

NATURAL YOGURT

Thursday 29

BAKED SALMON WITH PENNE
WITH PESTO AND
SAUTEED ASPARAGUS

BABY SPINACH, TOMATO
AND APPLE SALAD WITH
BALSAMIC VINEGAR

WHITE BEAN SALAD WITH
RICE AND BARBECUE SAUCE

FRUIT

Friday 30

CHURRASCO DE TERNERA
WITH BEANS, RICE AND
CHIMICHURRI SAUCE

MEDITERRANEAN SALAD

MOCK VEGETABLE CEVICHE
WITH LETTUCE

FRUIT

