

		WEDNESDAY					THURSDAY					FRIDAY															
		1					2					3 - GERMAN FRIDAY															
		Pasta Alfredo (1,3,6,7,10)					Organic lentils & vegetables					Kartoffelsalat (German potato salad) (6,12)															
		Herby turkey fillet "Vizcaína" style codfish (4) Grilled seasonal vegetables Diced zucchini Greek salad (7) Pudding rice (7) Seasonal fruits					Spanish "tortilla" (3) Garlic hake (4) Roasted peppers Parsley potatoes (12) Mediterranean salad (3,4) Dairy dessert (7) Seasonal fruits					German Chichen Schnitzel (1,3) Seitan Schnitzel (1) Brussel sprouts Roasted eggplants Salad & pickles Apfelstrudel (no nuts) (1,3) Seasonal fruits															
MONDAY		THUESDAY					8					9					10 - BRITISH FRIDAY										
6		7					8					9					10 - BRITISH FRIDAY										
Creamy carrot soup (12)		Potato and tuna salad with mayonnaise (3,4,6,12)					Vegetable stew					Spanish short noodles (1,2,3,4,6,10,14)					Creamy pea soup with crunchy bacon croutons (1,12)										
Baked salmon (4) Meatballs in homemade sauce (1,6,7,12)		Sautèed calamari (14) Roasted chicken					Herby hake fillet (4) Garlic and parsley turkey fillet					Codfish on pisto bed (4) Villarroy eggs (1,2,3,4,6,7,12,14)					Fish & Chips (1,3,4,12) Seitan "Fish & Chips" (1,12)										
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)		Grilled assorted vegetables Boiled potatoes (12) "Moje Murciano"(3,4) Custard & biscuit (1,7) Seasonal fruits					Roasted potatoes (12) Sautèed carrots, onions & mushrooms Mediterranean salad (3,4) Dairy dessert (7) Seasonal fruits					Roasted tomato with AOVE Veggie couscous (1,3,6,10) Tomato, onion & arugula salad Dairy dessert (7) Seasonal fruits					Boiled broccoli Baby carrots Apple salad with honey mustard dressing (10) Apple Crumble (1,7)										
kcal 789,0	Lip 31,1	Prot 27,2	HdC 99			kcal 885,8	Lip 28,5	Prot 39,3	HdC 118			kcal 1039,0	Lip 32,0	Prot 35,9	HdC 152			kcal 894,8	Lip 47,9	Prot 28,8	HdC 87			kcal	Lip	Prot	HdC
13		14					15					16					17 - ITALIAN FRIDAY										
Organic noodles and veggie soup (1,3,6,10)		Organic lentils & vegetables					Creamy pumpkin soup with cheese & croutons (1,3,7)					Pasta shells tossed with "Pirate" sauce (1,3,6,7,10)					Capresse salad (7)										
Codfish supreme in homemade green sauce (4) Veal hamburger with caramelized onion (1,6,12)		Grilled hake fillet (4) Herby chicken fillet					Tuna "empanada" (1,3,4) Turkey breast in cranberry sauce					Zucchini omelette (3) Chicken wings & BBQ sauce (6)					Homemade lasagna bolognese (1,3,6,10) Homemade veggie lasagna (peas/soya protein) (1,3,6,10)										
Sautèed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,3,6,10) Dairy dessert (7) Seasonal fruits					Roasted potatoes (12) Carrots and sautèed mushrooms Pineapple and fruit salad (10) Custard & biscuit (1,7) Seasonal fruits					Grilled seasonal vegetables Homemade garlic bread (1,7) Apple salad tossed with cocktail sauce (3,6) Dairy dessert (7) Seasonal fruits					Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot) Homemade tiramisù (1,3,7) Seasonal fruits										
kcal 850,0	Lip 37,1	Prot 42,4	HdC 87			kcal 989,8	Lip 40,0	Prot 35,5	HdC 122			kcal 1092,6	Lip 37,8	Prot 48,1	HdC 140			kcal 778,2	Lip 26,2	Prot 53,6	HdC 82			kcal 1114,3	Lip 47,0	Prot 52,1	HdC 121
20		21					22					23					24										
HOLIDAY		HOLIDAY					HOLIDAY					HOLIDAY					HOLIDAY										
27		28																									
Organic pasta tossed with homemade tomato sauce & cheese (1,3,6,7,10)		Stewed potatoes (12)																									
Assorted croquettes (1,2,3,4,6,7,12,14) Salmon in orange juice (4)		Turkey curry Panseared hake fillet & lemon (1,3,4)																									
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (3,4) Dairy dessert (7) Seasonal fruits																									
kcal 1106,0	Lip 59,3	Prot 44,6	HdC 98			kcal 930,0	Lip 43,4	Prot 45,6	HdC 89																		

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Organic pulses and pastas are used.



**Secondary menu
February 2023**

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

WEDNESDAY		THURSDAY		FRIDAY	
1		2		3 - GERMAN FRIDAY	
Sautèed organic pasta (aggio e olio) (1,3,6,7,10)		Organic lentils & vegetables		Kartoffelsalat (Veggie German potatoe salad) (6,12)	
Veggie hamburger (peas/ soya protein) with onions (6)		Spanish "tortilla" (chickpeas flour)		Seitan Schnitzel (1)	
Grilled seasonal vegetables Diced zucchini Mixed salad (no animal protein)		Roasted peppers Parsley potatoes (12) Mediterranean salad (without animal protein)		Brussel sprouts Roasted eggplants Salad & pickles	
Pudding rice (with plant-based drink) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Veggie dessert (1,6) fruits Seasonal	
8		9		10 - BRITISH FRIDAY	
Vegetable stew		Spanish short noodles with vegetables (1,6,10)		Creamy pea soup with croutons (1,12)	
Garlic and parsley diced tofu (6)		Mushrooms "tortilla" (with chickpeas flour)		Seitan "Fish & Chips" (1,12)	
Roasted potatoes (12) Sautèed carrots, onions & mushrooms Mediterranean salad (without animal protein)		Roasted tomato with AOVE Veggie couscous (1,6,10) Tomato, onion & arugula salad		Boiled broccoli Baby carrots Apple salad with honey mustard dressing (10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Veggie dessert (1,6) fruits Seasonal	
13		14		15	
Organic noodles and veggie soup (1,6,10)		Organic lentils & vegetables		Creamy pumpkin soup with cheese & croutons (1,3,7)	
Veggie hamburger with caramelized onion (1,6,12)		Herby tofu (6)		Seitan and spinach "empanada" (1)	
Sautèed vegetables Tomato & oregano aubergine Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,6,10)		Roasted potatoes (12) Carrots and sautèed mushrooms Pineapple and fruit salad (10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
20		21		22	
HOLIDAY		HOLIDAY		HOLIDAY	
27		28		23	
Organic pasta tossed with homemade tomato sauce & oregano (1,6,10)		Stewed potatoes with vegetables (12)		Pasta shells tossed with olive oil and garlic (1,6,10)	
Homemade spinach and carrot croquettes (no milk, no eggs) (1)		Tofu curry (6)		Zucchini omelette (with chickpeas flour)	
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (no animal protein)		Grilled seasonal vegetables Homemade garlic bread (1,6) Apple salad tossed with olive oil	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
24		25		17 - ITALIAN FRIDAY	
HOLIDAY		HOLIDAY		Caprese salad (7)	
HOLIDAY		HOLIDAY		Homemade veggie lasagna (peas/soya protein) (1,3,6,10)	
HOLIDAY		HOLIDAY		Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot)	
HOLIDAY		HOLIDAY		Veggie dessert (1,6) fruits Seasonal	

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Organic pulses and pastas are used.



**Secondary - Halal menu
February 2023**

- VEGETABLES
- PASTA, RICE, EGGS
- FISH
- MEAT
- DESSERT

MONDAY		TUESDAY	
6		7	
Creamy carrot soup (12)		Potato and vegetables salad (no mayonnaise) (3,6,12)	
Veggie meatballs in homemade sauce (1,6,12)		Homemade falafel with "yoghurt" (soya) sauce (6)	
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)		Grilled assorted vegetables Boiled potatoes (12) "Moje Murcia" (potatoe, lettuce, olive salad)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
13		14	
Organic noodles and veggie soup (1,6,10)		Organic lentils & vegetables	
Veggie hamburger with caramelized onion (1,6,12)		Herby tofu (6)	
Sautèed vegetables Tomato & oregano aubergine Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,6,10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
20		21	
HOLIDAY		HOLIDAY	
27		28	
Organic pasta tossed with homemade tomato sauce & oregano (1,6,10)		Stewed potatoes with vegetables (12)	
Homemade spinach and carrot croquettes (no milk, no eggs) (1)		Tofu curry (6)	
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (no animal protein)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	

WEDNESDAY	THURSDAY	FRIDAY
1	2	3 - GERMAN FRIDAY
"Alfredo" gluten free pasta (7)	Organic lentils & vegetables (12)	Kartoffelsalat (German potato salad) (6,12)
"Vizcaína" style codfish (4)	Spanish "tortilla" (3)	German chicken Schnitzel (corn flour,3)
Grilled seasonal vegetables Diced zucchini Greek salad (7)	Roasted peppers Parsley potatoes (12) Mediterranean salad (3,4)	Brussel sprouts Roasted eggplants Salad & pickles
Arroz con leche (7) Fruta fresca de temporada	Dairy dessert (7) Seasonal fruits	Allergen-free homemade dessert Seasonal fruits

MONDAY	TUESDAY
6	7
Creamy carrot soup (12)	Potato and tuna salad with mayonnaise (3,4,6,12)
Baked salmon (4)	Roasted chicken
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)	Grilled assorted vegetables Boiled potatoes (12) "Moje Murciano"(3,4)
Dairy dessert (7) Seasonal fruits	Homemade custard & biscuit (gluten free) Seasonal fruits

8	9	10 - BRITISH FRIDAY
Menestra de verduras	Fideuá alicantina (pasta sin alérgenos: 2,4,14)	Creamy pea soup with crunchy bacon croutons (12)
Garlic and parsley turkey fillet	Codfish on pisto bed (4)	Fish & Chips (corn flour,3,4,12)
Roasted potatoes (12) Sautéed carrots, onions & mushrooms Mediterranean salad (3,4)	Roasted tomato with AOVE Veggie couscous (gluten free) Tomato, onion & arugula salad	Boiled broccoli Baby carrots Apple salad with honey mustard dressing (10)
Dairy dessert (7) Seasonal fruits	Dairy dessert (7) Seasonal fruits	Allergen-free homemade dessert Seasonal fruits

13	14
Organic noodles and veggie soup (gluten free pasta)	Organic lentils & vegetables
Codfish supreme in homemade green sauce (4)	Grilled hake fillet (4)
Sautéed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice	Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (6,10)
Dairy dessert (7) Seasonal fruits	Dairy dessert (7) Seasonal fruits

15	16	17 - ITALIAN FRIDAY
Creamy pumpkin soup w/cheese & croutons (gluten free: 7)	Gluten free pasta tossed with "Pirate" sauce (3,7)	Capres salad (7)
Turkey breast in cranberry sauce	Zucchini omelette (3)	Homemade lasagna bolognese (allergen free pasta)
Roasted potatoes (12) Carrots and sautéed mushrooms Pineapple and fruit salad (10)	Grilled seasonal vegetables Homemade garlic bread (gluten free; 7) Apple salad tossed with cocktail sauce (3,6)	Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot)
Homemade custard & biscuit (gluten free) Seasonal fruits	Dairy dessert (7) Seasonal fruits	Allergen-free homemade dessert Seasonal fruits

20	21
HOLIDAY	HOLIDAY

22	23	24
HOLIDAY	HOLIDAY	HOLIDAY

27	28
Organic pasta tossed with homemade tomato sauce & cheese (3,7)	Stewed potatoes (12)
Salmon in orange juice (4)	Turkey curry
Stir fry vegetables Peppers Green salad with cranberry vinaigrette	Tempura vegetables (corn flour) Steamed rice Mediterranean salad (3,4)
Dairy dessert (7) Seasonal fruits	Dairy dessert (7) Seasonal fruits

Organic pulses and pastas are used.



**Secondary - Gluten free menu
February 2023**

- VEGETABLES
- PASTA, RICE, EGGS
- FISH
- MEAT
- DESSERT

WEDNESDAY		THURSDAY		FRIDAY	
1		2		3 - GERMAN FRIDAY	
Sautèed organic pasta (aggio e olio) (1,3,6,7,10)		Organic lentils & vegetables		<u>Kartoffelsalat (Veggie German potatoe salad) (6,12)</u>	
"Vizcaína" style codfish (4)		Spanish "tortilla" (3)		Seitan Schnitzel (1)	
Grilled seasonal vegetables Diced zucchini Greek salad (7)		Roasted peppers Parsley potatoes (12) Mediterranean salad (3,4)		Brussel sprouts Roasted eggplants Salad & pickles	
Pudding rice (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Apfelstrudel (no nuts) (1,3) Seasonal fruits	
8		9		10 - BRITISH FRIDAY	
Vegetable stew		Spanish short noodles (1,2,3,4,6,10,14).		Creamy pea soup with crunchy bacon croutons (1,12)	
Herby hake fillet (4)		Villarroy eggs (1,2,3,4,6,7,12,14)		Fish & Chips (1,3,4,12)	
Roasted potatoes (12) Sautèed carrots, onions & mushrooms Mediterranean salad (3,4)		Roasted tomato with AOVE Veggie couscous (1,6,10) Tomato, onion & arugula salad		Boiled broccoli Baby carrots Apple salad with honey mustard dressing (10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Apple Crumble (1,7)	
13		14		15	
Organic noodles and veggie soup (1,3,6,10)		Organic lentils & vegetables		Creamy pumpkin soup with cheese & croutons (1,3,7)	
Codfish supreme in homemade green sauce (4)		Herby chicken (*) fillet		Tuna "empanada" (1,3,4)	
Sautèed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,3,6,10)		Roasted potatoes (12) Carrots and sautèed mushrooms Pineapple and fruit salad (10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) Seasonal fruits	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
20		21		22	
HOLIDAY		HOLIDAY		HOLIDAY	
27		28		23	
Organic pasta tossed with homemade tomato sauce & cheese (1,3,6,7,10)		<u>Stewed potatoes with vegetables (12)</u>		Pasta shells tossed with olive oil and garlic (1,6,10)	
Salmon in orange juice (4)		Panseared hake fillet & lemon (1,3,4)		Zucchini omelette (3)	
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (3,4)		Grilled seasonal vegetables Homemade garlic bread (1,7) Apple salad tossed with cocktail sauce (3,6)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
24		24		16	
HOLIDAY		HOLIDAY		Homemade veggie lasagna (peas/soya protein) (1,3,6,10)	
HOLIDAY		HOLIDAY		Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot)	
HOLIDAY		HOLIDAY		Homemade tiramisú (1,3,7) Seasonal fruits	

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Organic pulses and pastas are used.



**Secondary - Halal menu
February 2023**

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

MONDAY		TUESDAY	
6		7	
Creamy carrot soup (12)		Potato and tuna salad with mayonnaise (3,4,6,12)	
Baked salmon (4)		Roasted chicken (*)	
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)		Grilled assorted vegetables Boiled potatoes (12) "Moje Murciano"(3,4)	
Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) fruits Seasonal	
13		14	
Organic noodles and veggie soup (1,3,6,10)		Organic lentils & vegetables	
Codfish supreme in homemade green sauce (4)		Herby chicken (*) fillet	
Sautèed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,3,6,10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	
20		21	
HOLIDAY		HOLIDAY	
27		28	
Organic pasta tossed with homemade tomato sauce & cheese (1,3,6,7,10)		<u>Stewed potatoes with vegetables (12)</u>	
Salmon in orange juice (4)		Panseared hake fillet & lemon (1,3,4)	
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (3,4)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits	

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3 - GERMAN FRIDAY	
Creamy carrot soup (12)		Potato and tuna salad with mayonnaise (3,4,6,12)		Sautèed organic pasta (aggio e olio) (1,3,6,7,10)		Organic lentils & vegetables		Kartoffelsalat (German potato salad) (6,12)	
Baked salmon (4)		Roasted chicken		"Vizcaína" style codfish (4)		Spanish "tortilla" (3)		Seitan Schnitzel (1)	
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)		Grilled assorted vegetables Boiled potatoes (12) "Moje Murciano"(3,4)		Grilled seasonal vegetables Diced zucchini Greek salad (7) Pudding rice (7) Seasonal fruits		Roasted peppers Parsley potatoes (12) Mediterranean salad (3,4)		Brussel sprouts Roasted eggplants Salad & pickles	
Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) fruits Seasonal		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Apfelstrudel (no nuts) (1,3) Seasonal fruits	
13		14		8		9		10 - BRITISH FRIDAY	
Organic noodles and veggie soup (1,3,6,10)		Organic lentils & vegetables		Vegetable stew		Spanish short noodles (1,2,3,4,6,10,14).		Creamy pea soup with crunchy bacon croutons (1,12)	
Codfish supreme in homemade green sauce (4)		Herby chicken fillet		Herby hake fillet (4)		Villarroy eggs (1,2,3,4,6,7,12,14)		Fish & Chips (1,3,4,12)	
Sautèed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,3,6,10)		Roasted potatoes (12) Sautèed carrots, onions & mushrooms Mediterranean salad (3,4)		Roasted tomato with AOVE Veggie couscous (1,6,10) Tomato, onion & arugula salad		Boiled broccoli Baby carrots Apple salad with honey mustard dressing (10)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Apple Crumble (1,7)	
20		21		15		16		17 - ITALIAN FRIDAY	
Organic pasta tossed with homemade tomato sauce & cheese (1,3,6,7,10)		Stewed potatoes with vegetables (12)		Creamy pumpkin soup with cheese & croutons (1,3,7)		Pasta shells tossed with olive oil and garlic (1,6,10)		Caprese salad (7)	
Salmon in orange juice (4)		Panseared hake fillet & lemon (1,3,4)		Tuna "empanada" (1,3,4)		Zucchini omelette (3)		Homemade veggie lasagna (peas/soya protein) (1,3,6,10)	
Stir fry vegetables Peppers Green salad with cranberry vinaigrette		Tempura vegetables (1) Steamed rice Mediterranean salad (3,4)		Roasted potatoes (12) Carrots and sautèed mushrooms Pineapple and fruit salad (10)		Grilled seasonal vegetables Homemade garlic bread (1,7) Apple salad tossed with cocktail sauce (3,6)		Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Homemade tiramisu (1,3,7) Seasonal fruits	
27		28		22		23		24	
HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Organic pulses and pastas are used.



**Secondary - No pork and veal menu
February 2023**

- VEGETABLES
- PASTA, RICE, EGGS
- FISH
- MEAT
- DESSERT

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		8		9		10 - BRITISH FRIDAY	
Creamy carrot soup (12)		Potatoe and tuna salad (no mayonnaise) (4,12)		Vegetable stew		Fideuá vegetal (6,10)		Creamy pea soup with crunchy bacon croutons (1,12)	
Baked salmon (4)		Roasted chicken		Herby hake fillet (4)		Omelette (3)		Grilled hake fillet (4)	
Parsley rice Grilled seasonal vegetables Salad with lime vinaigrette & cilantro (10)		Grilled assorted vegetables Boiled potatoes (12) "Moje Murciano"(3,4)		Roasted potatoes (12) Sautéed carrots, onions & mushrooms Mediterranean salad (3,4)		Roasted tomato with AOVE Veggie couscous (1,6,10) Tomato, onion & arugula salad		Boiled broccoli Baby carrots Apple salad	
Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) fruits Seasonal		Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Apple Crumble (1,7)	
13		14		15		16		17 - ITALIAN FRIDAY	
Organic noodles and veggie soup (1,3,6,10)		Organic lentils & vegetables		Creamy pumpkin soup (no cheese, no croutons) (12)		Pasta shells tossed with olive oil and garlic (1,6,10)		Caprese salad (7)	
Grilled codfish supreme (4)		Grilled chicken fillet		Grilled turkey breast		Zucchini omelette (3)		Grilled chicken fillet	
Sautéed vegetables Tomato & cheese aubergine (7) Cucumber, apple salad tossed with fresh lime juice		Diced zucchini Green beans Tabouleh salad (tomato, cucumber, onion, parsley, quinoa & lime) (1,3,6,10)		Roasted potatoes (12) Carrots and sautéed mushrooms Pineapple and fruit salad (10)		Grilled seasonal vegetables Homemade garlic bread (1,7) Apple salad tossed with olive oil		Provencal mushrooms Roasted eggplants Mixed salad (lettuce, tomato, corn and carrot)	
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Custard & biscuit (1,7) Seasonal fruits		Dairy dessert (7) Seasonal fruits		Homemade tiramisu (1,3,7) Seasonal fruits	
20		21		22		23		24	
HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	
27		28							
Stir fry vegetables		Sautéed vegetables							
Grilled salmon (4)		Grilled turkey fillet							
Pasta salad (1,3,6,10) Peppers Green salad with cranberry vinaigrette		Boiled potatoes (12) Steamed rice Mediterranean salad (3,4)							
Dairy dessert (7) Seasonal fruits		Dairy dessert (7) Seasonal fruits							

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

Organic pulses and pastas are used.



**Secondary - Hypocaloric menu
February 2023**

- VEGETABLES
- PASTA, RICE, EGGS
- FISH
- MEAT
- DESSERT