

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

Energy expressed in Kcal and macronutrients in grams (evaluation of the main dishes on the menu). Use of organically produced legumes.



## Secondary menu March 2023

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
<b>6</b>					<b>7</b>					<b>1</b>					<b>2</b>					<b>3 - ASIAN FRIDAY</b>																			
Rice with homemade tomato sauce					Pan seared cauliflower (1,2,4,6,7,12,14)					Creamy pumpkin soup with croutons & cheese (1,3,7,12)					Pasta shells napolitana (1,3,6,10)					Spring rolls (1,6)																			
Baked battered cuttlefish with lemon (1,2,3,4,6,7,14)					Herby chicken fillet					Hamburger with onions (1,6,7,12)					Pan seared hake (1,4)					Oriental chicken skewers																			
Beef scallops					Garlic Codfish (4)					Bilbao style Codfish (1,4)					Fine herby chicken fillet					Seitan, bell pepper and onion skewers (1)																			
Roasted potato (12)					Roasted potato (12)					Roasted potatoes (12)					Roasted potatoes (12)					Vegetable chop suey																			
Ratatouille (eggplant, zucchini, peppers, tomato)					Grilled seasonal vegetables					Diced zucchini					Roasted tomatoes with oregano					Rice																			
Mixed salad with boiled eggs (3)					Mixed salad					Mediterranean					Niçoise salad (3,7)					Oriental salad tossed with homemade bittersweet sauce (6)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade custard with cookie (1,7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade marbled cake (1,3,7) Seasonal fruit																			
kcal	912,0	Lip	41,1	Prot	53,0	HdC	83	kcal	881,0	Lip	36,0	Prot	59,6	HdC	80	kcal	796,0	Lip	31,5	Prot	31,6	HdC	97	kcal	925,0	Lip	29,4	Prot	38,1	HdC	127	kcal	1019,0	Lip	47,2	Prot	66,2	HdC	82
<b>13</b>					<b>14</b>					<b>8</b>					<b>9</b>					<b>10 - ARGENTINIAN FRIDAY</b>																			
Seasonal veggie stew					Organic lentils & vegetables					Organic lentils & vegetables					Veggie "fideua" (1,3,6,10)					Organic chickpeas & potato salad with "chimichurri" (12)																			
Herby hake fillet (4)					Turkey goujons (1,3)					Homemade meat "empanada" (1,3,7)					Salmon in homemade orange sauce (4)					Argentina style chicken casserole																			
Lean pork in homemade tomato sauce					Spanish potato and onion "tortilla" (3,12)					Menière hake fillet (1,4,7)					Villarroy eggs (1,2,3,4,6,7,12,14)					Argentina style seitan casserole (1)																			
Sautéed mushrooms					Sautéed green beans					Green beans					Roasted potatoes (12)					Grilled seasonal vegetables																			
Basmati steamed rice					Eggplants minipizzas					Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10)					Sautéed mushrooms					Wedges potatoes																			
Tomato and tuna salad (4)					Green salad tossed with honey mustard dressing (10)					Green salad tossed with cilantro					Mediterranean salad (lettuce, tomato, onion & olives)					Mixed salad (3,4)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade custard with cookie (1,7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Bizcocho casero con dulce de leche																			
kcal	824,0	Lip	37,0	Prot	39,1	HdC	84	kcal	957,0	Lip	47,4	Prot	44,6	HdC	88	kcal	925,0	Lip	45,5	Prot	29,5	HdC	99	kcal	985,4	Lip	33,2	Prot	52,5	HdC	119	kcal	957,3	Lip	48,4	Prot	53,1	HdC	77
<b>20</b>					<b>21</b>					<b>15</b>					<b>16</b>					<b>17 - AMERICAN FRIDAY</b>																			
Zucchini purée (12)					Homemade veggie soup (9)					Veggie paella					Homemade chicken & veggies soup (1,3,6,10)					Chicken Caesar salad with croutons (1,3,4,6,10)																			
Meatballs in homemade pomodoro sauce (1,6,12)					Zucchini omelette (3)					Assorted croquettes (1,2,3,4,6,7,8,9,10,14)					Roasted chicken					Beef hamburger (1,6,7,10)																			
Herby hake fillet (4)					Grilled turkey fillet (7,10)					Grilled hake fillet (4)					Grilled codfish (4)					Veggie hamburger (1,6,7,10)																			
Parsley rice					Roasted potato (12)					Steamed Brussels sprout					Veggie couscous (1,3,6,10)					Sautéed mushrooms																			
Grilled tomato with olive oil & oregano					Sautéed cauliflower					Grilled eggplant					Roasted red peppers in orange sauce					Deluxe potatoes (12)																			
Green apple salad					House salad					House salad					Greek salad (3,7)					American Coleslaw salad (3,6)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade custard with cookie (1,7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Strawberry cheesecake (1,3,7) Seasonal fruit																			
kcal	797,0	Lip	28,1	Prot	44,1	HdC	92	kcal	933,0	Lip	40,5	Prot	32,8	HdC	109	kcal	912,0	Lip	32,9	Prot	31,8	HdC	122	kcal	802,0	Lip	38,8	Prot	43,4	HdC	70	kcal	1070,0	Lip	50,4	Prot	50,3	HdC	104
<b>27</b>					<b>28</b>					<b>22</b>					<b>23</b>					<b>24 - GREEK FRIDAY</b>																			
Russian salad (Spanish potato salad: potato, tuna & vegetables salad with mayo) (3,4,6,12)					Creamy veggie soup (12)					Potato and tuna salad with mayo (3,4,6)					Organic white bean & veggie stew					Greek "Fasolakia"																			
Moorish skewers (6)					Spanish potato & onion "tortilla" (3,12)					Chicken in homemade sauce					Garlic pork loin					Gyros sandwich with grilled herby chicken strips (1)																			
Hake fillet with peppers (4)					Assorted croquettes (1,2,3,4,6,7,8,10,12,14)					Menière hake (1,4,7)					Codfish in homemade tomato sauce (4)					Gyros sandwich with grilled tofu goujons (1,6)																			
Assorted of grilled vegetables					Broccoli					Sautéed green beans					Roasted tomato (12)					Deluxe potatoe (12)																			
Veggie couscous (1,3,6,10)					Sautéed mushrooms					Veggie couscous (1,3,6,10)					Assorted of grilled vegetables					Roasted eggplant with oregano																			
Pineapple salad					Mediterranean salad					Chef salad					Red berry salad					Grilled vegetables salad tossed with extra olive oil																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade carrot and cinnamon sponge cake Seasonal fruit					Dairy dessert (7) Seasonal fruit					Greek yoghurt & honey Seasonal fruit																			
kcal	839,9	Lip	52,0	Prot	42,9	HdC	50	kcal	837,0	Lip	44,1	Prot	29,1	HdC	81	kcal	781,0	Lip	40,2	Prot	49,7	HdC	55	kcal	983,0	Lip	46,2	Prot	41,8	HdC	100	kcal	843,1	Lip	40,0	Prot	54,7	HdC	66
<b>27</b>					<b>28</b>					<b>29</b>					<b>30</b>					<b>31 - TEX MEX DAY</b>																			
Russian salad (Spanish potato salad: potato, tuna & vegetables salad with mayo) (3,4,6,12)					Creamy veggie soup (12)					Fussilli Napolitana (1,3,6,7,10)					Homemade chicken & veggies soup (1,3,6,10)					"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions and extra virgin olive oil)																			
Moorish skewers (6)					Spanish potato & onion "tortilla" (3,12)					Hake fillet with lemon (4)					Homemade tuna "empanada" (1,3,4)					Texmex chicken fajitas (1,6)																			
Hake fillet with peppers (4)					Assorted croquettes (1,2,3,4,6,7,8,10,12,14)					Grilled turkey fillet					Pork loin with mushrooms					Grilled veggie fajitas (1,6)																			
Assorted of grilled vegetables					Broccoli					Rosemary potatoes (12)					Steamed rice					Roasted assorted peppers and onion																			
Veggie couscous (1,3,6,10)					Sautéed mushrooms					Assorted of grilled vegetables (green beans, pea, broad beans & carrots)					Roasted red peppers in orange sauce					Guacamole																			
Pineapple salad					Mediterranean salad					Caprese salad (3,7)					House salad (3,6)					House salad (tomato, maize, carrot & boiled egg) (3)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade custard with cookie (1,7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					"Tres leches" (1,3,7) Seasonal fruit																			
kcal	839,9	Lip	52,0	Prot	42,9	HdC	50	kcal	837,0	Lip	44,1	Prot	29,1	HdC	81	kcal	939,0	Lip	37,2	Prot	36,7	HdC	114	kcal	934,0	Lip	35,5	Prot	37,6	HdC	116	kcal	795,0	Lip	37,6	Prot	61,3	HdC	53


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

Use of organically produced legumes.

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT



## Secondary menu - Gluten free March 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3 - ASIAN FRIDAY	
Rice with homemade tomato sauce		Homemade pan seared cauliflower (corn flour)		Creamy pumpkin soup with gluten free croutons & cheese (3,7,12)		Gluten free pasta napolitana		Vegetable chop suey	
Beef scallops		Garlic Codfish (4)		Bilbao style Codfish (harina de maíz,4)		Chicken fillet with fine herbs		Oriental chicken skewers	
Roasted potato (12) Ratatouille (eggplant, zucchini, peppers, tomato) Mixed salad with boiled eggs (3)		Roasted potato (12) Grilled seasonal vegetables Mixed salad		Roasted potato (12) Diced zucchini Mediterranean		Roasted potato (12) Roasted tomato with oregano Nicocio salad (3,7)		Rice Oriental salad tossed with homemade bittersweet sauce (6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with gluten free cookie (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade cake (gluten free) Seasonal fruit	
13		14		8		9		10 - ARGENTINIAN FRIDAY	
Seasonal veggie stew		Organic lentils & vegetables		Organic lentils & vegetables		Veggie "fideua" (gluten free pasta)		Organic chickpeas & potato salad with "chimichurri" (12)	
Lean pork in homemade tomato sauce		Spanish potato and onion "tortilla" (3,12)		Ménière hake fillet (corn flour,4,7)		Salmon in homemade orange sauce (4)		Argentina style chicken casserole	
Sautéed mushrooms Rice basmati Tomato and tuna salad (4)		Sautéed green beans Eggplants minipizzas Green salad tossed with honey mustard dressing (10)		Green beans Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10) Green salad tossed with cilantro dressing		Patata roast (12) Sautéed mushrooms Mediterranean salad (lettuce, tomato, onion & olives)		Grilled seasonal vegetables Wedges potatoes Mixed salad (3,4)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with gluten free cookie (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade cake (gluten free) Seasonal fruit	
20		21		15		16		17 - AMERICAN FRIDAY 	
Creamy zucchini and leek soup (12)		Homemade veggie soup (9)		Veggie paella		Homemade chicken & veggies soup (1,3,6,10)		Chicken Caesar salad & no gluten croutons (3,4,6,10)	
Herby hake fillet (4)		Zucchini omelette (3)		Grilled hake fillet (4)		Grilled codfish (4)		Beef hamburger (gluten free bread; 6,7,10)	
Parsley rice Grilled tomato with olive oil & oregano Green apple salad		Roasted potato (12) Sautéed cauliflower House salad		Steamed Brussels sprout Grilled eggplant House salad		Veggie couscous (1,3,6,10) Roasted red peppers in orange sauce Greek salad (3,7)		Sautéed mushrooms Deluxe potatoes (12) American Coleslaw salad (3,6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with gluten free cookie (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Strawberry cheesecake (gluten free) Seasonal fruit	
27		28		22		23		24 - GREEK FRIDAY	
Russian salad (Spanish potato salad: potato,tuna & vegetables salad with mayo) (3,4,6,12)		Creamy vegetables soup (12)		Potato and tuna salad with mayo (3,4,6)		Organic white bean & veggie stew		Greek "Fasolakia"	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Chicken in homemade sauce		Codfish in homemade tomato sauce (4)		Gyros sandwich with grilled herby chicken strips (gluten free bread)	
Assorted of grilled vegetables Veggie couscous (gluten free) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Sautéed green beans Veggie couscous (gluten free) Chef salad		Roasted tomato (12) Assorted of grilled vegetables Red berry salad		Deluxe potatoe (12) Roasted eggplant with oregano Grilled vegetables salad tossed with extra olive oil	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade carrot and cinnamon sponge cake (gluten free) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Greek yoghourt & honey Seasonal fruit	
30		31 - TEX MEX DAY		29		30		31 - TEX MEX DAY	
Russian salad (Spanish potato salad: potato,tuna & vegetables salad with mayo) (3,4,6,12)		Creamy vegetables soup (12)		Fussilli Napolitana (7)		Homemade chicken & veggies soup (gluten free pasta)		"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions, and extra virgin olive oil)	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Hake fillet with lemon (4)		Pork loin with mushrooms		Texmex chicken fajitas (gluten free)	
Assorted of grilled vegetables Veggie couscous (gluten free) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Rosemary potatoes (12) Assorted of grilled vegetables (green beans, pea, broad beans & carrots) Caprese salad (3,7)		Steamed rice Roasted red peppers in orange sauce House salad (3,6)		Roasted assorted peppers and onion Guacamole House salad (tomato, maize, carrot & boiled egg) (3)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with gluten free cookie (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		"Tres leches" (gluten free) Seasonal fruit	

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

Use of organically produced legumes.



## Secondary menu Halal March 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3 - ASIAN FRIDAY	
Rice with homemade tomato sauce		Pan seared cauliflower (1,2,4,6,7,12,14)		Creamy pumpkin soup with croutons & cheese (1,3,7,12)		Pasta shells napolitana (1,3,6,10)		Spring rolls (1,6)	
Baked battered cuttlefish with lemon (1,2,3,4,6,7,14)		Herby chicken (*) fillet		Bilbao style Codfish (1,4)		Hake Andalusian style (1,4)		Seitan, bell pepper and onion skewers (1)	
Roasted potato (12) Ratatouille (eggplant, zucchini, peppers, tomato) Mixed salad with boiled eggs (3)		Roasted potato (12) Grilled seasonal vegetables Mixed salad		Roasted potato (12) Diced zucchini Mediterranean		Roasted potato (12) Roasted tomato with oregano Nicoise salad (3,7)		Vegetable chop suey Rice Oriental salad tossed with homemade bittersweet sauce (6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Bizcocho marmolado Seasonal fruit	
13		14		8		9		10 - ARGENTINIAN FRIDAY	
Seasonal veggie stew		Organic lentils & vegetables		Organic lentils & vegetables		Veggie "fideua" (1,3,6,10)		Organic chickpeas & potato salad with "chimichurri" (12)	
Herby hake fillet (4)		Spanish potato and onion "tortilla" (3,12)		Menière hake fillet (1,4,7)		Villarroy eggs (1,2,3,4,6,7,12,14)		Argentina style seitan casserole (1)	
Sautéed mushrooms Rice basmati Tomato and tuna salad (4)		Sautéed green beans Eggplants minipizzas Green salad tossed with honey mustard dressing (10)		Green beans Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10) Green salad tossed with cilantro dressing		Patata roast (12) Sautéed mushrooms Mediterranean salad (lettuce, tomato, onion & olives)		Grilled seasonal vegetables Wedges potatoes Mixed salad (3,4)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Bizcocho casero con dulce de leche	
20		21		15		16		17 - AMERICAN FRIDAY	
Creamy zucchini and leek soup (12)		Homemade veggie soup (9)		Veggie paella		Homemade chicken & veggies soup (1,3,6,10)		Chicken Caesar salad & croutons (1,3,4,6,10)	
Herby hake fillet (4)		Zucchini omelette (3)		Grilled hake fillet (4)		Roasted chicken (*)		Veggie hamburger (1,6,7,10)	
Parsley rice Grilled tomato with olive oil & oregano Green apple salad		Roasted potato (12) Sautéed cauliflower House salad		Steamed Brussels sprout Grilled eggplant House salad		Veggie couscous (1,3,6,10) Roasted red peppers in orange sauce Greek salad (3,7)		Sautéed mushrooms Deluxe potatoes (12) American Coleslaw salad (3,6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Strawberry cheesecake (1,3,7) Seasonal fruit	
27		28		22		23		24 - GREEK FRIDAY	
Russian salad (Spanish potato salad: potato, tuna & vegetables salad with mayo) (3,4,6,12)		Creamy vegetables soup (12)		Potato and tuna salad with mayo (3,4,6)		Organic white bean & veggie stew		Greek "Fasolakia"	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Chicken (*) in homemade sauce		Codfish in homemade tomato sauce (4)		Gyros sandwich with grilled tofu goujons (1,6)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Sautéed green beans Veggie couscous (1,3,6,10) Chef salad		Roasted tomato (12) Assorted of grilled vegetables Red berry salad		Deluxe potatoe (12) Roasted eggplant with oregano Grilled vegetables salad tossed with extra olive oil	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade carrot and cinnamon sponge cake Seasonal fruit		Dairy dessert (7) Seasonal fruit		Greek yoghourt & honey Seasonal fruit	
31 - TEX MEX DAY		30		29		30		31 - TEX MEX DAY	
Russian salad (Spanish potato salad: potato, tuna & vegetables salad with mayo) (3,4,6,12)		Creamy vegetables soup (12)		Fussilli Napolitana (1,3,6,7,10)		Homemade chicken & veggies soup (1,3,6,10)		"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions, and extra virgin olive oil)	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Grilled turkey (*) fillet		Homemade tuna "empanada" (1,3,4)		Grilled veggie fajitas (1,6)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Rosemary potatoes (12) Assorted of grilled vegetables (green beans, pea, broad beans & carrots) Caprese salad (3,7)		Steamed rice Roasted red peppers in orange sauce House salad (3,6)		Roasted assorted peppers and onion Guacamole House salad (tomato, maize, carrot & boiled egg) (3)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		"Tres leches" (1,3,7) Seasonal fruit	

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

Use of organically produced legumes.



## Secondary menu Hypocaloric

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3 - ASIAN FRIDAY	
Rice & vegetables		Cauliflower tossed with extra olive oil & vinegar		Creamy pumpkin soup with croutons & cheese (1,3,7,12)		Whole grain pasta tossed with extra olive oil and spices (1,3,6,10)		Vegetable chop suey	
Grilled beef scallops		Grilled herby chicken fillet		Oven baked codfish (4)		Chicken fillet with fine herbs		Oriental chicken skewers	
Roasted potato (12) Ratatouille (eggplant, zucchini, peppers, tomato) Mixed salad with boiled eggs (3)		Roasted potato (12) Steamed rice Mixed salad		Roasted potato (12) Diced zucchini Mediterranean		Roasted potato (12) Roasted tomato with oregano Nicoise salad (3,7)		Rice Oriental salad tossed with homemade bittersweet sauce (6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	
13		14		8		9		10 - ARGENTINIAN FRIDAY	
Seasonal veggie stew		Organic lentils & vegetables		Green beans		Veggie "fideua" (1,3,6,10)		Chicken "locro"	
Herby hake fillet (4)		Grilled turkey goujons (1,3)		Grilled hake fillet (4)		Grilled salmon (4)		Grilled chicken fillet	
Sautéed mushrooms Rice basmati Tomato and tuna salad (4)		Sautéed green beans Eggplants minipizzas Green salad		Lentils salad Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10) Green salad tossed with cilantro dressing		Patata roast (12) Sautéed mushrooms Mediterranean salad (lettuce, tomato, onion & olives)		Grilled seasonal vegetables Wedges potatoes Mixed salad (3,4)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	
20		21		15		16		17 - AMERICAN FRIDAY 	
Creamy zucchini and leek soup (12)		Homemade veggie soup (9)		Veggie paella		Homemade chicken & veggies soup (1,3,6,10)		Mixed salad with chicken (no croutons, no sauce)	
Grilled herby hake fillet (4)		Grilled turkey fillet (7,10)		Grilled hake fillet (4)		Grilled codfish (4)		Grilled Beef hamburger (no bread, no cheese 6,10)	
Parsley rice Grilled tomato with olive oil & oregano Green apple salad		Roasted potato (12) Sautéed cauliflower House salad		Steamed Brussels sprout Grilled eggplant House salad		Veggie couscous (1,3,6,10) Roasted red peppers in orange sauce Greek salad (3,7)		Sautéed mushrooms Organic chickpeas & potato salad with "chimichurri" (12) American Coleslaw salad (3,6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	
27		28		22		23		24 - GREEK FRIDAY	
Grilled vegetables		Creamy vegetables soup (12)		Sautéed green beans		Organic white bean & veggie stew		Greek "Fasolakia"	
Grilled hake fillet (4)		Plain omelette (3)		Grilled hake fillet (4)		Grilled codfish (4)		Grilled herby chicken strips (1)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Russian salad (no mayo) Veggie couscous (1,3,6,10) Chef salad		Roasted tomato (12) Assorted of grilled vegetables Red berry salad		Deluxe potatoe (12) Roasted eggplant with oregano Grilled vegetables salad tossed with extra olive oil	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade carrot and cinnamon sponge cake Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	
31 - TEX MEX DAY		30		29		30		31 - TEX MEX DAY	
Grilled hake fillet (4)		Creamy vegetables soup (12)		Fussilli Napolitana (1,3,6,7,10)		Homemade chicken & veggies soup (1,3,6,10)		"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions, and extra virgin olive oil)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Grilled turkey fillet		Grilled pork loin with mushrooms		Grilled chicken fillet	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Rosemary potatoes (12) Assorted of grilled vegetables (green beans, pea, broad beans & carrots) Caprese salad (3,7)		Steamed rice Roasted red peppers in orange sauce House salad (3,6)		Roasted assorted peppers and onion Guacamole House salad (tomato, maize, carrot & boiled egg) (3)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	

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

Use of organically produced legumes.



**Secondary menu**  
**No beef, no pork**  
**March 2023**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		8		9		3 - ASIAN FRIDAY	
Rice with homemade tomato sauce		Pan seared cauliflower (1,2,4,6,7,12,14)		Creamy pumpkin soup with croutons & cheese (1,3,7,12)		Pasta shells napolitana (1,3,6,10)		Spring rolls (1,6)	
Baked battered cuttlefish with lemon (1,2,3,4,6,7,14)		Herby chicken fillet		Bilbao style Codfish (1,4)		Chicken fillet with fine herbs		Oriental chicken skewers	
Roasted potato (12) Ratatouille (eggplant, zucchini, peppers, tomato) Mixed salad with boiled eggs (3)		Roasted potato (12) Grilled seasonal vegetables Mixed salad		Roasted potato (12) Diced zucchini Mediterranean		Roasted potato (12) Roasted tomato with oregano Nicoise salad (3,7)		Vegetable chop suey Rice Oriental salad tossed with homemade bittersweet sauce (6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Bizcocho marmolado Seasonal fruit	
13		14		15		16		10 - ARGENTINIAN FRIDAY	
Seasonal veggie stew		Organic lentils & vegetables		Organic lentils & vegetables		Veggie "fideua" (1,3,6,10)		Organic chickpeas & potato salad with "chimichurri" (12)	
Herby hake fillet (4)		Spanish potato and onion "tortilla" (3,12)		Menière hake fillet (1,4,7)		Villarroy eggs (1,2,3,4,6,7,12,14)		Argentina style chicken casserole	
Sautéed mushrooms Rice basmati Tomato and tuna salad (4)		Sautéed green beans Eggplants minipizzas Green salad tossed with honey mustard dressing (10)		Green beans Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10) Green salad tossed with cilantro dressing		Patata roast (12) Sautéed mushrooms Mediterranean salad (lettuce, tomato, onion & olives)		Grilled seasonal vegetables Wedges potatoes Mixed salad (3,4)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Bizcocho casero con dulce de leche	
20		21		22		23		17 - AMERICAN FRIDAY	
Creamy zucchini and leek soup (12)		Homemade veggie soup (9)		Veggie paella		Organic white bean & veggie stew		Chicken Caesar salad & croutons (1,3,4,6,10)	
Herby hake fillet (4)		Zucchini omelette (3)		Grilled hake fillet (4)		Roasted chicken		Veggie hamburger (1,6,7,10)	
Parsley rice Grilled tomato with olive oil & oregano Green apple salad		Roasted potato (12) Sautéed cauliflower House salad		Steamed Brussels sprout Grilled eggplant House salad		Veggie couscous (1,3,6,10) Roasted red peppers in orange sauce Greek salad (3,7)		Sautéed mushrooms Deluxe potatoes (12) American Coleslaw salad (3,6)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Strawberry cheesecake (1,3,7) Seasonal fruit	
27		28		29		30		24 - GREEK FRIDAY	
Russian salad (Spanish potato salad: potato,tuna & vegetables salad) (3,4,6,12)		Creamy vegetables soup (12)		Potato and tuna salad with mayo (3,4,6)		Judías blancas ecológicas a la campesina		Greek "Fasolakia"	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Chicken in homemade sauce		Codfish in homemade tomato sauce (4)		Gyros sandwich with grilled tofu goujons (1,6)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Sautéed green beans Veggie couscous (1,3,6,10) Chef salad		Roasted tomato (12) Assorted of grilled vegetables Red berry salad		Deluxe potatoe (12) Roasted eggplant with oregano Grilled vegetables salad tossed with extra olive oil	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade carrot and cinnamon sponge cake Seasonal fruit		Dairy dessert (7) Seasonal fruit		Greek yoghourt & honey Seasonal fruit	
31		31		31		31		31 - TEX MEX DAY	
Russian salad (Spanish potato salad: potato,tuna & vegetables salad) (3,4,6,12)		Creamy vegetables soup (12)		Fussilli Napolitana (1,3,6,7,10)		Homemade chicken & veggies soup (1,3,6,10)		"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions, and extra virgin olive oil)	
Hake cooked with peppers (4)		Spanish potato & onion "tortilla" (3,12)		Grilled turkey fillet		Homemade tuna "empanada" (1,3,4)		Texmex chicken fajitas (1,6)	
Assorted of grilled vegetables Veggie couscous (1,3,6,10) Pineapple salad		Broccoli Sautéed mushrooms Mediterranean salad		Rosemary potatoes (12) Assorted of grilled vegetables (green beans, pea, broad beans & carrots) Caprese salad (3,7)		Steamed rice Roasted red peppers in orange sauce House salad (3,6)		Roasted assorted peppers and onion Guacamole House salad (tomato, maize, carrot & boiled egg) (3)	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Homemade custard with cookie (1,7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		"Tres leches" (1,3,7) Seasonal fruit	

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

Use of organically produced legumes.



## Secondary Vegan menu

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>6</b>		<b>7</b>		<b>1</b>		<b>2</b>		<b>3 - ASIAN FRIDAY</b>	
Rice with homemade tomato sauce		Homemade pan seared cauliflower		Creamy pumpkin soup with croutons (1,12)		Pasta shells napolitana (1,6,10)		Spring rolls (1,6)	
Veggie nuggets (1,6)		Herby tofu fillet (6)		Homemade veggie hamburger (peas protein) with onions (1)		Plain omelette (with chickpeas flour)		Seitan, bell pepper and onion skewers (1)	
Roasted potato (12)		Roasted potato (12)		Roasted potato (12)		Roasted potato (12)		Vegetable chop suey	
Ratatouille (eggplant, zucchini, peppers, tomato)		Grilled seasonal vegetables		Diced zucchini		Roasted tomato with oregano		Rice	
Mixed salad with boiled eggs (3)		Mixed salad		Mediterranean (no protein salad)		Salad (no proteina salad)		Oriental salad tossed with homemade bittersweet sauce (6)	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Veggie cake (1,6) Seasonal fruit	
<b>13</b>		<b>14</b>		<b>8</b>		<b>9</b>		<b>10 - ARGENTINIAN FRIDAY</b>	
Seasonal veggie stew		Organic lentils & vegetables		Organic lentils & vegetables		Veggie "fideua" (1,3,6,10)		Organic chickpeas & potato salad with "chimichurri" (12)	
Diced tofu in homemade tomato sauce		Spanish potato and onion "tortilla" (chickpeas flour,12)		Homemade veggie "empanada" (1) (spinach and carrots)		Plain omelette (with chickpeas flour)		Argentina style seitan casserole (1)	
Sautéed mushrooms		Sautéed green beans		Green beans		Patata roast (12)		Grilled seasonal vegetables	
Rice basmati		Eggplants minipizzas		Tabouleh salad (parsley, tomato, cucumber, onion, lemon) (1,3,6,10)		Sautéed mushrooms		Wedges potatoes	
Tomato and tuna salad (4)		Green salad		Green salad tossed with cilantro dressing		Mediterranean salad (lettuce, tomato, onion & olives)		Mixed salad (3,4)	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Soya dessert with cookie (1,6) Seasonal fruit		Soya dessert (6) fruit Seasonal		Veggie dessert (1,6) fruit Seasonal	
<b>20</b>		<b>21</b>		<b>15</b>		<b>16</b>		<b>17 - AMERICAN FRIDAY</b>	
Creamy zucchini and leek soup (12)		Homemade veggie soup (9)		Veggie paella		Organic white bean & veggie stew		Caesar salad & croutons (no chicken)	
Homemade veggie meatballs in homemade pomodoro sauce (peas protein) (1)		Zucchini omelette (with chickpea flour)		Homemade veggie croquettes (with vegetable drink)		Seitan & mushrooms (1)		Veggie hamburger (1,6,7,10)	
Parsley rice		Roasted potato (12)		Steamed Brussels sprout		Veggie couscous (1,3,6,10)		Sautéed mushrooms	
Grilled tomato with olive oil & oregano		Sautéed cauliflower		Grilled eggplant		Roasted red peppers in orange sauce		Deluxe potatoes (12)	
Green apple salad		House salad (no animal protein)		House salad		Greek salad (3,7)		American Coleslaw salad (3,6)	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Soya dessert with cookie (1,6) Seasonal fruit		Soya dessert (6) fruit Seasonal		Veggie dessert (1,6) fruit Seasonal	
<b>27</b>		<b>28</b>		<b>22</b>		<b>23</b>		<b>24 - GREEK FRIDAY</b>	
Potato & vegetables salad (12)		Creamy vegetables soup (12)		Potato and vegetables salad (no mayo)		Judías blancas ecológicas a la campesina		Greek "Fasolakia"	
Homemade seitan skewers (1)		Spanish potato & onion "tortilla" (3,12)		Sautéed diced tofu (6)		Seitan fillet with garlic (1)		Gyros sandwich with grilled tofu goujons (1,6)	
Assorted of grilled vegetables		Broccoli		Sautéed green beans		Roasted tomato (12)		Deluxe potatoe (12)	
Veggie couscous (1,6,10)		Sautéed mushrooms		Veggie couscous (1,3,10)		Assorted of grilled vegetables		Roasted eggplant with oregano	
Pineapple salad		Mediterranean salad		Chef salad (no animal protein)		Red berry salad		Grilled vegetables salad tossed with extra olive oil	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Veggie homemade carrot and cinnamon sponge cake (1,6) Seasonal fruit		Soya dessert (6) fruit Seasonal		Veggie dessert (1,6) fruit Seasonal	
<b>31</b>		<b>30</b>		<b>29</b>		<b>30</b>		<b>31 - TEX MEX DAY</b>	
Homemade seitan skewers (1)		Creamy vegetables soup (12)		Fussilli tossed with extra olive oil & albahaca (1,6,10)		Homemade veggies soup (1,6,10)		"Gallo Pinto" (Costa Rican style rice and beans cooked with bell peppers (green and red), tomato, cilantro, onions, and extra virgin olive oil)	
Assorted of grilled vegetables		Spanish potato & onion "tortilla" (3,12)		Grilled tofu fillet & garlic (6)		Homemade vegetables "empanada" (1: eggplant, bell pepper, onion and tomato)		Grilled veggie fajitas (1,6)	
Veggie couscous (1,6,10)		Broccoli		Rosemary potatoes (12)		Steamed rice		Roasted assorted peppers and onion	
Pineapple salad		Sautéed mushrooms		Assorted of grilled vegetables (green beans, pea, broad beans & carrots)		Roasted red peppers in orange sauce		Guacamole	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Caprese salad (3,7)		House salad (3,6)		House salad (tomato, maize, carrot & boiled egg) (3)	
Soya dessert (6) fruit Seasonal		Soya dessert (6) fruit Seasonal		Soya dessert with cookie (1,6) Seasonal fruit		Soya dessert (6) fruit Seasonal		Veggie dessert (1,6) fruit Seasonal	