



	FRIDAY
	1 - Chinese Friday
	Spring roll (1,6)
VEGETABLES	Sweet & sour style chicken (1,3,6)
PASTA, RICE, EGGS	Sweet & sour style seitan (1,6)
FISH	Special fried rice (3,6)
MEAT	Stir fried vegetables
DESSERT	"Oriental" salad
	Coconut cake (1,3)
	Seasonal fruit

1	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 dioside	Lupin	Molluscs

				Seasonal fruit			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	kcal 989,8 Líp 40,0 Prot 35,5 HdC 122			
4	5	6	7	8 - American FRIDAY			
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Pasta Alfredo (1,3,6,7,10)	Beans soup with vegetables & "chorizo" (12)	Sautéed vegetables	Caesar salad (1,3,4,6,7,10)			
"Cordon Blue" (1,3,6,7)	Herby chicken fillet	Spanish potato and onion omelette (3,12)	Meatballs cooked in sauce (1,6,7,,12)	Grilled veal hamburguer with bacon, tomato slice, lettuce, caramelized onion & cheese (1,3,6,7,12)			
Aubergine rolls with veggie bolognese and vegetables (6)	Roasted vegetables & seitan "tacos" (1,6)	Grilled salmon (4)	Veggie meatballs (9,12,6)	Veggie hamburguer (1,6,12)			
Mushrooms and bacon	Cuscus (1,6,10)	Diced potatoes (12)	Garlic pasta (1,3,6,10)	Deluxe potato (12)			
Steamed potatoes (12)	Grilled seasonal vegetables	Fried peppers	Sauté onion, mushrooms and carrots	Coleslaw salad (3,6)			
Salad	Greek salad (3,7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Onion rings and sauce (Rancha) (1,2,3,4,6,8,9,10)			
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Strawberry Cheese cake (1,3,7)			
kcal 1102,1 Líp 33,0 Prot 26,9 HdC 174	kcal 765,7 Lip 34,8 Prot 31,2 HdC 82	kcal 695,3 Líp 20,4 Prot 26,4 HdC 102	kcal 681,2 Líp 27,3 Prot 27,3 HdC 82	kcal 958,1 Líp 48,2 Prot 55,5 HdC 76			
11	12	13	14	15 CENTRAL America			
Beef Poultry soup (1,3,6,10)	Organic lentils soup with vegetables (12)	Pasta Farfalle in sauce (1,3,6,7,10)	Creamy of zucchini and leeks with croutons (1,12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)			
Pork skewers	Garlic hake fillet & parsley (grilled) (4)	Tofu & vegetables wok with chilli sauce (6)	Lean pork å tomato	Chicken "quesadilla" with caramelized onion (1)			
Veggie crorquettes (6,9,12)	Vegetarian bean burger & caramelized onion (1,6)	Homemade chicken milanese (1,3,7)	Falafel (1,6)	Veggie "quesadilla" with caramelized onion (1,6)			
	Assorted croquettes (1,2,3,4,6,7,12,14)						
Roast potatoes (12)	Diced zucchini	Grilled seasonal vegetables	Steamed rice	Roast peppers			
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Deluxe potatoes (12)	Sautéed mushrooms	"Guacamole"			
Four season salad with honey -mustard vinaigrette	Capresse salad (3,7)	"Pipirrana"	Apple salad with cocktail sauce (3,6)	House salad (3,4)			
Dairy dessert (7)	Dairy dessert (7)	Dairy dessert (7)	Dairy dessert (7)	Homemade cake (1,3,7)			
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit			
kcal 695,3 Lip 20,4 Prot 26,4 HdC 102	kcal 765,7 Lip 34,8 Prot 31,2 HdC 82	kcal 1102,1 Lip 33,0 Prot 26,9 HdC 174	kcal 681,2 Lip 27,3 Prot 27,3 HdC 82 21 - WINNING RECIPES - MALEK 7Y	kcal 958,1 Lip 48,2 Prot 55,5 HdC 76			
Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)	"Riojana" style potato casserole (with "chorizo") (12)	"Cocido" soup (1,3,6,10)	Vegetarian Kibbeh (1,12)	Vegetable wok & soya (6)			
"Villarroy" eggs (1,2,3,4,6,7,12,14)	Turkey ragout with mushrooms	Assorted "cocido" meat & poultry	Chicken Shawarma bowl (7)	Katsu chicken fillet served with Japanese inspired curry sau			
		Abber fed Cooled mean of pointy					
Chicken skewers (grilled)	Vegetable "Pakoras"	Vegetarian "cocido" (1,6,10)	Shawarma legumes bowl (6)	Katsu tofu served with curry sauce (1,6,10,12)			
Stir fry vegetables	Vegetables in "tempura" (1)	Roasted sweet potato	Paprika roast potatoes (12)	Steamed rice			
Diced potatoes (12)	Steamed rice	Roasted tomato & oregano	Sautèed carrot and mushrooms	Baby carrots			
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad tossed with cocktail sauce (3,6)	Tabouli salad (1,6,10)	Apple Salad with honey and mustard sauce (10)			
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade cake (1,3,7) Seasonal fruit			
kcal 727,5 Líp 25,7 Prot 26,4 HdC 98	kcal 693,6 Líp 17,7 Prot 45,8 HdC 88	kcal 770,0 Líp 20,6 Prot 26,8 HdC 119	kcal 842,3 Líp 45,0 Prot 45,9 HdC 63	kcal 996,9 Líp 50,8 Prot 54,0 HdC 81			
25	26	27	28	29			
EASTER	EASTER	EASTER	EASTER	EASTER			
kcal Líp Prot HdC	kcal Líp Prot HdC	kcal Líp Prot HdC	kcal Lip Prot HdC	kcal Líp Prot HdC			



Secondary menu - Gluten free - March 2024

SCHOOL				FRIDAY	
				1 - Chinese Friday	
				<u>Stir fried vegetables</u>	
			VEGETABLES PASTA, RICE, EGGS	Sweet & sour style chicken (corn flour) (3,6)	
			FISH	Special fried rice (3,6)	
1 2 3 4 5 6	7 8 9 10 11 12	13 14	MEAT	White asparagus	
Gluten Crustaceans Eggs Fish Peanut Soya	Milk Tree rute Celeny Mustand Secone Sulphur	Lupin Molluscs	DESSERT	"Oriental" salad	
	dioside			Homemade dessert (allergen free)	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Seasonal fruit	
4	5	6	7	8 - American FRIDAY	
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Pasta (allergen free) Alfredo (3,7)	Beans soup with vegetables & "chorizo" (12)	Sautéed vegetables	Caesar salad (3,4,6,7,10). Gluten free croutons.	
Aubergine rolls with veggie bolognese and vegetables (6)	Herby chicken fillet	Grilled salmon (4)	Meatballs (non allergen) cooked in sauce	Grilled veal hamburguer with bacon, tomato slice, lettuce, caramelized onion & cheese (3,7; gluten free bread)	
Mushrooms and bacon	Cuscus (gluten free)	Diced potatoes (12)	Garlic pasta (allergen free)	Deluxe potato (12)	
Steamed potatoes (12)	Grilled seasonal vegetables	Fried peppers	Sauté onion, mushrooms and carrots	Coleslaw salad (3,6)	
Salad	Greek salad (3,7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Homemade Onion rings	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (allergen free) Seasonal fruit	
11	12	13	14	15 CENTRAL America	
Beef Poultry soup (allergen free noodles)	Organic lentils soup with vegetables (12)	Non allergen pasta alla Napolitana (aubergine, tomato, garlic, pepper)	Creamy of zucchini and leeks with croutons (gluten free) (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)	
Pork skewers	Garlic hake fillet & parsley (grilled) (4)	Homemade chicken milanese (gluten free,3,7)	Lean pork å tomato	Chicken "quesadilla" (gluten free) with caramelized onion	
Roast potatoes (12)	Diced zucchini	Grilled seasonal vegetables	Steamed rice	Roast peppers	
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Deluxe potatoes (12)	Sautéed mushrooms	"Guacamole"	
Four season salad with honey -mustard vinaigrette	Capresse salad (3,7)	"Pipirrana"	Apple salad with cocktail sauce (3,6)	House salad (3,4)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (allergen free) Seasonal fruit	
18	19	20	21 - WINNING RECIPES - MALEK 7Y	22 - Japanese Friday	
Macaronni (gluten free) with homemade tomato sauce & cheese (3,7)	"Riojana" style potato casserole (with "chorizo") (12)	Cocido soup (gluten free noodles)	Vegetarian Kibbeh (gluten free adapted, 12)	Vegetable wok & soya (6)	
Chicken skewers (grilled)	Turkey ragout with mushrooms	Assorted "cocido" meat & poultry	Chicken Shawarma bowl (7)	Katsu chicken fillet served with Japanese inspired curry sauce	
Stir fry vegetables	Vegetables in "tempura" (corn flour)	Roasted sweet potato	Paprika roast potatoes (12)	Steamed rice	
Diced potatoes (12)	Steamed rice	Roasted tomato & oregano	Sautèed carrot and mushrooms	Baby carrots	
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad tossed with cocktail sauce (3,6)	Tabouli salad (gluten free adapted)	Apple Salad with honey and mustard sauce (10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (allergen free) Seasonal fruit	
25	26	27	28	29	
EASTER	EASTER	EASTER	EASTER	EASTER	





FRIDAY 1 - Chinese Friday Spring roll (1.6) Sweet & sour style chicken (1.3,6) Special fried rice (3,6) Stir fried vegetables "Oriental" salad Coconut cake (1.3) Seasonal fruit 8 - American FRIDAY Caesar salad (1.3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6) Onion rings and sauce (Rancha) (1,2,3,4,6,8,9,10)	
Spring roll (1,6) Sweet & sour style chicken (1,3,6) Special fried rice (3,6) Stir fried vegetables "Oriental" salad Coconut coke (1,3) Seasonal fruit 8 - American FRIDAY Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Colestaw salad (3,6)	
Sweet & sour style chicken (1,3,6) Special fried rice (3,6) Stir fried vegetables "Oriental" salad Coconut coke (1,3) Seasonal fruit 8 - American FRIDAY Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6)	
Special fried rice (3,6) Stir fried vegetables "Oriental" salad Coconut cake (1,3) Seasonal fruit 8 - American FRIDAY Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6)	
Stir fried vegetables "Oriental" salad Coconut coke (1,3) Seasonal fruit 8 - American FRIDAY Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6)	
Seasonal fruit 8 - American FRIDAY Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Caleslaw salad (3,6)	
Caesar salad (1,3,4,6,7,10) Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6)	
Veggie hamburguer (1,6,12) Deluxe potato (12) Coleslaw salad (3,6)	
Deluxe potato (12) Coleslaw salad (3,6)	
Coleslaw salad (3,6)	
Onion rings and sauce (Rancha) (1,2,3,4,6,8,9,10)	
Strawberry Cheese cake (1,3,7)	
15 CENTRAL America	
"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)	
Chicken "quesadilla" with caramelized onion (1)	
Roast peppers	
"Guacamole"	
House salad (3,4)	
Homemade cake (1,3,7) Seasonal fruit	
22 - Japanese Friday	
Vegetable wok & soya (6)	
tsu chicken fillet served with Japanese inspired curry sauce	
Steamed rice	
R -tt-	
Baby carrots	
Baby carrots Apple Salad with honey and mustard sauce (10)	

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 dioside	Lupin	Molluscs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Seasonal fruit
4	5	6	7	8 - American FRIDAY
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Pasta Alfredo (1,3,6,7,10)	Beans soup with vegetables & "chorizo" (12)	Sautéed vegetables	Caesar salad (1,3,4,6,7,10)
Aubergine rolls with veggie bolognese and vegetables (6)	Herby chicken fillet	Spanish potato and onion omelette (3,12)	Veggie meatballs (9,12,6)	Veggie hamburguer (1,6,12)
Sautèed mushrooms	Cuscus (1,6,10)	Diced potatoes (12)	Garlic pasta (1,3,6,10)	Deluxe potato (12)
Steamed potatoes (12)	Grilled seasonal vegetables	Fried peppers	Sauté onion, mushrooms and carrots	Coleslaw salad (3,6)
Salad	Greek salad (3,7)	Mediterranean salad (3,4)	"Murcia" style salad (3,4)	Onion rings and sauce (Rancha) (1,2,3,4,6,8,9,10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Strawberry Cheese cake (1,3,7)
11	12	13	14	15 CENTRAL America
Beef Poultry soup (1,3,6,10)	Organic lentils soup with vegetables (12)	Pasta Farfalle in sauce (1,3,6,7,10)	Creamy of zucchini and leeks with croutons (1,12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Veggie crorquettes (6.9.12)	Garlic hake fillet å parsley (grilled) (4)	Homemade chicken milanese (1,3,7)	Falafel (1,6)	Chicken "quesadilla" with caramelized onion (1)
Roast potatoes (12)	Diced zucchini	Grilled seasonal vegetables	Steamed rice	Roast peppers
Aubergine, tomato and cheese mini pizzas (3,7)	Diced potatoes (12)	Deluxe potatoes (12)	Sautéed mushrooms	"Guacamole"
Four season salad with honey -mustard vinaigrette	Capresse salad (3,7)	"Pipirrana"	Apple salad with cocktail sauce (3,6)	House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade cake (1,3,7) Seasonal fruit
18	19	20	21 - WINNING RECIPES - MALEK 7Y	22 - Japanese Friday
Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)	Potato & spinach casserole (12)	Vegetables soup (1,3,6,10)	Vegetarian Kibbeh (1,12)	Vegetable wok & soya (6)
"Villarroy" eggs (1,2,3,4,6,7,12,14)	Turkey ragout with mushrooms	Vegetarian "cocido" (1,6,10)	Chicken Shawarma bowl (7)	Katsu chicken fillet served with Japanese inspired curry sauce
Stir fry vegetables	Vegetables in "tempura" (1)	Roasted sweet potato	Paprika roast potatoes (12)	Steamed rice
Diced potatoes (12)	Steamed rice	Roasted tomato & oregano	Sautèed carrot and mushrooms	Baby carrots
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad tossed with cocktail sauce (3,6)	Tabouli salad (1,6,10)	Apple Salad with honey and mustard sauce (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade cake (1,3,7) Seasonal fruit
25	26	27	28	29
EASTER	EASTER	EASTER	EASTER	EASTER

Secondary menu - vegetarian - March 2024



2

Crustaceans

1

Gluten

4

Fish

5

Peanut

6 Soya

3

Eggs

MONDAY 4 Soupy rice with vegetables

Aubergine rolls with veggie bolognese and vegetables (6) Mushrooms and bacon Steamed potatoes (12) Salad Dairy dessert (7) Seasonal fruit Homemade minestrone soup with noodles (1,3,6,10)

Veggie crorquettes (6,9,12)

Roast potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four season salad with honey -mustard vinaigrette Dairy dessert (7) Seasonal fruit 18 Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)

"Villarroy" eggs (1,2,3,4,6,7,12,14)

Stir fry vegetables Diced potatoes (12) Salad with red-berries vinagreite (12) Dairy dessert (7) Seasonal fruit 25

EASTER

										FRIDAY		
										1 - Chinese Friday		
										Spring roll (1,6)		
7	8	9	10	11	12	13	14		VEGETABLES PASTA, RICE, EGGS FISH MEAT	Sweet & sour style seitan (1.6) Special fried rice (peas, corns, carrots) Stir fried vegetables		
	•				Sulphur		14		DESSERT	"Oriental" salad		
мпк	Tree nuts	Celery	Mustord SDAY	Sesame	dioside	Lupin	Molluscs	WEDNESDAY	THURSDAY	Coconut cake (1,3) Seasonal fruit		
		101	5				_	6	7	8 - American FRIDAY		
Pa	sta with	tomata sa	uce and ch	eese (1 3	6 7 10)			Beans soup with vegetables (12)	Sautéed vegetables	Coleslaw salad (3,6)		
	sia wiin	Tomato sa		eese (1,5,	0,7,10)			Dealis soup with regenuies (12)	Guireed regenaties	Colearum Surda (5,6)		
	Roasted vegetables & seitan "tacos" (1,6)				Sp	anish potato and onion omelette (3,12)	Veggie meatballs (9,12,6)	Veggie hamburguer (1,6,12)				
		Cusc	us (1,6,10)					Diced potatoes (12)	Garlic pasta (1,3,6,10)	Deluxe potato (12)		
	0		sonal vegeta					Fried peppers	Sauté onion, mushrooms and carrots	White asparagus		
			salad (3,7)				/	Nediterranean salad (no animal protein)	"Murcia" style salad (3,4)	Onion rings and sauce (Rancha) (1,2,3,4,6,8,9,10)		
			dessert (7) sonal fruit					Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Strawberry Cheese cake (1,3,7)		
			12					13	14	15 CENTRAL America		
	Organic	rganic lentils soup with vegetables (12) Pasta Farfalle "alla Norma" (aubergine, tomato_garlic_pepper). (16.10)				ista Farfall		Creamy of zucchini and leeks with croutons (1,12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)			
Veg	Vegetarian bean burger & caramelized onion (1.6)				Tof	a & vegetables wok with chilli sauce (6)	Falafel (1,6)	Veggie "quesadilla" with caramelized onion (1,6)				
		Dice	d zucchini					Grilled seasonal vegetables	Steamed rice	Roast peppers		
		Diced p	otatoes (12)				Deluxe potatoes (12)	Sautéed mushrooms	"Guacamole"		
		Capress	e salad (3,7	7)				"Pipirrana"	Apple salad with cocktail sauce (3,6)	House salad (3,4)		
			dessert (7) sonal fruit					Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade cake (1,3,7) Seasonal fruit		
			19					20	21 - WINNING RECIPES - MALEK 7Y	22 - Japanese Friday		
	Pot	tato & spin	lach casser	<u>ole (12)</u>				<u>Vegetables soup (1,3,6,10)</u>	Vegetarian Kibbeh (1,12)	Vegetable wok & soya (6)		
	Vegetable "Pakoras"			Vegetable "Pakoras" Vegetarian "cocido" (1,6,10)				Pakoras" Vegetarian "cocido" (1,6,10) Shawarma legumes bowl (6)				Katsu tofu served with curry sauce (1.6.10.12)
		Vegetables	in "tempur	a" (1)				Roasted sweet potato	Paprika roast potatoes (12)	Steamed rice		
		Stee	amed rice					Roasted tomato & oregano	Sautèed carrot and mushrooms	Baby carrots		
		Veg	gie salad				Salad	tossed with cocktail sauce (3,6). NO chicken	Tabouli salad (1,6,10)	Apple Salad with honey and mustard sauce (10)		
			dessert (7) sonal fruit					Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade cake (1,3,7) Seasonal fruit		
		560	26					27		Seasonal Truit		
		EA	STE	R				EASTER	EASTER	EASTER		



Secondary menu - Low in calories - Marzo 2024

	VIERNES
	1 - Chinese Friday
VERDURAS	Stir fried vegetables
PASTA, ARROZ, HUEVOS	
PESCADO	Filete de pollo a la plancha
CARNE	
POSTRES	Special fried rice (peas, corns, carrots)
	"Oriental" salad

VIERNES 1 - Chinese Friday Stir fried vegetables

 1
 2
 9
 4
 5
 6
 7
 8
 9
 10
 11
 12
 13
 14

 Gluten
 Crustdiceos
 Huevos
 Pescado
 Cacohuete
 Soja
 Leche
 Fruitos de cóscara
 Apio
 Mostaza
 Sésamo
 Sulfitos
 Altranuces
 Molusceos

			PUSTRES	Special Theo fice (peas, corns, carrors)
				"Oriental" salad
LUNES	MARTES	MIÉRCOLES	JUEVES	Dairy dessert (7) Seasonal fruit
4	5	6	7	8 - American FRIDAY
Sautéed mushrooms	Grilled seasonal vegetables	Mediterranean salad (3,4)	Sautéed vegetables	Ensalada de pollo (sin salsa césar ni croutons
Grilled pork loin	Herby chicken fillet	Grilled salmon (4)	Scrambled eggs with mushrooms (3)	<u>Grilled fish fillet (4)</u>
			Sauté onion, mushrooms and carrots	Coleslaw salad (no sauce)
Salad	Greek salad (3,7)	Fried peppers	"Murcia" style salad (3,4)	White asparagus
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
11	12	13	14	15 CENTRAL America
Beef Poultry soup (without noodles)	Diced zucchini	Grilled seasonal vegetables	Creamy of zucchini and leeks (12)	House salad (3,4)
Plain omelette (3)	Garlic hake fillet å parsley (grilled) (4)	Chicken fillet in lemon sauce	Grilled pork loin	Chicken fillet with caramelized oniion
Aubergine, tomato and cheese mini pizzas (3,7)	White asparagus	White asparagus	Sautéed mushrooms	"Guacamole"
our season salad with honey -mustard vinaigrette	Capresse salad (3,7)	"Pipirrana"	Apple salad with cocktail sauce (3,6)	Roast peppers
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
18	19	20	21	22 - Japanese Friday
Stir fry vegetables	Grilled seasonal vegetables	Roasted tomato & oregano	Sautéed carrot and mushrooms	Vegetable wok & soya (6)
Chicken skewers (grilled)	Turkey ragout with mushrooms	Tuna omelette (3,4)	Grilled fish fillet (4)	Grilled chicken fillet
Salad with red-berries vinagreite (12)	Mediterranean salad (3,4)	Chicken salad (no sauce)	Tabouli salad (1,6,10)	Apple Salad with honey and mustard sauce (10
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
25	26	27	28	29
EASTER	EASTER	EASTER	EASTER	EASTER