

Secondary menu - May 2024

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

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

WEDNESDAY		THURSDAY		FRIDAY																																			
1		2		3																																			
OFFICIAL HOLIDAYS		OFFICIAL HOLIDAYS		NOT A SCHOOL DAY																																			
6		7		8																																			
MONDAY		TUESDAY		10 - TURKISH FRIDAY																																			
Rice with homemade tomato sauce		Organic lentils soup & vegetables		Aggie e olio tagliatelle (1,3,6,10)																																			
Veal meatballs in sauce with vegetables (1,6,7,12)		Spanish potato omelette (3)		Fried Calamari andalusian style (1,14)																																			
Vegan meatballs with vegetables (6,9,12)		Seitan & roasted vegetables fajitas (1,6)		Stuffed courgette with peas or soya proteina & vegetables (1,6)																																			
Roasted potatoes (12)		Diced zucchini		Baked potato (12)																																			
Aubergine, tomato and cheese minipizzas (7)		Sautéed mushrooms		White asparagus with mayo (3,6)																																			
Four season salad & honey-mustard sauce		Capresse salad (3,7)		"Pipirrana" salad																																			
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit																																			
kcal	926,4	Lip	42,7	Prot	26,1	HdC	110	kcal	809,0	Lip	33,0	Prot	45,7	HdC	81	kcal	817,8	Lip	59,8	Prot	33,0	HdC	37	kcal	631,8	Lip	24,4	Prot	20,2	HdC	83	kcal	1118,0	Lip	66,4	Prot	68,8	HdC	65
13		14		15		16		17 - INDIAN FRIDAY																															
Pasta Salad (1,3,6,10)		"Cocido" soup (1,3,6,10)		OFFICIAL HOLIDAY		"Senoret" style rice (2,4,14)		"Raita" salad (tomato, onion, cucumber and yoghurt salad) (7)																															
Marinated pork loin (Assorted "cocido" meat & poultry				Codfish on pisto bed (4)		Chicken Curry (1,3,7)																															
Vegan ben burger with caramelized onion (1,6)		Vegan "cocido" (1,6,10)				Cheese omelette (3)		Tofu Curry (1,6)																															
Broccoli & garlic		Green beans				Veal burger		Aubergine fingers & honey (1)																															
Roasted diced potato (12)		Roasted tomato with oregano		Delux potatoes		Steamed rice																																	
"Panzanella" salad (1)		Mediterranean salad (3,4)		Hummus with carrot crudittes		Spinach salad																																	
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Lemon sponge cake (1,3,7) Seasonal fruit																															
kcal	662,8	Lip	25,3	Prot	28,3	HdC	81	kcal	857,9	Lip	30,4	Prot	34,5	HdC	111	kcal		Lip		Prot		HdC		kcal	979,0	Lip	46,8	Prot	46,8	HdC	91	kcal	1080,0	Lip	63,0	Prot	59,1	HdC	63
20		21		22		23		24 - MEXICAN FRIDAY																															
Pirata macaronni (with tomato sauce and cream) (1,3,6,7,10)		Potato and vegetable salad with mayonnaise (3,4,6)		Córdoba style "salmorejo" (1,3,6,12)		Organic beans soup & vegetables		MEXICAN style rice																															
Pork skewer		Grilled salmon and tarragon (4)		Meat pie		Breaded hake fillet (1,3,4)		Chicken and roasted vegetables fajitas (1)																															
Stuffed aubergine with mushroom and peas or soya protein (6)		Grilled chicken fillet		Vegan vegetable pie		Vegetables pakoras		Seitan and roasted vegetables fajitas(1,6)																															
Diced potatoes (12)		Pilaf style rice (with vegetables)		Pasta salad (1,3,6,10)		Roasted potato (12)		Onion rings (1,2,3,4,6,8,9,10)																															
Sautéed mushrooms		Sautéed peas		Escalivada (roasted vegetables)		Grilled zucchini and spices		"Guacamole"																															
Salad with hard-boiled egg (3)		Murcian style salad (3,4,12)		Asparagus with mayo (3,6)		Cus-cus (1,6,10)		"Pico de Galle" salad																															
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Coconut & cocoa cake pops (1,3,5,6,7,8,10,11,12) Seasonal fruit																															
kcal	1041,0	Lip	35,1	Prot	57,4	HdC	132	kcal	1004,6	Lip	66,3	Prot	40,7	HdC	107	kcal	688,2	Lip	27,9	Prot	37,7	HdC	72	kcal	675,2	Lip	21,0	Prot	23,2	HdC	98	kcal	771,0	Lip	31,1	Prot	36,6	HdC	91
27		28		29		30		31 - ITALIAN FRIDAY																															
Organic lentils soup and vegetables (12)		Gazpacho (cold tomato soup) (1,12)		Chicken and vegetable "paella"		Cold creamy leek soup (7,12)		Siciliana spaguetts (1,3,6,10)																															
Spanish potato omelette (3)		Chicken in apple sauce and onion		Veal hamburger & tomato sauce (1,6,7,12)		"Raxo galleg" (grilled diced pork and peppers) (12)		Chicken milanese with cheese (breaded chicken fillet and cheese) (1,3,7)																															
Vegan croquettes		Stuffed potato with veggie bolognese (1,6,12)		"Caponata style" salmon (grilled salmon on ratatouille bed) (4)		Homemade bean hamburger with caramelized onion (1,6)		Italian "Bruschetta" with roasted vegetables (1)																															
Sautéed mushrooms		Cus-cus (1,6,10)		Roasted potato (12)		Pasta Salad (1,3,6,10)		Provenzal vegetables																															
Garlic bread (1,7)		Grilled seasonal vegetables		Diced zucchini		Grilled vegetables		Green salad																															
Hase salad		Greek salad (3,7)		Salad with honey and mustard vinaigrette (10)		Nicoisse salad (3,7)		Rosemary potatoes (12)																															
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Tiramisú (1,3,7) Seasonal fruit																															
kcal	809,0	Lip	33,0	Prot	45,7	HdC	81	kcal	757,2	Lip	27,4	Prot	41,5	HdC	86	kcal	741,5	Lip	21,7	Prot	32,1	HdC	105	kcal	799,0	Lip	40,8	Prot	42,6	HdC	72	kcal	1085,0	Lip	73,1	Prot	55,5	HdC	50



Secondary menu - No pork meat - May 2024

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

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

MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY						
6							7							8							9							10 - TURKISH FRIDAY						
Rice with homemade tomato sauce							Organic lentils soup & vegetables							Aggio e olio tagliatelle (1,3,6,10)							Sautéed vegetables							Turkish salad (fresh tomato salad, onion, olives slices, lemon juice, olive oil and a fine touch of pepper)						
Vegan meatballs with vegetables (6,9,12)							Spanish potato omelette (3)							Fried Calamari andalusian style (1,14)							Falafel & yoghurt sauce (1,6,7)							Veggie Kebab (Pita bread, yoghurt sauce) (1,6,7)						
Roasted potatoes (12) Aubergine, tomato and cheese minipizzas (7) Four season salad & honey-mustard sauce							Diced zucchini Sautéed mushrooms "Pipirrana" salad (3,7)							Baked potato (12) White asparagus with mayo (3,6) "Pipirrana" salad							Steamed rice Sautéed mushrooms Apple salad with cocktail sauce (3,6)							Spiced deluxe potatoes Sautéed peppers and onion Chef salad						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Greek yogurt with honey (7) Seasonal fruit						
13							14							15							16							17 - INDIAN FRIDAY						
Pasta Salad (1,3,6,10)							Vegetables soup & noodles (1,3,6,10)							OFFICIAL HOLIDAY							"Senyoret" style rice (2,4,14)							"Raita" salad (tomato, onion, cucumber and yoghurt salad) (7)						
Vegan ben burger with caramelized onion (1,6)							Vegan "cocido" (1,6,10)														Codfish on pisto bed (4)							Chicken Curry (1,3,7)						
Broccoli & garlic Roasted diced potato (12) "Panzanella" salad (1)							Green beans Roasted tomato with oregano Mediterranean salad (3,4)														Delux potatoes Hummus with carrot crudittes Tabouleh (1,6,10)							Aubergine fingers & honey (1) Steamed rice Spinach salad						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit														Dairy dessert (7) Seasonal fruit							Lemon sponge cake (1,3,7) Seasonal fruit						
20							21							22							23							24 - MEXICAN FRIDAY						
Pirata macaronni (with tomato sauce and cream) (1,3,6,7,10)							Potato and vegetable salad with mayonnaise (3,4,6)							Córdoba style "salmorejo" (1,3,6,12)							Organic beans soup & vegetables							MEXICAN style rice						
Stuffed aubergine with mushroom and peas or soya protein (6)							Spinach and cheese quiche (1,3,7)							Vegan vegetable pie							Breaded hake fillet (1,3,4)							Chicken and roasted vegetables fajitas (1)						
Diced potatoes (12) Sautéed mushrooms Salad with hard-boiled egg (3)							Pilaf style rice (with vegetables) Sautéed peas Murcian style salad (3,4,12)							Pasta salad (1,3,6,10) Escalivada (roasted vegetables) Asparagus with mayo (3,6)							Roasted potato (12) Grilled zucchini and spices Cus-cus (1,6,10)							Onion rings (1,2,3,4,6,8,9,10) "Guacamole" "Pico de Galle" salad						
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						
27							28							29							30							31 - ITALIAN FRIDAY						
Organic lentils soup and vegetables (12)							Gazpacho (cold tomato soup) (1,12)							Chicken and vegetable "paella"							Cold creamy leek soup (7,12)							Siciliana spaguettis (1,3,6,10)						
Spanish potato omelette (3)							Chicken in apple sauce and onion							"Caponata style" salmon (grilled salmon on ratatouille bed) (4)							Homemade bean hamburger with caramelized onion (1,6)							Chicken milanese with cheese (breaded chicken fillet and cheese) (1,3,7)						
Sautéed mushrooms Garlic bread (1,7) Hose salad							Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (3,7)							Roasted potato (12) Diced zucchini Salad with honey and mustard vinaigrette (10)							Pasta Salad (1,3,6,10) Grilled vegetables Nicoisse salad (3,7)							Provenzal vegetables Green salad Rosemary potatoes (12)						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Tiramisú (1,3,7) Seasonal fruit						



Secondary menu - gluten free - May 2024

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

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

MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY						
6							7							8							9							10 - TURKISH FRIDAY						
Rice with homemade tomato sauce							Organic lentils soup & vegetables							Aggio e olio tagliatelle (1,3,6,10)							Sautéed vegetables							Turkish salad (fresh tomato salad, onion, olives slices, lemon juice, olive oil and a fine touch of pepper)						
Homemade meatballs (allergen free) in sauce with vegetables							Spanish potato omelette (3)							Fried Calamari andalusian style (corn flour, 14)							Pork lean & tomato sauce							Chicken "Kebab" (gluten free bread, yoghurt sauce) (7)						
Roasted potatoes (12) Aubergine, tomato and cheese minipizzas (7) Four season salad & honey-mustard sauce							Diced zucchini Sautéed mushrooms Caprese salad (3,7)							Baked potato (12) White asparagus with mayo (3,6) "Pipirrana" salad							Steamed rice Sautéed mushrooms Apple salad with cocktail sauce (3,6)							Spiced deluxe potatoes Sautéed peppers and onion Chef salad						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Greek yogurt with honey (7) Seasonal fruit						
13							14							15							16							17 - INDIAN FRIDAY						
Pasta Salad (allergen free pasta)							"Cocido" soup (allergen free noodles)							OFFICIAL HOLIDAY							"Senyoret" style rice (2,4,14)							"Raita" salad (tomato, onion, cucumber and yoghurt salad) (7)						
Marinated pork loin							Assorted "cocido" meat & poultry														Codfish on pisto bed (4)							Chicken Curry (gluten free,3,7)						
Broccoli & garlic Roasted diced potato (12) "Panzanella" salad (gluten free bread)							Green beans Roasted tomato with oregano Mediterranean salad (3,4)														Delux potatoes Hummus with carrot crudittes Tabouleh (gluten free)							Aubergine fingers & honey (corn flour) Steamed rice Spinach salad						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit														Dairy dessert (7) Seasonal fruit							Lemon sponge cake (gluten free,3,7) Seasonal fruit						
20							21							22							23							24 - MEXICAN FRIDAY						
Pirata macaronni (gluten free) (with tomato sauce and cream) (7)							Potato and vegetable salad with mayonnaise (3,4,6)							Córdoba style "salmorejo" (gluten free bread,3,6,12)							Organic beans soup & vegetables							MEXICAN style rice						
Pork skewer							Grilled salmon and tarragon (4)							Potato and onion omelette (3)							Breaded hake fillet (corn flour, 4)							Chicken and roasted vegetables fajitas (1) Seitan and roasted vegetables fajitas(1,6)						
Diced potatoes (12) Sautéed mushrooms Salad with hard-boiled egg (3)							Pilaf style rice (with vegetables) Sautéed peas Murcian style salad (3,4,12)							Pasta salad (gluten free pasta) Escalivada (roasted vegetables) Asparagus with mayo (3,6)							Roasted potato (12) Grilled zucchini and spices Cus-cus (rice salad)							Homemade onion rings "Guacamole" "Pico de Galle" salad						
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						
27							28							29							30							31 - ITALIAN FRIDAY						
Organic lentils soup and vegetables (12)							Gazpacho (cold tomato soup) (gluten free,12)							Chicken and vegetable "paella"							Cold creamy leek soup (7,12)							Siciliana gluten free spaguettis						
Spanish potato omelette (3)							Chicken in apple sauce and onion							"Caponata style" salmon (grilled salmon on ratatouille bed) (4)							"Raxo galleg" (grilled diced pork and peppers) (12)							Chicken milanese with cheese (breaded chicken fillet and cheese) (gluten free,3,7)						
Sautéed mushrooms Garlic bread (gluten free, 7) Hose salad							Cus-cus (rice salad) Grilled seasonal vegetables Greek salad (3,7)							Roasted potato (12) Diced zucchini Salad with honey and mustard vinaigrette (10)							Pasta Salad (allergen free pasta) Grilled vegetables Nicoisse salad (3,7)							Provenzal vegetables Green salad Rosemary potatoes (12)						
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Gluten free "iramisi" Seasonal fruit						



Secondary menu - low calories - May 2024

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

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

WEDNESDAY	THURSDAY	FRIDAY
1	2	3
OFFICIAL HOLIDAYS	OFFICIAL HOLIDAYS	NOT A SCHOOL DAY
8	9	10 - TURKISH FRIDAY
White asparagus	Sautéed vegetables	Turkish salad (fresh tomato salad, onion, olives slices, lemon juice, olive oil and a fine touch of pepper)
Grilled calamari & garlic (14)	Zucchini omelette (3)	Grilled chicken fillet
Pasta salad (1,3,6,10)	Sautéed mushrooms	Sautéed peppers and onion
"Pipirrana" salad	Apple salad with cocktail sauce (3,6)	Chef salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
15	16	17 - INDIAN FRIDAY
OFFICIAL HOLIDAY	"Senyoret" style rice (2,4,14)	"Raita" salad (tomato, onion, cucumber and yoghurt salad) (7)
	Codfish on pisto bed (4)	Chicken Curry (1,3,7)
	Cheese omelette (3)	Tofu Curry (1,6)
	Veal burger	Aubergine fingers & honey (1)
	Delux potatoes	Steamed rice
	Hummus with carrot crudittes	Spinach salad
	Tabouleh (1,6,10)	Dairy dessert (7) Seasonal fruit
	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
22	23	24 - MEXICAN FRIDAY
Córdoba style "salmorejo" (1,3,6,12). No garnish.	Grilled zucchini and spices	Grilled vegetables
Plain omelette & onion (3)	Grilled hake fillet (4)	Grilled chicken fillet with roasted vegetables
Escalivada (roasted vegetables)	Roasted potato (12)	"Guacamole"
Asparagus	Cus-cus (1,6,10)	"Pico de Galle" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
29	30	31 - ITALIAN FRIDAY
Diced zucchini	Grilled vegetables	Provenzal vegetables
Grilled chicken fillet & apple	Homemade bean hamburger (grilled) with caramelized onion (1,6)	Grilled chicken fillet
Grilled seasonal vegetables	Pasta Salad (1,3,6,10)	Green salad
Greek salad (3,7)	Nicoisse salad (3,7)	Rosemary potatoes (12)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit

MONDAY	TUESDAY
6	7
Aubergine, tomato and oregano minipizzas	Diced zucchini
Grilled fillet	Plain omelette (3)
Roasted potatoes (12)	Sautéed mushrooms
Four season salad & honey-mustard sauce	Capresse salad (3,7)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
13	14
Pasta Salad (1,3,6,10)	"Cocido" soup (1,3,6,10)
Marinated pork loin (Assorted "cocido" meat & poultry
Vegan ben burger with caramelized onion (1,6)	Vegan "cocido" (1,6,10)
Broccoli & garlic	Green beans
Roasted diced potato (12)	Roasted tomato with oregano
"Panzanella" salad (1)	Mediterranean salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
20	21
Pirata macaronni (with tomato sauce and cream) (1,3,6,7,10)	Potato and vegetable salad (no mayonnaise)
Grilled chicken fillet	Grilled salmon and tarragon (4)
Sautéed mushrooms	Sautéed peas
Salad with hard-boiled egg (3)	Murcian style salad (3,4,12)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
27	28
Sautéed mushrooms	Gazpacho (cold tomato soup) (1,12)
Plain omelette (3)	Grilled chicken fillet & apple
Hose salad	Grilled seasonal vegetables
Dairy dessert (7) Seasonal fruit	Greek salad (3,7)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit



Secondary menu - vegetarian - May 2024

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

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

		WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		OFFICIAL HOLIDAYS	OFFICIAL HOLIDAYS	NOT A SCHOOL DAY
		8	9	10 - TURKISH FRIDAY
MONDAY	TUESDAY	6	7	10 - TURKISH FRIDAY
6	7	8	9	10 - TURKISH FRIDAY
Rice with homemade tomato sauce	Organic lentils soup & vegetables	Aggio e olio tagliatelle (1,3,6,10)	Sautéed vegetables	Turkish salad (fresh tomato salad, onion, olives slices, lemon juice, olive oil and a fine touch of pepper)
Vegan meatballs with vegetables (6,9,12)	Seitan & roasted vegetables fajitas (1,6)	Stuffed courgette with peas or soya proteina & vegetables (1,6)	Falafel & yoghurt sauce (1,6,7)	Veggie Kebab (Pita bread, yoghurt sauce) (1,6,7)
Roasted potatoes (12) Aubergine, tomato and oregano minipizzas Four season salad & honey-mustard sauce	Diced zucchini Sautéed mushrooms Salad	Baked potato (12) White asparagus with mayo (3,6) "Pipirrana" salad	Steamed rice Sautéed mushrooms Apple salad with cocktail sauce (3,6)	Spiced deluxe potatoes Sautéed peppers and onion Chef salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Greek yogurt (7) Seasonal fruit
13	14	15	16	17 - INDIAN FRIDAY
Pasta Salad (1,3,6,10). No animal protein	Vegetables soup & noodles (1,3,6,10)	OFFICIAL HOLIDAY	Rice & vegetables	"Raita" salad (tomato, onion, cucumber and yoghurt salad) (7)
Vegan ben burger with caramelized onion (1,6)	Vegan "cocido" (1,6,10)	OFFICIAL HOLIDAY	Cheese omelette (3)	Tofu Curry (1,6)
Broccoli & garlic Roasted diced potato (12) "Panzanella" salad (1)	Green beans Roasted tomato with oregano Mediterranean salad (3,4)	OFFICIAL HOLIDAY	Delux potatoes Hummus with carrot crudittes Tabouleh (1,6,10)	Aubergine fingers & honey (1) Steamed rice Spinach salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	OFFICIAL HOLIDAY	Dairy dessert (7) Seasonal fruit	Lemon sponge cake (1,3,7) Seasonal fruit
20	21	22	23	24 - MEXICAN FRIDAY
Pirata macaronni (with tomato sauce and cream) (1,3,6,7,10)	Potato and vegetable salad with mayonnaise (3,4,6)	Córdoba style "salmorejo" (1,3,6,12)	Organic beans soup & vegetables	MEXICAN style rice
Tortilla de champiñones (3)	Spinach and cheese quiche (1,3,7)	Vegan vegetable pie	Vegetables pakoras	Seitan and roasted vegetables fajitas(1,6)
Sautéed mushrooms Salad	Pilaf style rice (with vegetables) Sautéed peas Murcian style salad (no animal protein)	Pasta salad (1,3,6,10) Escalivada (roasted vegetables) Asparagus with mayo (3,6)	Roasted potato (12) Grilled zucchini and spices Cus-cus (1,6,10)	Onion rings (1,2,3,4,6,8,9,10) "Guacamole" "Pico de Galle" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Coconut & cocoa cake pops (1,3,5,6,7,8,10,11,12) Seasonal fruit
27	28	29	30	31 - ITALIAN FRIDAY
Organic lentils soup and vegetables (12)	Gazpacho (cold tomato soup) (1,12)	Chicken and vegetable "paella"	Cold creamy leek soup (7,12)	Siciliana spaguettis (1,3,6,10)
Vegan croquettes (6,9,12)	Stuffed potato & veggie bolognese (1,6,12)	Tofu & chili sauce (1,6)	Homemade bean hamburger with caramelized onion (1,6)	ITALIAN "Bruschetta" with roasted vegetables (1)
Sautéed mushrooms Garlic bread (1,7) Hose salad	Cus-cus (1,6,10) Grilled seasonal vegetables Salad	Roasted potato (12) Diced zucchini Salad with honey and mustard vinaigrette (10)	Pasta Salad (1,3,6,10) Grilled vegetables Salad	Provenzal vegetables Green salad Rosemary potatoes (12)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	"Tiramisu" (7) Seasonal fruit