

Secondary menu - Low calories - June 2025

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

Water as a beverage on the menu.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2	3	4	5	6 - Andalusian Friday
Pasta salad (1,3,6,7,10)	Lentils soup & vegetables	"Fideua" & vegetables (1,3,6,10)	Peas and potatoes (12)	"Salmorejo" (1,3,6,12). No ham.
Grilled codfish fillet (2,4,14)	Herby chicken fillet (grilled)	Spinach omelette (3)	Grilled fish fillet (4)	Onion omelette (3)
Diced potato (12) Mushrooms & garlic House salad	Sautéed zucchini Cous Cous (1,6,10) Capresse salad (7)	Sweet potatoes Hummus & "crudités" (raw vegetables) Green salad	Saffron rice Sautéed mushrooms Apple salad & cocktail sauce (3,6)	Mediterranean salad (3,4) Cádiz style potatoes (and garlic) (12) Jaén style salad "Pipirrana"
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
9	10	11	12	13 Japanese Friday
Broccoli and garlic	Green beans (no ham)	Sautéed cauliflower	Mediterranean salad (3,4)	Apple salad (no sauce)
Grilled chicken & onion	Grilled pork loin	Zucchini omelette (3)	Grilled hake & garlic, parsley (4)	Herby chicken fillet (grilled)
Boiled potatoes Salad with sweet and sour sauce (6,12)	Diced potatoes (12) Roasted tomato Organic chickpeas salad	Steamed rice Chef salad	Roasted potatoes (12) Asparagus & mayonnaise (3,6)	Steamed rice Baby carrots
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - Latin Friday
Grilled vegetables	"Gazpacho" (cold tomato soup) (1,12)	Potato and vegetables salad (pepper, onion, olive slices and tuna) (3,4,6)	Sautéed mushrooms	House salad (3,4)
Grilled pork loin	Grilled salmon and tarragon (4)	Roasted chicken & bay leaves	French omelette (3)	Grilled chicken fillet and roasted onion
Asparagus Mixed salad (3,4)	Roasted potatoes (12) Sautéed broccoli House salad (3,4)	Steamed rice Sautéed peas Chef salad	Grilled tomato and oregano Mediterranean salad (3,4)	Roasted peppers "Guacamole"
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
23	24	25	26	27
Aubergines sticks	Greek salad (1,3,6,7,10)	"Escalivada"	Pasta salad (1,3,4,6,10)	LAST DAY OF SCHOOL
Grilled hake fillet on vegetables bed (4)	Homemade veal burger (grilled) (1,6,10)	Cheesy omelette (3,6,7)	Grilled chicken fillet	
Roasted potatoes (12) Mediterranean salad (3,4)	Garlic bread (1) Grilled vegetables Salad (no sauce)	Roasted potato (12) Chef salad & hard boiled egg (3)	Potatoes (12) Asparagus Mediterranean salad (3,4)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Ice cream (7)	

Secondary menu - No pork (Halal) - June 2025

Energy expressed in kcal and macronutrients in grams (ratings of main dishes on the menu). Use of organically produced legumes.
Water as a beverage on the menu.

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2	3	4	5	6 - Andalusian Friday
Pasta salad (1,3,6,7,10)	Lentils soup & vegetables	"Fideua" & vegetables (1,3,6,10)	Peas and potatoes (12)	"Salmorejo" (1,3,6,12). HO HAM.
Portugal style codfish (oven baked) (2,4,12,14)	Herby chicken fillet (Halal certificated)	Spinach omelette (3)	Vegetarian strips (1,6)	"Bienmesabe" (marinated fish) (1,4,6,10)
Diced potato (12) Mushrooms & galic House salad	Sautéed zucchini Cous Cous (1,6,10) Capresse salad (7)	Sweet potatoes Hummus & "crudités" (raw vegetables) Green salad	Saffron rice Sautéed mushrooms Apple salad & cocktail sauce (3,6)	Mediterranean salad (3,4) Cádiz style potatoes (and garlic) (12) Jaén style salad "Pipirrana"
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
9	10	11	12	13 Japanese Friday
Pasta and homemade tomato sauce (1,3,6,10)	Green beans (no ham)	"Perifaca" style salad (potato, vegetables, hard boiled egg and tuna) (3,4)	Cacio e Pepe spaghetti (pepper, cheese, AOVE) (1,3,6,7,10)	Spring rolls (1,2,3,4,6,7,8,9,10,14)
Spanish potato omelette (3)	Grilled chicken fillet (Halal certificated)	Zucchini omelette (3)	Grilled hake & garlic, parsley (4)	Katsu chicken fillet (Halal certificated) served with curry sauce
Broccoli and garlic Deluxe potato Salad with sweet and sour sauce (6,12)	Diced potatoes (12) Roasted tomato Organic chickpeas salad	Sautéed cauliflower Steamed rice Chef salad	Roasted potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3,4)	Steamed rice Baby carrots Apple salad with honey & mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - Latin Friday
Chinese rice (special fried rice with sweet corn, carrot and turkey) (6)	"Gazpacho" (cold tomato soup) (1,12)	Potato and vegetables salad (pepper, onion, olive slices and tuna) (3,4,6)	Organic lentils soup & "chorizo"	"Gallo Pinto" Rice (rice, beans, pepper, fresh tomato, onion and coriander)
Homemade tuna pastry (1,3,4,5,6,7,8,10,11)	Grilled salmon and tarragon (4)	Roasted chicken (Halal certificated) & bay leaves	Spanish potato omelette (3)	Chicken (Halal certificated) "quesadilla" and caramelized onion (1)
Asparagus & mayonnaise (3,6) Grilled vegetables Mixed salad (3,4)	Roasted potatoes (12) Sautéed broccoli House salad (3,4)	Steamed rice Sautéed peas Chef salad	Sautéed mushrooms Grilled tomato and oregano Mediterranean salad (3,4)	Roasted peppers "Guacamole" House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
23	24	25	26	27
Potato and vegetable mayo salad (3,4,6)	Greek salad (1,3,6,7,10)	Rice and vegetables	Pasta salad (1,3,4,6,10)	LAST DAY OF SCHOOL
Cheesy omelette (3,7)	Falafel & yoghurt sauce (1,6,7,10)	Hake fillet and fresh tomato (2,4,14)	Homemade chicken (Halal certificated) fingers (1,3,6,10)	
Roasted potatoes (12) Aubergine sticks in "tempura" Mediterranean salad (3,4)	Garlic bread (1) Grilled vegetables Coleslaw salad (3,6)	Roasted potato (12) "Escalivada" Chef salad & hard boiled egg (3)	Potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3,4)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Ice cream (7)	

Secondary menu - vegetarian - June 2025

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

Water as a beverage on the menu.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2	3	4	5	6 - Andalusian Friday
Pasta salad (1,3,6,7,10). NO ham, no tuna.	Lentils soup & vegetables	"Fideua" & vegetables (1,3,6,10)	Peas and potatoes (12)	"Salmorejo" (1,3,6,12). No ham.
Vegetarian wraps (1,6)	Falafel & yoghurt sauce (1,6,7,10)	Spinach omelette (3)	Vegetarian strips (1,6)	Spanish potato omelette (3)
Diced potato (12) Mushrooms & garlic House salad	Sautéed zucchini Cous Cous (1,6,10) Capresse salad (7)	Sweet potatoes Hummus & "crudités" (raw vegetables) Green salad	Saffron rice Sautéed mushrooms Apple salad & cocktail sauce (3,6)	Mediterranean salad (3, no tuna) Cádiz style potatoes (and garlic) (12) Jaén style salad "Pipirrana"
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
9	10	11	12	13 Japanese Friday
Pasta and homemade tomato sauce (1,3,6,10)	Green beans (NO HAM)	"Perifiaca" style salad (potato, vegetables, hard boiled egg) (3). NO tuna.	Cacio e Pepe spaghetti (pepper, cheese, AOVE) (1,3,6,7,10)	Spring rolls (1,2,3,4,6,7,8,9,10,14)
Vegetarian hamburger (1,6)	Seitan and roasted vegetables "burritos" (1,6)	Zucchini omelette (3)	Stuffed aubergine (vegetarian bolognese and vegetables) (1,6)	Katsu tofu served with curry sauce (1,6,10,12)
Broccoli and garlic Deluxe potato Salad with sweet and sour sauce (6,12)	Diced potatoes (12) Roasted tomato Organic chickpeas salad (no animal protein)	Sautéed cauliflower Steamed rice Chef salad (no animal protein)	Roasted potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3, no tuna)	Steamed rice Baby carrots Apple salad with honey & mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - Latin Friday
Chinese rice (special fried rice with sweet corn, carrot and peas)	"Gazpacho" (cold tomato soup) (1,12)	Potato and vegetables salad (pepper, onion, olive slices and tuna) (3,4,6)	Organic lentils soup & vegetables	"Gallo Pinto" Rice (rice, beans, pepper, fresh tomato, onion and coriander)
Homemade "pisto" pastry (1,3,5,6,7,8,10,11)	Tofu on peppers bed and chili sauce (1,6)	Falafel & yoghurt sauce (1,6,7,10)	Spanish potato omelette (3)	Vegetarian "quesadilla" and caramelized onion (1,6)
Asparagus & mayonnaise (3,6) Grilled vegetables Mixed salad (3, no tuna)	Roasted potatoes (12) Sautéed broccoli House salad (3, no tuna)	Steamed rice Sautéed peas Chef salad (no animal protein)	Sautéed mushrooms Grilled tomato and oregano Mediterranean salad (3, no tuna)	Roasted peppers "Guacamole" House salad (3, no tuna)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
23	24	25	26	27
Potato and vegetable mayo salad (3,6). No tuna.	Greek salad (1,3,6,7,10)	Rice and vegetables	Pasta salad (1,3,6,10). No tuna no ham.	LAST DAY OF SCHOOL
Vegetarian meatballs in sauce (1,6,8,10,11)	Falafel & yoghurt sauce (1,6,7,10)	Cheesy omelette (3,6,7)	Homemade seitan/tofu fingers (1,3,6,10)	
Roasted potatoes (12) Aubergine sticks in "tempura" Mediterranean salad (3, no tuna)	Garlic bread (1) Grilled vegetables Coleslaw salad (3,6)	Roasted potato (12) "Escalivada" Chef salad & hard boiled egg (3)	Potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3,4)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Ice cream (7)	

Secondary menu - gluten free - June 2025

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

Water as a beverage on the menu.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2	3	4	5	6 - Andalusian Friday
Pasta salad (1,3,6,7,10)	Lentils soup & vegetables	"Fideua" & vegetables (1,3,6,10)	Peas and potatoes (12)	"Salmorejo" (gluten free) (3,12)
Portugal style codfish (oven baked) (2,4,12,14)	Herby chicken fillet (grilled)	Spinach omelette (3)	Pork & tomato sauce	"Bienmesabe" (marinated fish with corn flour; gluten free) (4)
Diced potato (12) Mushrooms & garlic House salad	Sautéed zucchini Cous Cous (allergen free) Capresse salad (7)	Sweet potatoes Hummus & "crudités" (raw vegetables) Green salad	Saffron rice Sautéed mushrooms Apple salad & cocktail sauce (3,6)	Mediterranean salad (3,4) Cádiz style potatoes (and garlic) (12) Jaén style salad "Pipirrana"
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
9	10	11	12	13 Japanese Friday
Pasta (allergen free) and homemade tomato sauce	Green beans & ham	"Perifaca" style salad (potato, vegetables, hard boiled egg and tuna) (3,4)	Cacio e Pepe spaghetti (pepper, cheese, AOVE) (7; gluten free pasta)	Rice & homemade tomato sauce
Homemade Grilled hamburger & onion (gluten free)	Grilled pork loin and peppers	Zucchini omelette (3)	Grilled hake & garlic, parsley (4)	Katsu chicken fillet served with curry sauce
Broccoli and garlic Deluxe potato Salad with sweet and sour sauce (6,12)	Diced potatoes (12) Roasted tomato Organic chickpeas salad	Sautéed cauliflower Steamed rice Chef salad	Roasted potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3,4)	Baby carrots Apple salad with honey & mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
16	17	18	19	20 - Latin Friday
Chinese rice (special fried rice with sweet corn, carrot and turkey) (6)	"Gazpacho" (cold tomato soup) with gluten free bread (12)	Potato and vegetables salad (pepper, onion, olive slices and tuna) (3,4,6)	Organic lentils soup & "chorizo"	"Gallo Pinto" Rice (rice, beans, pepper, fresh tomato, onion and coriander)
French omelette & "pisto" (3)	Grilled salmon and tarragon (4)	Roasted chicken & bay leaves	Spanish potato omelette (3)	Chicken "quesadilla" and caramelized onion (gluten free "tortilla")
Asparagus & mayonnaise (3,6) Grilled vegetables Mixed salad (3,4)	Roasted potatoes (12) Sautéed broccoli House salad (3,4)	Steamed rice Sautéed peas Chef salad	Sautéed mushrooms Grilled tomato and oregano Mediterranean salad (3,4)	Roasted peppers "Guacamole" House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
23	24	25	26	27
Potato and vegetable mayo salad (3,4,6)	Greek salad (1,3,6,7,10)	Rice and vegetables	Pasta salad (1,3,4,6,10)	LAST DAY OF SCHOOL
Veal meatballs (gluten free) in vegetables sauce	Meaty lasagne (gluten free pasta; no bechamel sauce)	Hake fillet and fresh tomato (2,4,14)	Homemade chicken fingers (with corn flour; gluten free)	
Roasted potatoes (12) Aubergine sticks in "tempura" Mediterranean salad (3,4)	Garlic bread (1) Grilled vegetables Coleslaw salad (3,6)	Roasted potato (12) "Escalivada" Chef salad & hard boiled egg (3)	Potatoes (12) Asparagus & mayonnaise (3,6) Mediterranean salad (3,4)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Ice cream (7)	