



Secondary menu- September 2025

MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY											
8							9							10							11							12 - ORIENTAL FRIDAY											
Sautéed green beans							Carbonara pasta (1,3,6,7,10)							Córdoba style "Salmorejo" (cold tomato soup, bread, garlic and olive oil) (1,3,6,12)							Organic lentils soup & "chorizo"							Spring rolls (1,2,3,4,5,6,7,8,9,10,14)											
Veal meatballs & tomato sauce (6,10,11,12)							Breaded (homemade) calamari (1,6,10,14)							Spanish potato omelette (3)							Baked hake fillet (4)							Katsu chicken fillet & Japanese inspired curry sauce											
Homemade falafel & yogurht sauce (1,6,7)							Sttufed aubergine (with vegetables & veggie bolognese) (1,6)							Vegetables and vegetarian strips "fajitas" (1,6)							Grilled pork loin							Katsu tofu & curry sauce (1,6,10,12)											
Potatoes (12)							Sautéed broccoli & paprika							Pasta salad (1,3,4,6,10)							Sautéed Brussels srpout							Steamed rice											
Diced zucchini							White asparagus with mayonnaise (3,6)							Sauéed mushrooms							Cous Cous (1,6,10)							Baby carrots											
Mediterranean salad (3,4)							Mixed salad							Mixed salad and hard-boiled egg (3)							Cheff salad							Oriental salad (10)											
Seasonal fruit							Seasonal fruit							Seasonal fruit							Dairy dessert (7)							Homemade dessert (1,3,6,7,10)											
kcal	803,7	Lip	35,3	Prot	34,4	HdC	87	kcal	741,2	Lip	21,1	Prot	38,4	HdC	100	kcal	743,9	Lip	31,1	Prot	29,9	HdC	86	kcal	788,0	Lip	26,5	Prot	50,6	HdC	87	kcal	724,6	Lip	21,6	Prot	43,4	HdC	89
15							16							17							18							19 - COSTA RICAN FRIDAY											
Whole-grain spaghetti & homemade tomato sauce (1,3,6,10)							Organic chickpeas soup and vegetables							Riojana style potato & "chorizo" stew (12)							Sautéed broccoli							Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)											
Portugal style codfish (2,4,12,14)							Spinach omelette (3)							Grilled salmon & tarragon (4)							Veal hamburger & onion (1,6,12)							Chicken "quesadilla" with caramelized onion (1)											
Roasted chicken wings							Grilled pork loin							Seitan and roasted vegetables "fajitas" (1,6)							Homemade beans hamburger & onion							Vegetarian "quesadilla" with caramelized onion (1,6)											
Vegetarian croquettes (1,2,3,4,6,7,8,9,10,14)							Fried peppers							Aubergine mini "pizzas" (aubergine slices, tomato, cheese and oregano) (7)							Diced potatoes (12)							Peppers											
Hummus & crudites (raw vegetables)							Diced potaoes (12)							Tabouleh salad (1,6,10)							Sautéed zucchini and pumpkin							"Guacamole"											
Ensalada con aliño agrdulce (6,12)							Mediterranean salad (3,4)							Green salad							Cheff salad							House salad (3,4)											
Seasonal fruit							Seasonal fruit							Seasonal fruit							Dairy dessert (7)							Homemade dessert (1,3,6,7,10)											
kcal	741,8	Lip	21,3	Prot	37,2	HdC	100	kcal	702,1	Lip	25,5	Prot	27,9	HdC	90	kcal	716,6	Lip	31,3	Prot	35,4	HdC	73	kcal	767,3	Lip	43,7	Prot	27,9	HdC	66	kcal	755,9	Lip	24,3	Prot	42,0	HdC	92
22							23							24							25							26 - INDIAN FRIDAY											
Peas and boiled potatoes							Organic beans soup and vegetables							Aggio e olio spaguetti (1,3,6,10)							Rice with homemade tomato sauce							"Raita" salad (cucumber, diced tomato, onion and olives)											
Homemade tuna and "pisto" pastry (1,3,4,5,6,7,8,10,11)							Spanish potato omelette (3)							Pork skewers							Grilled salmon (4)							Curry chicken (7)											
Homemade vegetarian pastry (soya protein and pisto) (1,3,5,6,7,8,10,11)							Breaded hake fillet (1,4,6,10)							Vegetarian strips (1,6)							Stuffed zucchini and seitan, vegetables (1,6)							Curry tofu (1,6,10,12)											
Potato and vegetables salad with mayonnaise (3,4,6)							Cus-cus (1,6,10)							Sliced potatoes (12)							Sautéed mushrooms							Steamed rice											
Herby zucchini							"Gazpacho" (cold tomato soup) (1)							Grilled vegetables							"Escalivada" (grilled vegetables)							Baby carrots											
Green salad							Mixed salad (4)							Salad with hard boiled egg (3)							Cheff salad							Apple salad with honey and mustard sauce (10)											
Seasonal fruit							Seasonal fruit							Seasonal fruit							Dairy dessert (7)							Homemade dessert (1,3,6,7,10)											
kcal	718,1	Lip	28,1	Prot	22,4	HdC	94	kcal	677,2	Lip	21,6	Prot	21,9	HdC	99	kcal	684,7	Lip	25,1	Prot	31,1	HdC	84	kcal	716,7	Lip	24,0	Prot	27,5	HdC	98	kcal	753,0	Lip	31,2	Prot	46,2	HdC	72
29							30							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.																									
"Cacio e Pepe" tagliatelle (1,3,6,7,10)							Organic lentils soup and vegetables																																
Ham and cheese omelette (3,6,7)							Breaded hake fillet (1,3,4,6,10)																																
Vegetarian meatballs (1,6)							Stuffed aubergine with seitan and vegetables (1,6)																																
Fries							Roasted sweet potato																																
Mushrooms and bacon							"Escalivada" (grilled vegetables)							Seasonal fruit																									
House salad							Cheff salad																																
Seasonal fruit							Seasonal fruit							Seasonal fruit																									
kcal	817,4	Lip	27,8	Prot	22,5	HdC	119	kcal	713,0	Lip	19,0	Prot	45,6																						HdC	90			

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramucos	Moluscos



Secondary menu (low calories) - September 2025

			THURSDAY	FRIDAY
			4	5 - ITALIAN FRIDAY
			Sautéed mushrooms	Capresse salad (7)
			Vegetarian strips (Heura) (1,6)	Scrambled eggs and zucchini, onion (3)
			Cus cus (1,6,10)	Garlic bread (1,7,12)
			Apple salad & cocktail sauce (3,6)	Baby carrots
			Dairy dessert (7)	Mediterranean salad (3,4)
				Homemade dessert (1,3,6,7,10)
MONDAY	TUESDAY	WEDNESDAY	11	12 - ORIENTAL FRIDAY
8	9	10	Sautéed Brussels sprout	Oriental salad (10)
Sautéed green beans	Sautéed broccoli & paprika	Córdoba style "Salmorejo" (cold tomato soup, bread, garlic and olive oil) (1,3,6,12). NO ham.	Baked hake fillet (4)	Grilled chicken fillet
Herby chicken (grilled)	Grilled calamari and lemon (14)	French omelette (3)	Lentils salad	Steamed rice
Potatoes (12)	Sautéed pasta (1,3,6,10)	Pasta salad (1,3,4,6,10)	Cous Cous (1,6,10)	Baby carrots
Diced zucchini	White asparagus with mayonnaise (3,6)	Sautéed mushrooms	Cheff salad	White asparagus
Mediterranean salad (3,4)	Mixed salad	Mixed salad and hard-boiled egg (3)	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	18	19 - COSTA RICAN FRIDAY
15	16	17	Sautéed broccoli	Roasted vegetables
Whole-grain spaghetti & homemade tomato sauce (1,3,6,10)	Green beans	Tabouleh salad (1,6,10)	Grilled veal hamburger (1,6,12)	Grilled chicken and roasted onion
Grilled codfish (2,4,14)	Spinach omelette (3)	Grilled salmon & tarragon (4)	Diced potatoes (12)	Peppers
Fried peppers	Green beans	Aubergine mini "pizzas" (aubergine slices, tomato, cheese and oregano) (7)	Sautéed zucchini and pumpkin	"Guacamole"
Hummus & crudites (raw vegetables)	Diced potatoes (12)	Green salad	Cheff salad	House salad (3,4)
Ensalada con aliño agri dulce (6,12)	Mediterranean salad (3,4)	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
Seasonal fruit	Seasonal fruit		25	26 - INDIAN FRIDAY
22	23	24	Sautéed mushrooms	"Raita" salad (cucumber, diced tomato, onion and olives)
Peas and boiled potatoes	Herby zucchini	Grilled vegetables	Grilled salmon (4)	Grilled chicken fillet and curry
Tuna omelette (3,4)	Grilled hake fillet (4)	Vegetarian strips (1,6)	White asparagus	Steamed rice
Potato and vegetables salad with mayonnaise (3,4,6)	Cus-cus (1,6,10)	Sliced potatoes (12)	"Escalivada" (grilled vegetables)	Baby carrots
Herby zucchini	"Gazpacho" (cold tomato soup) (1)	Agglio e olio spaghetti (1,3,6,10)	Cheff salad	Apple salad with honey and mustard sauce (10)
Green salad		Salad with hard-boiled egg (3)	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Use of organically produced legumes. Water as a beverage on the menu.	
29	30			
"Cacio e Pepe" whole grain pasta (1,3,6,7,10)	"Escalivada" (grilled vegetables)			
Ham and cheese omelette (3,6,7)	Grilled hake fillet (4)			
Fries	Roasted sweet potato			
Mushrooms and bacon	Cheff salad			
House salad				
Seasonal fruit	Seasonal fruit			

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuzes	Moluscos



Secondary menu (no pork meat) - September 2025

MONDAY			TUESDAY			WEDNESDAY			kcal	838,1	Lip	33,7	Prot	25,7	HdC	108	kcal	711,3	Lip	29,7	Prot	41,3	HdC	70
8			9			10			11						12 - ORIENTAL FRIDAY									
Sautéed green beans			Pasta with tomato and cheese (1,3,6,7,10)			Córdoba style "Salmorejo" (cold tomato soup, bread, garlic and olive oil) (1,3,6,12)			Organic lentils salad & vegetables						Spring rolls (1,2,3,4,5,6,7,8,9,10,14)									
Homemade falafel & yogurht sauce (1,6,7)			Breaded (homemade) calamari (1,6,10,14)			Spanish potato omelette (3)			Baked hake fillet (4)						Katsu chicken fillet & Japanese inspired curry sauce									
Potatoes (12) Diced zucchini Mediterranean salad (3,4)			Sautéed broccoli & paprika White asparagus with mayonnaise (3,6) Mixed salad			Pasta salad (1,3,4,6,10) Sauéed mushrooms Mixed salad and hard-boiled egg (3)			Sautéed Brussels sprout Cous Cous (1,6,10) Chef salad						Steamed rice Baby carrots Oriental salad (10)									
Seasonal fruit			Seasonal fruit			Seasonal fruit			Dairy dessert (7)						Homemade dessert (1,3,6,7,10)									
15			16			17			18						19 - COSTA RICAN FRIDAY									
Whole-grain spaguetti & homemade tomato sauce (1,3,6,10)			Organic chickpeas soup and vegetables			Potato stew and vegetables (12)			Sautéed broccoli						Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)									
Portugal style codfish (2,4,12,14)			Spinach omelette (3)			Grilled salmon & tarragon (4)			Veal hamburger & onion (1,6,12)						Chicken "quesadilla" with caramelized onion (1)									
Fried peppers Hummus & crudites (raw vegetables) Ensalada con aliño agri dulce (6,12)			Green beans Diced potaotes (12) Mediterranean salad (3,4)			Aubergine mini "pizzas" (aubergine slices, tomato, cheese and oregano) (7) Tabouleh salad (1,6,10) Green salad			Diced potatoes (12) Sautéed zucchini and pumpkin Cheff salad						Peppers "Guacamole" House salad (3,4)									
Seasonal fruit			Seasonal fruit			Seasonal fruit			Dairy dessert (7)						Homemade dessert (1,3,6,7,10)									
22			23			24			25						26 - INDIAN FRIDAY									
Peas and boiled potatoes			Organic beans soup and vegetables			Aggio e olio spaguetti (1,3,6,10)			Rice with homemade tomato sauce						"Raita" salad (cucumber, diced tomato, onion and olives)									
Homemade tuna and "pisto" pastry (1,3,4,5,6,7,8,10,11)			Spanish potato omelette (3)			Vegetarian strips (1,6)			Grilled salmon (4)						Curry chicken (7)									
Potato and vegetables salad with mayonnaise (3,4,6) Herby zucchini Green salad			Cus-cus (1,6,10) "Gazpacho" (cold tomato soup) (1) Mixed salad (4)			Sliced potatoes (12) Grilled vegetables Salad with hard boiled egg (3)			Sautéed mushrooms "Escalivada" (grilled vegetables) Cheff salad						Steamed rice Baby carrots Apple salad with honey and mustard sauce (10)									
Seasonal fruit			Seasonal fruit			Seasonal fruit			Dairy dessert (7)						Homemade dessert (1,3,6,7,10)									
29			30			Use of organically produced legumes. Water as a beverage on the menu.																		
"Cacio e Pepe" tagliatelle (1,3,6,7,10)			Organic lentils soup and vegetables																					
Cheesy omelette (3,6,7)			Breaded hake fillet (1,3,4,6,10)																					
Fries Sautéed Mushrooms House salad			Roasted sweet potato "Escalivada" (grilled vegetables) Cheff salad																					
Seasonal fruit			Seasonal fruit																					
1	2	3	4	5	6	7	8	9	10	11	12	13	14											
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuzes	Moluscos											



Secondary menu (gluten free) - September 2025

THURSDAY			FRIDAY	
4			5 - ITALIAN FRIDAY	
Rice with homemade tomato sauce			Capresse salad (7)	
Roasted chicken			Lasaña bolognese (with allergen free pasta): No bechamel sauce.	
Cus cus (gluten free) Sautéed mushrooms Apple salad & cocktail sauce (3,6)			Garlic bread (gluten free) Baby carrots Mediterranean salad (3,4)	
Dairy dessert (7)			Homemade dessert (allergen free)	
11			12 - ORIENTAL FRIDAY	
Organic lentils soup & "chorizo"			Rice and vegetables	
Baked hake fillet (4)			Katsu chicken fillet & Japanese inspired curry sauce	
Sautéed Brussels sprout Cous Cous (allergen free pasta) Chef salad			Baby carrots Oriental salad (10)	
Dairy dessert (7)			Homemade dessert (allergen free)	
18			19 - COSTA RICAN FRIDAY	
Sautéed broccoli			Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)	
Veal hamburger & onion (6,10,11,12)			Chicken "quesadilla" with caramelized onion (gluten free bread)	
Diced potatoes (12) Sautéed zucchini & pumpkin Chef salad			Peppers "Guacamole" House salad (3,4)	
Dairy dessert (7)			Homemade dessert (allergen free)	
25			26 - INDIAN FRIDAY	
Rice with homemade tomato sauce			"Raita" salad (cucumber, diced tomato, onion and olives)	
Grilled salmon (4)			Curry chicken (7)	
Sautéed mushrooms "Escalivada" (grilled vegetables) Chef salad			Steamed rice Baby carrots Apple salad with honey and mustard sauce (10)	
Dairy dessert (7)			Homemade dessert (allergen free)	
29			30	
"Cacio e Pepe" pasta (allergen free) (7)			Organic lentils soup and vegetables	
Ham and cheese omelette (3,6,7)			Breaded hake fillet (with corn flour; gluten free; 3,4,6,10)	
Fries Mushrooms and bacon House salad			Roasted sweet potato "Escalivada" (grilled vegetables) Chef salad	
Seasonal fruit			Seasonal fruit	
Use of organically produced legumes. Water as a beverage on the menu.				

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuzes	Moluscos



Secondary menu (vegetarian) - September 2025

THURSDAY			FRIDAY		
4			5 - ITALIAN FRIDAY		
Rice with homemade tomato sauce			Capresse salad (7)		
Vegetarian strips (Heura) (1,6)			Vegetarian lasagna (vegetable protein) (1,3,6,7,10)		
Cus cus (1,6,10) Sautéed mushrooms Apple salad & cocktail sauce (3,6)			Garlic bread (1,7,12) Baby carrots Mediterranean salad (3, no tuna)		
Dairy dessert (7)			Homemade dessert (1,3,6,7,10)		
11			12 - ORIENTAL FRIDAY		
Organic lentils salad & vegetables			Spring rolls (1,2,3,4,5,6,7,8,9,10,14)		
Vegetarian pakoras			Katsu tofu & curry sauce (1,6,10,12)		
Sautéed Brussels sprout Cous Cous (1,6,10) Chef salad			Steamed rice Baby carrots Oriental salad (10)		
Dairy dessert (7)			Homemade dessert (1,3,6,7,10)		
18			19 - COSTA RICAN FRIDAY		
Sautéed broccoli			Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)		
Homemade beans hamburger & onion			Vegetarian "quesadilla" with caramelized onion (1,6)		
Diced potatoes (12) Sautéed zucchini and pumpkin Chef salad			Peppers "Guacamole" House salad (3, no tuna)		
Dairy dessert (7)			Homemade dessert (1,3,6,7,10)		
25			26 - INDIAN FRIDAY		
Rice with homemade tomato sauce			"Raita" salad (cucumber, diced tomato, onion and olives)		
Stuffed zucchini and seitan, vegetables (1,6)			Curry tofu (1,6,10,12)		
Sautéed mushrooms "Escalivada" (grilled vegetables) Chef salad			Steamed rice Baby carrots Apple salad with honey and mustard sauce (10)		
Dairy dessert (7)			Homemade dessert (1,3,6,7,10)		
29			30		
"Cacio e Pepe" tagliatelle (1,3,6,7,10)			Organic lentils soup and vegetables		
Vegetarian meatballs (1,6)			Stuffed aubergine with seitan and vegetables (1,6)		
Fries Sautéed Mushrooms House salad (no tuna, no ham)			Roasted sweet potato "Escalivada" (grilled vegetables) Chef salad		
Seasonal fruit			Seasonal fruit		
Use of organically produced legumes. Water as a beverage on the menu.					

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramucos	Moluscos