

WEDNESDAY							THURSDAY						FRIDAY						
1								2						3 - AMERICAN FRIDAY					
"Senyoret" style rice (with fish and seafood) (2,4,14)								Organic chick-peas soup and "chorizo" (12)						Caesar salad (1,3,4,6,7,10)					
Roasted chicken Stuffed aubergine rolls (with soya protein and vegetables) (6)								Spanish potato and onion omelette (3) Calamari and garlic, parsley (14)						Grilled hamburger with bacon, tomato, lettuce, onion and cheese (1,3,6,7,12) Vegetarian hamburger (1,6,12)					
Sautéed mushrooms Cuscus (1,6,10) House salad								Sautéed vegetables Asparagus and mayonnaise (3,6) Mediterranean salad (3,4)						Diced potato (12) Coleslaw (3,6) Onion rings (1,2,3,4,6,8,9,10)					
Seasonal fruit kcal 702,3 Lip 23,5 Prot 36,3 HdC 86								Dairy dessert (7) kcal 708,3 Lip 24,0 Prot 23,2 HdC 100						Homemade dessert (1,3,6,7,10) kcal 721,4 Lip 35,4 Prot 59,3 HdC 41					
8								9						10 - BRITISH FRIDAY					
Farfalle in sauce (1,3,6,7,10)								Green beans and tomato sauce						Peas and sauteed bacon strips					
Marinated chicken skewers Tofu and vegetables wok with chilli sauce (homemade) (1,6)								Diced pork and vegetables Homemade white bean burger in vegetable sauce.						Fish & Chips (1,4,6,10,12) "Seitan & Chips" (1,6,10,12)					
Roasted potato (12) Grilled vegetables *Pipirrana*								Asparagus and mayonnaise (3,6) Steamed rice House salad (3,4)						Brussel sprouts Garlic bread (1,3,6,10) Pasta salad (1,3,4,6,10)					
Seasonal fruit kcal 769,2 Lip 29,0 Prot 33,9 HdC 93								Dairy dessert (7) kcal 655,9 Lip 21,9 Prot 22,1 HdC 93						Homemade dessert (1,3,6,7,10) kcal 711,8 Lip 29,7 Prot 54,6 HdC 57					
15								16						17 - FRENCH FRIDAY					
Creamy of carrots and pumpkin soup (12)								Macaroni and homemade tomato sauce with cheese (1,3,6,7,10)						"Cassoulet" organic beans soup and vegetables)					
Roasted chicken Vegetarian *fajitas* and a touch of curry (1)								Breaded calamari (1,2,4,6,10,14) Falafel & yoghourt sauce (1,7,9,10)						Traditional "Quiché"(1,2,3,4,6,7,9,10,12,14) Homemade vegetables *quiche* (1,3,5,6,7,8,10,11)					
Cus cus (1,6,10) Rosated tomato and oregano Salad & hard boiled egg (3)								Roasted sweet potato Sautéed carrot and mushroom House salad (3,4)						Roasted potato (12) *Ratatouille* Salad with honey mustard dressing (10)					
Seasonal fruit kcal 717,3 Lip 37,5 Prot 29,0 HdC 66								Dairy dessert (7) kcal 741,0 Lip 24,0 Prot 40,6 HdC 91						Homemade dessert (1,3,6,7,10) kcal 733,5 Lip 28,3 Prot 38,9 HdC 81					
22								23						24 - ORIENTAL FRIDAY					
Rice and homemade tomato sauce								Sautéed vegetables & paprika						Cus cus & vegetables (1,6,10)					
"Vizcaya" style codfish (in sauce with peppers) (2,4,14) Seitan with mashed pumpkin (1,6) Grilled chickenfillet								Pork skewers Homemade veggie "mousaka" (soya protein) (1,6,10)						Chicken shawarma with wheat tortilla (1) Vegetarian (legumes and vegetables) shawarma with wheat tortilla (1)					
Potatoes (12) Grilled vegetables Green salad								Sautéed cauliflower Sautéed mushrooms Chef salad						Beet hummus Roasted aubergine slices Mixed salad with hard boiled egg (3)					
Seasonal fruit kcal 761,5 Lip 22,6 Prot 24,6 HdC 115								Dairy dessert (7) kcal 698,6 Lip 34,9 Prot 31,7 HdC 65						Homemade dessert (1,3,6,7,10) kcal 701,5 Lip 24,0 Prot 45,4 HdC 76					
29								30						31					
SCHOOL HOLIDAYS								SCHOOL HOLIDAYS						SCHOOL HOLIDAYS					



Energy expressed in Kcal, macronutrients in grams. Water as the beverage of choice in the menu.

Legumes of organic origin.

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
October 2025

Water as the beverage of choice in the menu. Legumes of organic origin.

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

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
6		7		1	2	3
Mixed "fideua" (vegetables and meat) (gluten free pasta)		Organic beans soup and vegetables (12)		"Senyoret" style rice (with fish and seafood) (2,4,14)	Organic chick-peas soup and "chorizo" (12)	Caesar salad (gluten free; 3,4,6,7,10)
Veal meatballs and mushrooms (allergen free)		Grilled hake fillet & lemon (4)		Roasted chicken	Spanish potato and onion omelette (3)	Grilled hamburger with bacon, tomato, lettuce, onion and cheese (gluten free bread; 7)
Stir fry vegetables Diced potatoes (12) Salad & red berries vinaigrette (12)		Diced zucchini Cous cous (allergen free) Mixed salad (3,4)		Sautéed mushrooms Cuscus (1,6,10) House salad	Sautéed vegetables Asparagus and mayonnaise (3,6) Mediterranean salad (3,4)	Diced potato (12) Coleslaw (3,6) Onion rings (1,2,3,4,6,8,9,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
13 SUSTAINABLE DAY		14		8	9	10
Homemade vegetable soup with star-shaped pasta (allergen free)		"Rioja" style potatoes casserole (with "chorizo") (12)		Gluten free pasta in sauce (7)	Green beans and tomato sauce	Peas and sauteed bacon stips
Spanish potato omelette (3)		Grilled salmon and tarragon (4)		Marinated chicken skewers	Diced pork and vegetables	Fish & Chips (gluten free, with corn flour or chickpeas flour)(4,6,10,12)
Green peppers Hummus & Crudités Four Seasons salad with honey mustard vinaigrette (10)		Grilled vegetables Steamed rice Mediterranean salad (3,4)		Roasted potato (12) Grilled vegetables "Pipirrana"	Asparagus and mayonnaise (3,6) Steamed rice House salad (3,4)	Brussel sprouts Garlic bread (1,3,6,10) Pasta salad (1,3,4,6,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
20		21		15	16	17
Cacio e Pepe pasta (allergen free)		Organic lentils soup & vegetables (12)		Creamy of carrots and pumpkin soup (12)	Macaroni (allergen free) and homemade tomato sauce with cheese (7)	"Cassoulet" (organic beans soup and vegetables)
Grilled hake fillet and tomato sauce (4)		Curry chicken (7)		Roasted chicken	Breaded calamari (2,4,14; with corn flour or chickpeas flour; gluten free)	Turkey ham omelette (3)
Sautéed broccoli & garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Grilled vegetables Steamed rice Salad with bacon		Cus cus (1,6,10) Rosated tomato and oregano Salad & hard boiled egg (3)	Roasted sweet potato Sautéed carrot and mushroom House salad (3,4)	Roasted potato (12) "Ratatouille" Salad with honey mustard dressing (10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
27		28		22	23	24
Cacio e Pepe pasta (allergen free)		Organic lentils soup & vegetables (12)		Rice and homemade tomato sauce	Sautéed vegetables & paprika	Cus cus & vegetables (allergen free pasta)
Grilled hake fillet and tomato sauce (4)		Curry chicken (7)		"Vizcaya" style codfish (in sauce with peppers) (2,4,14)	Pork skewers	Chicken shawarma with gluten free "tortilla"
Sautéed broccoli & garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Grilled vegetables Steamed rice Salad with bacon		Potatoes (12) Grilled vegetables Green salad	Sautéed cauliflower Sautéed mushrooms Chef salad	Beet hummus Roasted aubergine slices Homemade dessert (allergen free)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
27		28		29	30	31
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS



Secondary menu - No pork October 2025

Water as the beverage of choice in the menu. Legumes of organic origin.

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

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
6		7		1	2	3
Vegetarian "fideua" (1,3,6,10)		Organic beans soup and vegetables (12)		"Senyoret" style rice (with fish and seafood) (2,4,14)	Organic chick-peas soup (12)	Caesar salad (1,3,4,6,7,10)
Stir fry vegetables Diced potatoes (12) Salad & red berries vinaigrette (12)		Grilled hake fillet & lemon (4)		Roasted chicken	Spanish potato and onion omelette (3)	Grilled hamburguer with bacon, tomato, lettuce, onion and cheese (1,3,6,7,12)
Seasonal fruit		Diced zucchini Cous cous (1,6,10) Mixed salad (3,4)		Sautéed mushrooms Cuscus (1,6,10) House salad Seasonal fruit	Sautéed vegetables Asparagus and mayonnaise (3,6) Mediterranean salad (3,4) Dairy dessert (7)	Diced potato (12) Coleslaw (3,6) Onion rings (1,2,3,4,6,8,9,10) Homemade dessert (1,3,6,7,10)
13 SUSTAINABLE DAY		14		8	9	10
Homemade vegetable soup with star-shaped pasta (1,3,6,10)		Potatoes and vegetables casserole (12)		Farfalle in sauce (1,3,6,7,10)	Green beans and tomato sauce	Sautéed peas (no bacon)
Spanish potato omelette (3)		Grilled salmon and tarragon (4)		Marinated chicken skewers	Homemade white bean burger in vegetable sauce.	Fish & Chips (1,4,6,10,12)
Green peppers Hummus & Crudités Four Seasons salad with honey mustard vinaigrette (10)		Grilled vegetables Steamed rice Mediterranean salad (3,4)		Roasted potato (12) Grilled vegetables "Pipirrana"	Asparagus and mayonnaise (3,6) Steamed rice House salad (3,4) Dairy dessert (7)	Brussel sprouts Garlic bread (1,3,6,10) Pasta salad (1,3,4,6,10) Homemade dessert (1,3,6,7,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Seasonal fruit	Homemade dessert (1,3,6,7,10)
20		21		15	16	17
Cacio e Pepe spaghetti (1,3,6,10)		Organic lentils soup & vegetables (12)		Creamy of carrots and pumpkin soup (12)	Macaroni and homemade tomato sauce with cheese (1,3,6,7,10)	"Cassoulet" (organic beans soup and vegetables)
Grilled hake fillet and tomato sauce (4)		Curry chicken (7)		Roasted chicken	Breaded calamari (1,2,4,6,10,14)	Turkey ham omelette (3)
Sautéed broccoli & garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Grilled vegetables Steamed rice Salad		Cus cus (1,6,10) Rosated tomato and oregano Salad & hard boiled egg (3)	Roasted sweet potato Sautéed carrot and mushroom House salad (3,4) Dairy dessert (7)	Roasted potato (12) "Ratatouille" Salad with honey mustard dressing (10) Homemade dessert (1,3,6,7,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Seasonal fruit	Homemade dessert (1,3,6,7,10)
27		28		22	23	24
Cacio e Pepe spaghetti (1,3,6,10)		Organic lentils soup & vegetables (12)		Rice and homemade tomato sauce	Sautéed vegetables & paprika	Cus cus & vegetables (1,6,10)
Grilled hake fillet and tomato sauce (4)		Curry chicken (7)		"Vizcaya" style codfish (in sauce with peppers) (2,4,14)	Homemade veggie "mousaka" (soya protein) (1,6,10)	Chicken shawarma with wheat tortilla (1)
Sautéed broccoli & garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Grilled vegetables Steamed rice Salad		Potatoes (12) Grilled vegetables Green salad	Sautéed cauliflower Sautéed mushrooms Chef salad Dairy dessert (7)	Beet hummus Roasted aubergine slices Mixed salad with hard boiled egg (3) Homemade dessert (1,3,6,7,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Seasonal fruit	Homemade dessert (1,3,6,7,10)
27		28		29	30	31
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS



Secondary menu - Vegetarian

Water as the beverage of choice in the menu. Legumes of organic origin.

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

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
6		7		1	2	3
Vegetables "fideua" (1,3,6,10)		Organic beans soup and vegetables (12)		Soupy rice and vegetables	Organic chick-peas soup (12)	Caesar salad (no chicken) (1,3,4,6,7,10)
Spinach omelette (3)		Vegetarian strips (1,6)		Stuffed aubergine rolls (with soya protein and vegetables) (6)	Spanish potato and onion omelette (3)	Vegetarian hamburger (1,6,12)
Stir fry vegetables		Diced zucchini		Sautéed mushrooms	Sautéed vegetables	Diced potato (12)
Diced potatoes (12)		Cous cous (1,6,10)		Cuscus (1,6,10)	Asparagus and mayonnaise (3,6)	Coleslaw (3,6)
Salad & red berries vinaigrette (12)		Mixed salad (3,4)		House salad	Mediterranean salad (3,4)	Onion rings (1,2,3,4,6,8,9,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
13 SUSTAINABLE DAY		14		8	9	10
Homemade vegetable soup with star-shaped pasta (1,3,6,10)		Potatoes and vegetables casserole (12)		Farfalle in sauce (1,3,6,7,10)	Green beans and tomato sauce	Sautéed peas
Zucchini stuffed with vegetables and veggie Bolognese (textured soy protein) (6,9,12)		Vegetarian sausages and onion (1,3,6,7,8,10)		Tofu and vegetables wok with chilli sauce (homemade) (1,6)	Homemade white bean burger in vegetable sauce.	"Seitan & Chips" (1,6,10,12)
Green peppers		Grilled vegetables		Roasted potato (12)	Asparagus and mayonnaise (3,6)	Brussel sprouts
Hummus & Crudités		Steamed rice		Grilled vegetables	Steamed rice	Garlic bread (1,3,6,10)
Four Seasons salad with honey mustard vinaigrette (10)		Mediterranean salad (3,4)		"Pipirana"	House salad (3,4)	Pasta salad (1,3,4,6,10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
20		21		15	16	17
Cacio e Pepe spaghetti (1,3,6,10)		Organic lentils soup & vegetables (12)		Creamy of carrots and pumpkin soup (12)	Macaroni and homemade tomato sauce with cheese (1,3,6,7,10)	"Cassoulet" (organic beans soup and vegetables). NO "chorizo"
Vegetarian "pakoras"		Seitan "fajitas" and roasted vegetables (1,6)		Vegetarian "fajitas" and a touch of curry (1)	Falafel & yoghurt sauce (1,7,9,10)	Homemade vegetables "quiche" (1,3,5,6,7,8,10,11)
Sautéed broccoli & garlic		Grilled vegetables		Cus cus (1,6,10)	Roasted sweet potato	Roasted potato (12)
Diced potatoes (12)		Steamed rice		Rosated tomato and oregano	Sautéed carrot and mushroom	"Ratatouille"
Salad with sweet-sour dressing (6,12)		Salad		Salad & hard boiled egg (3)	House salad (3,4)	Salad with honey mustard dressing (10)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
27		28		22	23	24
Cacio e Pepe spaghetti (1,3,6,10)		Organic lentils soup & vegetables (12)		Rice and homemade tomato sauce	Sautéed vegetables & paprika	Cus cus & vegetables (1,6,10)
Vegetarian "pakoras"		Seitan "fajitas" and roasted vegetables (1,6)		Seitan with mashed pumpkin (1,6)	Homemade veggie "mousaka" (soya protein) (1,6,10)	Vegetarian (legumes and vegetables) shawarma with wheat tortilla (1)
Sautéed broccoli & garlic		Grilled vegetables		Potatoes (12)	Sautéed cauliflower	Beet hummus
Diced potatoes (12)		Steamed rice		Grilled vegetables	Sautéed mushrooms	Roasted aubergine slices
Salad with sweet-sour dressing (6,12)		Salad		Green salad	Chef salad	Mixed salad with hard boiled egg (3)
Seasonal fruit		Seasonal fruit		Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
27		28		29	30	31
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS



Water as the beverage of choice in the menu. Legumes of organic origin.

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

Low calories menu
October 2025

MIÉRCOLES	JUEVES	VIERNES
1	2	3
Sautéed mushrooms	Sautéed vegetables	"Caesar" salad (no salad) (1,3,4,6,7,10)
Roasted chicken	Calamari and garlic, parsley (1,4)	Grilled hamburger (no bread, no sauce) (6,10,11,12)
Cuscus (1,6,10) House salad	Asparagus Mediterranean salad (3,4)	Boiled potatoes (12) Coleslaw salad (no sauce)
Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
8	9	10
Grilled vegetables	Sautéed green beans and paprika	Sautéed peas, garlic and onion
Marinated chicken skewers	Grilled chicken and asparagus	Grilled salmon and lemon (4)
Roasted potatoes (12) "Pipirrana" salad	Steamed rice House salad (3,4)	Brussel sprouts Pasta salad (1,3,4,6,10)
Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
15	16	17
Creamy of carrots and pumpkin soup (12)	Carrots and mushrooms	Ratatouille
Roasted chicken	Grilled calamari and garlic (2,4,14)	Turkey ham omelette (3)
Roasted tomato & oregano Salad & hard boiled egg (3)	Roasted sweet potato House salad (3,4)	Roasted potato (12) Salad with honey mustard dressing (10)
Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
22	23	24
Grilled vegetables	Sautéed vegetables and paprika	Cus cus & vegetables (1,6,10)
Grilled codfish and peppers (2,4,14)	Grilled pork skewers with mushrooms	Chicken and roasted aubergines
Boiled potatoes (12) Green salad	Sautéed cauliflower Cheff salad	Beet hummus Mixed salad & hard boiled egg (3)
Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,6,7,10)
29	30	31
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS