

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY							
1								2								3								4								5 - COSTA RICAN FRIDAY							
Espaguetti in homemade tomato sauce (1,3,6,10)								Organic lentils soup (12)								Sautéed vegetables								"Rioja" style potatoes casserole (with vegetables and "chorizo" (12)								Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)							
Grilled salmon (4)								Grilled veal hamburger (10,11,12)								Stewed pork								Breaded hake fillet and mayo (1,3,4,6,10)								Chicken "quesadilla" (1)							
Chicken fingers (1,3,6,10)								Diced tofu and homemade sweet & sour sauce (1,6,10)								Seitan & vegetables (1,6)								Cheesy omelette (3,7)								Vegetarian "quesadilla" (1,6)							
Sttufed aubergine with vegetables and vegetarian protein (6)																																							
Sautéed broccoli & garlic								Diced potatoes								Steamed rice								"Ratatouille"								Caramelized onion							
Steamed potatoes (12)								Roasted pumpkin								Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14)								Cous Cous (1,6,10)								Guacamole							
"Pico de gallo" salad								Salad with sweet-and-sour dressing								Chef salad								Mediterranean salad (3,4)								House salad (3,4)							
Seasonal fruit								Seasonal fruit								Seasonal fruit								Dairy dessert (7)								Homemade desserts (1,3,6,7,10)							
kcal	674,4	Lip	20,7	Prot	30,5	HdC	92	kcal	678,0	Lip	19,8	Prot	30,3	HdC	95	kcal	625,5	Lip	24,8	Prot	32,6	HdC	68	kcal	626,6	Lip	19,9	Prot	38,4	HdC	74	kcal	675,0	Lip	23,6	Prot	40,1	HdC	76
8								9								10 SUSTAINABLE DAY								11								12 - BRITISH FRIDAY							
OFFICIAL HOLIDAYS								Sautéed broccoli								Organic beans soup & vegetables								Vegetarian "paella"								Sautéed peas and bacon strips							
								Veal meatballs in sauce & vegetables (10,11,12)								Homemade pastry (pisto & hard-boiled egg) (1,2,3,4,6,7,8,10,14)								Mustard chicken (10)								Fish & Chips (1,4,6,10,12)							
								Vegeterian meatballs in sauce (6)								Zucchini omelette (3)								Homemade vegetarian hamburger (1,6,10)								"Seitan & Chips" (1,6,10,12)							
								Steamed rice								Grilled vegetables								Mushrooms & parsely								Brussels sprout							
								White asparagus & mayonnaise (3,6)								Hummus with carrot and red pepper sticks								Rosted sweet potato								Tomato tossed with olive oil extra, oregano							
House salad (3,4)								Mixed salad (3,4)								Mixed salad (3)								Pasta salad (1,3,4,6,10)															
Seasonal fruit								Seasonal fruit								Seasonal fruit								Dairy dessert (7)								Homemade desserts (1,3,6,7,10)							
								kcal	619,5	Lip	33,6	Prot	25,9	HdC	53	kcal	698,3	Lip	22,7	Prot	23,0	HdC	100	kcal	643,9	Lip	15,3	Prot	42,4	HdC	84	kcal	658,3	Lip	25,8	Prot	50,4	HdC	56
15								16 - PARENTS' MENU PROPOSAL								17								18								19							
Whole grain spaguetti in pirate sauce (1,3,6,7,10)								Green beans & hard boiled egg (3)								Homemade meat and vegetable broth (1,3,6,10)								Capresse salad (7)															
Homemade breaded hake fillet (1,4,6,10)								Minced beef, peas and carrot stew								Saussages (pork) and onions								Breaded chicken goujons (1,3,6,10)															
Spanish potato omelette (3)								Vegetarian stew								Falafel & yoghourt sauce (1,6,10)								Assorted pizzas (1,3,4,6,7,9,10,12)															
Vegetables "escalivada"								Cauliflower and paprika								Vegetarian pizza (1,3,4,6,7,9,10,12)								Steamed rice															
Stemaed rice								White asparagus & mayonnaise (3,6)																Sautéed mushrooms															
Salad with bacon strips								Salad with tuna and olives																Tabouleh salad (1,6,10)															
Seasonal fruit								Seasonal fruit								Seasonal fruit								Dairy dessert (7)															
kcal	672,1	Lip	16,4	Prot	40,6	HdC	90	kcal	639,6	Lip	28,8	Prot	23,7	HdC	72	kcal	655,9	Lip	21,9	Prot	22,1	HdC	93	kcal	617,4	Lip	28,0	Prot	39,7	HdC	52								

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	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos



Secondary menu - December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 - COSTA RICAN FRIDAY
Espaguetti in homemade tomato sauce (allergen free pasta)	Organic lentils soup (12)	Sautéed vegetables	"Rioja" style potatoes casserole (with vegetables and "chorizo" (12)	Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)
Grilled salmon (4)	Grilled veal hamburger (10,11,12)	Stewed pork	Breaded hake fillet and mayo (1,3,4,6,10)	Chicken "quesadilla" (gluten free)
Sautéed broccoli & garlic Steamed potatoes (12) "Pico de gallo" salad	Diced potatoes Roasted pumpkin Salad with sweet-and-sour dressing	Steamed rice Sautéed cauliflower Chef salad	"Ratatouille" Cous Cous (allergen free) Mediterranean salad (3,4)	Caramelized onion Guacamole House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
8	9	10 SUSTAINABLE DAY	11	12 - BRITISH FRIDAY
OFFICIAL HOLIDAYS	Sautéed broccoli	Organic beans soup & vegetables	Vegetarian "paella"	Sautéed peas and bacon strips
	Veal meatballs in sauce & vegetables (10,11,12)	Zucchini omelette (3)	Mustard chicken (10)	Fish & Chips (4; gluten free)
	Steamed rice White asparagus & mayonnaise (3,6) House salad (3,4)	Grilled vegetables Hummus with carrot and red pepper sticks Mixed salad (3,4)	Mushrooms & parsley Rosted sweet potato Mixed salad (3)	Brussels sprout Tomato tossed with olive oil extra, oregano Pasta salad (allergen free, 4)
	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (allergen free)
15	16 - PARENTS' MENU PROPOSAL	17	18	19
Allergen free pasta in pirate sauce (7)	Green beans & hard boiled egg (3)	Homemade meat and vegetable broth (1,3,6,10)	Capresse salad (7)	
Homemade breaded hake fillet (1,4,6,10)	Minced beef, peas and carrot stew	Sausages (pork) and onions	Breaded chicken goujons (allergen free)	
Sautéed vegetables Garlic bread (gluten free bread) Green salad	Vegetables "escalivada" Stemaed rice Salad with bacon strips	Cauliflower and paprika White asparagus & mayonnaise (3,6) Salad with tuna and olives	Steamed rice Sautéed mushrooms Tabouleh salad (allergen free pasta)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	



Secondary menu - Gluten free
December 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 - COSTA RICAN FRIDAY
Espaguetti in homemade tomato sauce (1,3,6,10)	Organic lentils soup (12)	Sautéed vegetables	"Rioja" style potatoes casserole (with vegetables and "chorizo" (12)	Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)
Grilled salmon (4)	Grilled chicken fillet (*)	Spanish potato omelette (3)	Breaded hake fillet and mayo (1,3,4,6,10)	Chicken (certificated chicken) "quesadilla" (1)
Sautéed broccoli & garlic Steamed potatoes (12) "Pico de gallo" salad	Diced potatoes Roasted pumpkin Salad with sweet-and-sour dressing	Steamed rice Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14) Chef salad	"Ratatouille" Cous Cous (1,6,10) Mediterranean salad (3,4)	Caramelized onion Guacamole House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade desssert (1,3,6,7,10)
8	9	10 SUSTAINABLE DAY	11	12 - BRITISH FRIDAY
OFFICIAL HOLIDAYS	Sautéed broccoli	Organic beans soup & vegetables	Vegetarian "paella"	Sautéed peas (no bacon)
	Grilled chicken fillet (*)	Homemade pastry (pisto & hard-boiled egg) (1,2,3,4,6,7,8,10,14)	Mustard chicken (10)	Fish & Chips (1,4,6,10,12)
	Steamed rice White asparagus & mayonnaise (3,6) House salad (3,4)	Grilled vegetables Hummus with carrot and red pepper sticks Mixed salad (3,4)	Mushrooms & parsely Rosted sweet potato Mixed salad (3)	Brussels sprout Tomato tossed with olive oil extra, oregano Pasta salad (1,3,4,6,10)
	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade desssert (1,3,6,7,10)
15	16 - PARENTS' MENU PROPOSAL	17	18	19
Whole grain spaguetti in pirate sauce (1,3,6,7,10)	Green beans & hard boiled egg (3)	Homemade meat and vegetable broth (1,3,6,10)	Capresse salad (7)	
Homemade breaded hake fillet (1,4,6,10)	Minced beef (*), peas and carrot stew	Falafel & yoghourt sauce (1,6,10)	Breaded chicken (*) goujons (1,3,6,10)	
Sautéed vegetables Garlic bread (1,6,10) Green salad	Vegetables "escalivada" Stemaed rice Salad (no bacon)	Cauliflower and paprika White asparagus & mayonnaise (3,6) Salad with tuna and olives	Steamed rice Sautéed mushrooms Tabouleh salad (1,6,10)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	



Secondary menu - No pork menu (Halal)
December 2025

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	Altramuces	Moluscos

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 - COSTA RICAN FRIDAY
Sautéed broccoli & garlic	Organic lentils soup (12)	Sautéed vegetables	Ratatouille	Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)
Grilled salmon (4)	Grilled veal hamburger (10,11,12)	Sautéed pork	Cheesy omelette (3,7)	Chicken and onion
Steamed potatoes (12)	Diced potatoes	Steamed rice	"Ratatouille"	Guacamole
"Pico de gallo" salad	Roasted pumpkin	Sautéed cauliflower	Cous Cous (1,6,10)	House salad (3,4)
Seasonal fruit	Salad with sweet-and-sour dressing	Chef salad	Mediterranean salad (3,4)	Homemade desssert (1,3,6,7,10)
8	9	10 SUSTAINABLE DAY	11	12 - BRITISH FRIDAY
OFFICIAL HOLIDAYS	Sautéed broccoli	Organic beans soup & vegetables	Vegetarian "paella"	Sautéed peas
	Grilled chicken fillet	Zuchinni omelete (3)	Grilled chicken fillet	Grilled fish fillet (4)
	Steamed rice	Grilled vegetables	Mushrooms & parsely	Brussels sprout
	White asparagus	Hummus with carrot and red pepper sticks	Rosted sweet potato	Tomato tossed with olive oil extra, oregano
	House salad (3,4)	Mixed salad (3,4)	Mixed salad (3)	Pasta salad (1,3,4,6,10)
	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade desssert (1,3,6,7,10)
15	16 - PARENTS' MENU PROPOSAL	17	18	19
Sautéed vegetables	Green beans & hard boiled egg (3)	Cauliflower and paprika	Capresse salad (7)	
Grilled hake fillet (4)	Minced beef, peas and carrot stew	Saussions (pork)	Grilled chicken goujons	
Passta salad (1,3,6,10)	Vegetables "escalivada"	White asparagus	Steamed rice	
Green salad	Stemaed rice	Salad with tuna and olives	Sautéed mushrooms	
Seasonal fruit	Salad	Seasonal fruit	Tabouleh salad (1,6,10)	
	Seasonal fruit		Dairy dessert (7)	



Secondary menu - low calories
December 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5 - COSTA RICAN FRIDAY
Espaguetti in homemade tomato sauce (1,3,6,10)	Organic lentils soup (12)	Sautéed vegetables	Potatoes and vegetables casserole (12)	Costa Rica style rice "Gallo Pinto" (rice, beans, pepper, tomato, onion and coriander)
Sttufed aubergine with vegetables and vegetarian protein (6)	Diced tofu and homemade sweet & sour sauce (1,6,10)	Seitan & vegetables (1,6)	Cheesy omelette (3,7)	Vegetarian "quesadilla" (1,6)
Sautéed broccoli & garlic Steamed potatoes (12) "Pico de gallo" salad	Diced potatoes Roasted pumpkin Salad with sweet-and-sour dressing	Steamed rice Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14) Chef salad (no animal protein)	"Ratatouille" Cous Cous (1,6,10) Mediterranean salad (no animal protein)	Caramelized onion Guacamole House salad (no animal protein)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade desssert (1,3,6,7,10)
8	9	10 SUSTAINABLE DAY	11	12 - BRITISH FRIDAY
OFFICIAL HOLIDAYS	Sautéed broccoli	Organic beans soup & vegetables	Vegetarian "paella"	Sautéed peas (no bacon)
	Vegeterian meatballs in sauce (6)	Homemade pastry (pisto & hard-boiled egg) (1,2,3,4,6,7,8,10,14)	Homemade vegetarian hamburger (1,6,10)	"Seitan & Chips" (1,6,10,12)
	Steamed rice White asparagus & mayonnaise (3,6) House salad (3,4)	Grilled vegetables Hummus with carrot and red pepper sticks Mixed salad (3,4)	Mushrooms & parsely Rosted sweet potato Mixed salad (3)	Brussels sprout Tomato tossed with olive oil extra, oregano Pasta salad (1,3,4,6,10)
	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade desssert (1,3,6,7,10)
15	16 - PARENTS' MENU PROPOSAL	17	18	19
Whole grain spaguetti in pirate sauce (1,3,6,7,10)	Green beans & hard boiled egg (3)	Homemade vegetable broth (1,3,6,10)	Capresse salad (7)	
Spanish potato omelette (3)	Vegetarian stew	Falafel & yoghourt sauce (1,6,10)	Vegetarian pizza (1,3,4,6,7,9,10,12)	
Sautéed vegetables Garlic bread (1,6,10) Green salad	Vegetables "escalivada" Stemaed rice Salad	Cauliflower and paprika White asparagus & mayonnaise (3,6) Salad with olives	Steamed rice Sautéed mushrooms Tabouleh salad (1,6,10)	
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	



Secondary menu - Vegetarian
December 2025

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	Altramuces	Moluscos