

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
2				3 - Student's favourites!				4 Parent suggestions				5				6 - Middle Eastern Friday			
Organic lentils soup & "chorizo" (12)				Creamy of zucchini and leeks soup with croutons (1)				Whole grain spaghetti & pirate sauce (1,3,6,7,10)				Mixed "paella" (2,4,14)				Falafel (1,6,10)			
Grilled salmon and tarragon (4)				Grilled hamburguer & jardinière (10,11,12)				Herby chicken fillet				Egg on pisto bed (3)				Chicken Shawarma with wheat "tortita" (1)			
Spanish potato omelette (3)				Stuffed zucchini (6) (vegetables, seitan or soya)				Chickpeas and seitan in curry sauce (1,6)				Vegetarian moussaka with plant-based "bolognese" (1,3,6,7,10)				Legumes and vegetables Shawarma with wheat "tortita" (1)			
Roasted peppers				Mashed potato (7)				Sautéed broccoli				Grilled vegetables				Beetroot hummus			
Sautéed zucchini				Sautéed mushrooms				Roasted potatoes (12)				Cus-cus (1,6,10)				Roasted aubergine slices			
Pasta salad (1,3,6,10)				Mixed salad (hard boiled egg and tuna) (3,4)				Spinach salad				Potato and vegetables mayonnaise (3,4,6)				Mixed salad with hard-boiled egg (3)			
Seasonal fruit				Seasonal fruit				Seasonal fruit				Dairy dessert (7)				Home made dessert (1,3,6,7,10)			
kcal 718,3 Lip 26,9 Prot 39,2 HdC 80	kcal 709,6 Lip 23,9 Prot 19,4 HdC 104	kcal 649,4 Lip 22,3 Prot 30,0 HdC 82	kcal 686,5 Lip 21,4 Prot 11,1 HdC 112	kcal 735,4 Lip 30,8 Prot 54,2 HdC 60															
9				10				11 - SUSTAINABLE DAY				12				13- Italian Friday			
Homemade chicken soup with noodles (1,3,6,10)				"Rioja" style chickpeas soup (with "chorizo")				Pasta with homemade tomato sauce (1,3,6,10)				Creamy of vegetables soup (12)				Capresse salad (7)			
Grilled pork loin and peppers				Portuguese-style codfish (2,4,12,14)				Cheesy omelette (3)				Roasted chicken				Meaty lasagne (1,3,6,7,10)			
Vegetarian hamburguer and caramelized onion (1,6)				Grilled sausage (6)				Vegetarian meatballs in jardinière sauce (1,6,12)				Hummus and vegetables "fajitas" (1)				Vegetarian (plant-based) lasagne (1,3,6,7,10)			
Sautéed red cabbage				Sautéed mushrooms				Grilled seasonal vegetables				Cus-cus (1,6,10)				Garlic bread (1,6)			
Diced potatoes (12)				Steamed rice				Roasted potato (12)				Grilled vegetables				Rosemary baby carrots			
House salad				Mixed salad (hard boiled egg) (3)				Green salad				Mediterranean salad (3,4)				Salad with mustard-honey dressing (10)			
Seasonal fruit				Seasonal fruit				Seasonal fruit				Dairy dessert (7)				Home made dessert (1,3,6,7,10)			
kcal 747,2 Lip 33,9 Prot 27,5 HdC 83	kcal 690,0 Lip 16,6 Prot 40,9 HdC 94	kcal 692,3 Lip 19,1 Prot 22,7 HdC 107	kcal 668,0 Lip 28,0 Prot 33,5 HdC 70	kcal 697,0 Lip 29,4 Prot 39,7 HdC 68															
16				17				18				19				20			
SCHOOL HOLIDAYS				SCHOOL HOLIDAYS				SCHOOL HOLIDAYS				SCHOOL HOLIDAYS				SCHOOL HOLIDAYS			
kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC	kcal	Lip	Prot	HdC
23				24 Parents' suggested menu				25				26				27 - Indian Friday			
Seafood "fideua" (1,3,4,6,10,14)				Whole-grain pasta & bolognese sauce (1,3,6,10)				Homemade "cocido" soup (1,3,6,10)				Pumpkin and carrot cream soup (12)				"Raita" salad (tomato, onion, cucumber & yoghourt sauce) (7)			
Beef hamburguer with onion (1,6,7,12)				Chicken wings & lemon				Assortment "cocido"				Grilled pork loin				Mild chicken curry (7)			
Tofu and vegetables wok with soya sauce (6)				"Falafe" with yoghourt sauce (1,6,7,10)				Vegetarian "cocido"				Breaded cuttlefish (baked) (1,2,3,4,6,7,12,14)				Mild tofu curry (1,6)			
Aubergine, tomato and cheese "mini pizzas" (7)				Roasted sweet potato with cinnamon				Cauliflower and paprika				Mashed potato (7)				Eggplant sticks & honey (1)			
Diced potatoes (12)				Grilled seasonal vegetables				White asparagus				Herby diced zucchini				Steamed rice			
House salad (3,4)				Mediterranean salad (3,4)				Salad with cocktail sauce dressing (3,6)				Green salad and olives slices				Green salad			
Seasonal fruit				Seasonal fruit				Seasonal fruit				Dairy dessert (7)				Home made dessert (1,3,6,7,10)			
kcal 719,3 Lip 26,6 Prot 24,6 HdC 95	kcal 754,3 Lip 30,1 Prot 30,5 HdC 90	kcal 655,9 Lip 21,9 Prot 22,1 HdC 93	kcal 624,9 Lip 20,0 Prot 25,3 HdC 86	kcal 697,6 Lip 30,6 Prot 40,6 HdC 65															

*Energy expressed in Kcal, macronutrients in grams. Water as the beverage of choice on the menu. Legumes from organic production."

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	Altramujeres	Moluscos

Secondary menu - February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 - Student's favourites!	4 Parent suggestions	5	6 - Middle Eastern Friday
Organic lentils soup & "chorizo" (12)	Creamy of zucchini and leeks soup with croutons (gluten free bread)	Gluten free spaghetti & pirate sauce (7)	Mixed "paella" (2,4,14)	Falafel (homemade; gluten free)
Spanish potato omelette (3)	Grilled hamburguer & jardinière (10,11,12)	Herby chicken fillet	Egg on pisto bed (3)	Chicken Shawarma with "tortita" (gluten free)
Roasted peppers	Mashed potato (7)	Sautéed broccoli	Grilled vegetables	Beetroot hummus
Sautéed zucchini	Sautéed mushrooms	Roasted potatoes (12)	Cus-cus (1,6,10)	Roasted aubergine slices
Pasta salad (1,3,6,10)	Mixed salad (hard boiled egg and tuna) (3,4)	Spinach salad	Potato and vegetables mayonnaise (3,4,6)	Mixed salad with hard-boiled egg (3)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Allergen free dessert
9	10	11 - SUSTAINABLE DAY	12	13- Italian Friday
Homemade chicken soup with noodles (gluten free)	"Rioja" style chickpeas soup (with "chorizo")	Pasta (gluten free) with homemade tomato sauce	Creamy of vegetables soup (12)	Capresse salad (7)
Grilled pork loin and peppers	Portuguese-style codfish (2,4,12,14)	Cheesy omelette (3)	Roasted chicken	Meaty lasagne (gluten free pasta and bechamel sauce)
Sautéed red cabbage	Sautéed mushrooms	Grilled seasonal vegetables	Cus-cus (allergen free pasta)	Garlic bread (gluten free bread; 6)
Diced potatoes (12)	Steamed rice	Roasted potato (12)	Grilled vegetables	Rosemary baby carrots
House salad	Mixed salad (hard boiled egg) (3)	Green salad	Mediterranean salad (3,4)	Salad with mustard-honey dressing (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Allergen free dessert
16	17	18	19	20
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
23	24 Parents' suggested menu	25	26	27 - Indian Friday
Seafood "fideua" (12,4,14; gluten free pasta)	Gluten free pasta & bolognese sauce	Homemade "cocido" soup (gluten free noodles)	Pumpkin and carrot cream soup (12)	"Raita" salad (tomato, onion, cucumber & yoghourt sauce) (7)
Beef hamburguer with onion (allergen free hamburguer)	Chicken wings & lemon	Assortment "cocido"	Grilled pork loin	Mild chicken curry (7)
Aubergine, tomato and cheese "mini pizzas" (7)	Roasted sweet potato with cinnamon	Cauliflower and paprika	Mashed potato (7)	Eggplant sticks & honey (gluten free)
Diced potatoes (12)	Grilled seasonal vegetables	White asparagus	Herby diced zucchini	Steamed rice
House salad (3,4)	Mediterranean salad (3,4)	Salad with cocktail sauce dressing (3,6)	Green salad and olives slices	Green salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Allergen free dessert

Water as the beverage of choice on the menu. Legumes from organic production.*

Secondary menu - Gluten free - February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 - Student's favourites!	4 Parent suggestions	5	6 - Middle Eastern Friday
Organic lentils soup (12)	Creamy of zucchini and leeks soup with croutons (1)	Whole grain spaghetti & pirate sauce (1,3,6,7,10)	Mixed "paella" (2,4,14)	Falafel (1,6,10)
Grilled salmon and tarragon (4)	Grilled hamburger & jardinière (10,11,12)	Herby chicken fillet	Egg on pisto bed (3)	Chicken Shawarma with wheat "tortita" (1)
Roasted peppers	Mashed potato (7)	Sautéed broccoli	Grilled vegetables	Beetroot hummus
Sautéed zucchini	Sautéed mushrooms	Roasted potatoes (12)	Cus-cus (1,6,10)	Roasted aubergine slices
Pasta salad (1,3,6,10)	Mixed salad (hard boiled egg and tuna) (3,4)	Spinach salad	Potato and vegetables mayonnaise (3,4,6)	Mixed salad with hard-boiled egg (3)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)
9	10	11 - SUSTAINABLE DAY	12	13- Italian Friday
Homemade chicken soup with noodles (1,3,6,10)	Chickpea soup and vegetables	Pasta with homemade tomato sauce (1,3,6,10)	Creamy of vegetables soup (12)	Caprese salad (7)
Grilled chicken and peppers	Portuguese-style codfish (2,4,12,14)	Cheesy omelette (3)	Roasted chicken	Vegetarian (plant-based) lasagne (1,3,6,7,10)
Sautéed red cabbage	Sautéed mushrooms	Grilled seasonal vegetables	Cus-cus (1,6,10)	Garlic bread (1,6)
Diced potatoes (12)	Steamed rice	Roasted potato (12)	Grilled vegetables	Rosemary baby carrots
House salad	Mixed salad (hard boiled egg) (3)	Green salad	Mediterranean salad (3,4)	Salad with mustard-honey dressing (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)
16	17	18	19	20
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
23	24 Parents' suggested menu	25	26	27 - Indian Friday
Seafood "fideua" (1,3,4,6,10,14)	Whole-grain pasta & bolognese sauce (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Pumpkin and carrot cream soup (12)	"Raita" salad (tomato, onion, cucumber & yoghourt sauce) (7)
Beef hamburger with onion (1,6,7,12)	Chicken wings & lemon	Assortment "cocido"	Breaded cuttlefish (baked) (1,2,3,4,6,7,12,14)	Mild chicken curry (7)
Aubergine, tomato and cheese "mini pizzas" (7)	Roasted sweet potato with cinnamon	Cauliflower and paprika	Mashed potato (7)	Eggplant sticks & honey (1)
Diced potatoes (12)	Grilled seasonal vegetables	White asparagus	Herby diced zucchini	Steamed rice
House salad (3,4)	Mediterranean salad (3,4)	Salad with cocktail sauce dressing (3,6)	Green salad and olives slices	Green salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)

Water as the beverage of choice on the menu. Legumes from organic production.*



Secondary menu - No pork meat - February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 - Student's favourites!	4 Parent suggestions	5	6 - Middle Eastern Friday
Organic lentils soup & vegetables (12)	Creamy of zucchini and leeks soup with croutons (1)	Whole grain spaghetti & pirate sauce (1,3,6,7,10)	Mixed "paella" (2,4,14)	Falafel (1,6,10)
Spanish potato omelette (3)	Stuffed zucchini (6) (vegetables, seitan or soya)	Chickpeas and seitan in curry sauce (1,6)	Egg on pisto bed (3)	Legumes and vegetables Shawarma with wheat "tortita" (1)
Roasted peppers	Mashed potato (7)	Sautéed broccoli	Grilled vegetables	Beetroot hummus
Sautéed zucchini	Sautéed mushrooms	Roasted potatoes (12)	Cus-cus (1,6,10)	Roasted aubergine slices
Pasta salad (1,3,6,10). No animal protein	Mixed salad (hard boiled egg and tuna) (3,4)	Spinach salad	Potato and vegetables mayonnaise (3,4,6)	Mixed salad with hard-boiled egg (3)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)
9	10	11 - SUSTAINABLE DAY	12	13- Italian Friday
Homemade chicken soup with noodles (1,3,6,10)	Chickpea soup & vegetables	Pasta with homemade tomato sauce (1,3,6,10)	Creamy of vegetables soup (12)	Caprese salad (7)
Vegetarian hamburguer and caramelized onion (1,6)	Vegetarian "chicken" strips (plant based) (1,6)	Cheesy omelette (3)	Hummus and vegetables "fajitas" (1)	Vegetarian (plant-based) lasagne (1,3,6,7,10)
Sautéed red cabbage	Sautéed mushrooms	Grilled seasonal vegetables	Cus-cus (1,6,10)	Garlic bread (1,6)
Diced potatoes (12)	Steamed rice	Roasted potato (12)	Grilled vegetables	Rosemary baby carrots
House salad (no animal protein)	Mixed salad (hard boiled egg) (3)	Green salad	Mediterranean salad (3,no tuna)	Salad with mustard-honey dressing (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)
16	17	18	19	20
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
23	24 Parents' suggested menu	25	26	27 - Indian Friday
Seafood "fideua" (1,3,4,6,10,14)	Whole-grain pasta & bolognese sauce (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Pumpkin and carrot cream soup (12)	"Raita" salad (tomato, onion, cucumber & yoghourt sauce) (7)
Tofu and vegetables wok with soya sauce (6)	"Falafel" with yoghurt sauce (1,6,7,10)	Vegetarian "cocido"	Vegetarian sausages & mustard (1,3,6,7,8,10)	Mild tofu curry (1,6)
Aubergine, tomato and cheese "mini pizzas" (7)	Roasted sweet potato with cinnamon	Cauliflower and paprika	Mashed potato (7)	Eggplant sticks & honey (1)
Diced potatoes (12)	Grilled seasonal vegetables	White asparagus	Herby diced zucchini	Steamed rice
House salad (3,no tuna)	Mediterranean salad (no animal protein)	Salad with cocktail sauce dressing (3,6)	Green salad and olives slices	Green salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)

Water as the beverage of choice on the menu. Legumes from organic production.*



Secondary menu - Vegetarian - February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Student's favourites!	4 Parent suggestions	5	6
Sautéed zucchini	Creamy of zucchini and leeks soup	Sautéed broccoli	Grilled seasonal vegetables	Falafel (1,9,10)
Salmon and tarragon (4)	Grilled beef hamburguer (10,11,12)	Herby chicken	Hard boiled eggs on pisto bed (3)	Chicken Shawarma with wheat "tortita" (1)
Roasted peppers	Sautéed mushrooms	Roasted potatoes (12)	Cus-cus (1,6,10)	Beetroot hummus
Pasta salad (1,3,6,10)	Mixed salad (hard boiled egg and tuna) (3,4)	Spinach salad	Potato and vegetables (3,4,6)	Roasted aubergine slices
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Mixed salad with hard-boiled egg (3)
9	10	11 - SUSTAINABLE DAY	12	13
Homemade chicken soup with noodles (1,3,6,10)	Chickpea soup & vegetables	Pasta with homemade tomato sauce (1,3,6,10)	Creamy of vegetables soup (12)	Caprese salad (7)
Cinta de lomo a la plancha con pimientos	Bacalao a la Portuguesa (2,4,12,14)	Cheesy omelette (3)	Roasted chicken	Meaty lasagne (NO BECHAMEL SAUCE) (1,3,6,10)
Lombarda salteada	Champiñones rehogados	Grilled seasonal vegetables	Cus-cus (1,6,10)	Garlic bread (1,6)
Patatas cuadrillo	Arroz blanco	Roasted potato (12)	Grilled vegetables	Rosemary baby carrots
Ensalada de la casa	Ensalada mixta con huevo cocido (3)	Green salad	Mediterranean salad (3,no tuna)	Salad with mustard-honey dressing (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)
16	17	18	19	20
SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
23	24 Parent menu suggestions	25	26	27
Aubergine, tomato and cheese "mini pizzas" (7)	Grilled vegetables	Homemade vegetables soup (1,3,6,10)	Pumpkin and carrot cream soup (12)	"Raita" salad (tomato, onion, cucumber & yoghourt sauce) (7)
Beef hamburguer & onion (1,6,7,12)	Chicken wings & lemon (oven baked)	Vegetarian "cocido"	Grilled pork loin	Pollo al horno con toque de curry (no nata)
Diced potato (12)	Roasted sweet potato with cinnamon	Cauliflower and paprika	Mashed potato (7)	Eggplant sticks & honey (1)
House salad (3,4)	Grilled seasonal vegetables	White asparagus	Herby diced zucchini	Steamed rice
Seasonal fruit	Mediterranean salad (3,4)	Salad with cocktail sauce dressing (3,6)	Green salad and olives slices	Green salad
	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Home made dessert (1,3,6,7,10)

Water as the beverage of choice on the menu. Legumes from organic production."

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 - Low calories - February 2026

