

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 hamburger & jardinière (10,11,12)							Herby chicken fillet							Egg on pisto bed (3)							Chicken Shawarma with wheat "tortita" (1)											
Spanish potato omelette (3)							Stuffed zuchinni (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 hamburger and caramelized onion (1,6)							Vegetarian "chicken" strips (plant based) (1,6)							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' sgssted 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 hamburger with onion (1,6,7,12)							Chicken wings & lemon							Assortment "cocido"							Grilled pork loin							Mild chicken curry (7)											
Tofu and vegetaables 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) 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 (3,4)							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	Altramuzes	Moluscos



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 hamburger & jardinière (10,11,12)	Herby chicken fillet	Egg on pisto bed (3)	Chicken Shawarma with "tortita" (gluten free)
Roasted peppers Sautéed zucchini Pasta salad (1,3,6,10)	Mashed potato (7) Sautéed mushrooms Mixed salad (hard boiled egg and tuna) (3,4)	Sautéed broccoli Roasted potatoes (12) Spinach salad	Grilled vegetables Cus-cus (1,6,10) Potato and vegetables mayonnaise (3,4,6)	Beetroot hummus Roasted aubergine slices 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)	Caprese 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 Diced potatoes (12) House salad	Sautéed mushrooms Steamed rice Mixed salad (hard boiled egg) (3)	Grilled seasonal vegetables Roasted potato (12) Green salad	Cus-cus (allergen free pasta) Grilled vegetables Mediterranean salad (3,4)	Garlic bread (gluten free bread; 6) Rosemary baby carrots 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 & yoghurt sauce) (7)
Beef hamburger with onion (allergen free hamburger)	Chicken wings & lemon	Assortment "cocido"	Grilled pork loin	Mild chicken curry (7)
Aubergine, tomato and cheese "mini pizzas" (7) Diced potatoes (12) House salad (3,4)	Roasted sweet potato with cinnamon Grilled seasonal vegetables Mediterranean salad (3,4)	Cauliflower and paprika White asparagus Salad with cocktail sauce dressing (3,6)	Mashed potato (7) Herby diced zucchini Green salad and olives slices	Eggplant sticks & honey (gluten free) Steamed rice 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 Sautéed zucchini Pasta salad (1,3,6,10)	Mashed potato (7) Sautéed mushrooms Mixed salad (hard boiled egg and tuna) (3,4)	Sautéed broccoli Roasted potatoes (12) Spinach salad	Grilled vegetables Cus-cus (1,6,10) Potato and vegetables mayonnaise (3,4,6)	Beetroot hummus Roasted aubergine slices 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 Diced potatoes (12) House salad	Sautéed mushrooms Steamed rice Mixed salad (hard boiled egg) (3)	Grilled seasonal vegetables Roasted potato (12) Green salad	Cus-cus (1,6,10) Grilled vegetables Mediterranean salad (3,4)	Garlic bread (1,6) Rosemary baby carrots 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 & yoghurt 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) Diced potatoes (12) House salad (3,4)	Roasted sweet potato with cinnamon Grilled seasonal vegetables Mediterranean salad (3,4)	Cauliflower and paprika White asparagus Salad with cocktail sauce dressing (3,6)	Mashed potato (7) Herby diced zucchini Green salad and olives slices	Eggplant sticks & honey (1) Steamed rice 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 Sautéed zucchini Pasta salad (1,3,6,10). No animal protein	Mashed potato (7) Sautéed mushrooms Mixed salad (hard boiled egg and tuna) (3,4)	Sautéed broccoli Roasted potatoes (12) Spinach salad	Grilled vegetables Cus-cus (1,6,10) Potato and vegetables mayonnaise (3,4,6)	Beetroot hummus Roasted aubergine slices 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 hamburger 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 Diced potatoes (12) House salad (no animal protein)	Sautéed mushrooms Steamed rice Mixed salad (hard boiled egg) (3)	Grilled seasonal vegetables Roasted potato (12) Green salad	Cus-cus (1,6,10) Grilled vegetables Mediterranean salad (3,no tuna)	Garlic bread (1,6) Rosemary baby carrots 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 & yoghurt 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) Diced potatoes (12) House salad (3,no tuna)	Roasted sweet potato with cinnamon Grilled seasonal vegetables Mediterranean salad (no animal protein)	Cauliflower and paprika White asparagus Salad with cocktail sauce dressing (3,6)	Mashed potato (7) Herby diced zucchini Green salad and olives slices	Eggplant sticks & honey (1) Steamed rice 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 hamburger (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 saltada	Champiñones rehogados	Grilled seasonal vegetables	Cus-cus (1,6,10)	Garlic bread (1,6)
Patatas cuadradillo	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 & yoghurt sauce) (7)
Beef hamburger & 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	Altramucos	Moluscos

Secondary menu - Low calories - February 2026

