



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

WEDNESDAY				THURSDAY				FRIDAY																															
1				2				3																															
SCHOOL HOLIDAYS				OFFICIAL HOLIDAYS				OFFICIAL HOLIDAYS																															
8				9				10																															
SCHOOL HOLIDAYS				SCHOOL HOLIDAYS				SCHOOL HOLIDAYS																															
13				14				15				16 - PARENTS SUGGESTIONS				17 AMERICAN FRIDAY																							
Macaronni & "chorizo" (1,3,6,10)				Sautéed green beans				Organic lentils soup				Homemade "picadillo" soup (traditional minced meat soup) (1,3,6,10)				Caesar salad (1,3,4,6,7,10)																							
Assorted croquettes and tuna pasties (1,2,3,4,6,7,8,9,10,14)				Spanish potato omelette (3)				Roasted chicken				Monkfish curry (4)				Veal hamburger (bacon, onion, tomato, lettuce and cheese) (1,3,6,7,12)																							
Seitan and caramelized onion (1,6)				Stuffed zucchini with "sanfaina" and plant protein (6)				Stuffed tomato with quinoa and vegetables				Homemade "pisto" pastry (1,3,4,5,6,7,8,10,11)				Vegetarian hamburger (1,6,12)																							
White asparagus & mayo (6)				Cous cous (1,6,10)				Sautéed mushrooms				Chards and potato				Sweet potatoes																							
Broccoli and garlic				Homemade garlic bread (1,6,10)				Fries (12)				Steamed rice				"Guacamole"																							
Salad & hard-boiled egg (3)				Capresse salad (7)				Four seasons salad and vinaigrette (12)				Green salad				Coleslaw salad (6)																							
Seasonal fruit				Seasonal fruit				Seasonal fruit				Diary dessert (7)				Homemade dessert (1,3,6,7,10)																							
kcal	770,1	Líp	32,2	Prot	26,4	HdC	94	kcal	650,3	Líp	26,4	Prot	19,4	HdC	84	kcal	713,8	Líp	24,2	Prot	41,0	HdC	83	kcal	714,2	Líp	22,4	Prot	36,3	HdC	92	kcal	721,4	Líp	35,4	Prot	59,3	HdC	41
20				21				22 - STUDENTS FAVOURITES				23				24 ANDALUSIAN FRIDAY																							
Sautéed vegetables and paprika				Seafood paella (2,4,14)				Potato stew with lean pork (12)				Spanish "cocido" soup (1,3,6,10)				Gazpacho o salmorejo (cold tomato cream) (1,12)																							
Mixed meatballs in sauce (6,10,11,12)				Marinated chicken skewers				Scrambled egg and ham (3)				Assortment "cocido"				"Flamenquines" (breaded ham & cheese rolls) (1,2,3,4,6,7,14)																							
Vegetarian meatballs in sauce (6,9,12)				Scrambled vegetables with tofu (6,9,12)				Grilled salmon (4)				Vegetarian "cocido" (1,6,10)				Spanish potato omelette (3)																							
Roasted potato				Grilled vegetables				White asparagus & mayo (6)				Sautéed cabbage				Fried peppers																							
Roasted tomato				Diced potato (12)				Mushrooms and garlic				Garlic bread (1,6)				Cádiz style seasoned potatoes (4,12)																							
Mixed salad with tuna and hard-boiled egg (3,4)				House salad				"Moje Murciano" (3,4)				Salad with cocktail sauce (3,6)				Andalusian dressing (tomato, onion, green pepper, oil, vinegar)																							
Seasonal fruit				Seasonal fruit				Seasonal fruit				Diary dessert (7)				Homemade dessert (1,3,6,7,10)																							
kcal	691,9	Líp	37,0	Prot	26,8	HdC	63	kcal	729,8	Líp	23,9	Prot	41,1	HdC	88	kcal	652,1	Líp	23,2	Prot	22,7	HdC	88	kcal	655,9	Líp	21,9	Prot	22,1	HdC	93	kcal	685,9	Líp	26,1	Prot	38,4	HdC	74
27				28				29				30																											
Rice and homemade tomato sauce				Beans soup & "chorizo"				Creamy of zucchini and leeks soup & croutons (1)				Spaghetti Tonno (tomato, tuna, onion, basil, and parsley) (1,3,4,6,10)																											
Pork loin in sauce with vegetables				Codfish with tomato sauce (2,4,14)				Grilled chicken fillet and mustard sauce (10)				Fresh pork sausage with onion (6,12)																											
Falafel & yoghurt sauce (1,6,7)				Vegetarian strips (plant-based) (1,6)				Wok tofu with mixed vegetables & soy sauce (6)				Vegetarian "pakoras"																											
Aubergine, tomato and cheese minipizzas (7)				Sautéed lombardy				Asparagus and cocktail sauce (6)				Diced potatoes (12)																											
Hummus & "crudités"				Diced potato (12)				Sautéed vegetables				Grilled vegetables																											
Cheff salad				Mediterranean salad (3,4)				Green salad				Greek salad (7)																											
Seasonal fruit				Seasonal fruit				Seasonal fruit				Diary dessert (7)																											
kcal	725,6	Líp	20,4	Prot	30,7	HdC	105	kcal	684,3	Líp	18,2	Prot	40,1	HdC	90	kcal	722,4	Líp	28,8	Prot	43,3	HdC	73	kcal	709,4	Líp	27,7	Prot	21,4	HdC	94								

Secondary menu  
Abril 2026



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

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	
6		7		1	2	3	
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		OFFICIAL HOLIDAYS	
13		14		8	9	10	
Macaronni (gluten free) & "chorizo"		Sautéed green beans		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS	
<u>Gluten free croquettes (2,3,4,6,7,8,9,10,14)</u>		Spanish potato omelette (3)		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS	
White asparagus & mayo (6) Broccoli and garlic Salad & hard-boiled egg (3) Seasonal fruit		Cous cous (allergen free pasta) Homemade garlic bread (gluten free bread) (6) Capresse salad (7) Seasonal fruit		Organic lentils soup Roasted chicken Sautéed mushrooms Fries (12) Four seasons salad and vinaigrette (12) Seasonal fruit		Homemade "picadillo" soup (traditional minced meat soup) (allergen free noodles) Monkfish curry (4) Chards and potato Steamed rice Green salad Diary dessert (7)	
20		21		15		16 - PARENTS SUGGESTIONS	
Sautéed vegetables and paprika		Seafood paella (2,4,14)		Potato stew with lean pork (12)		Homemade "picadillo" soup (allergen free noodles)	
<u>Homemade veal meatballs in sauce</u>		Marinated chicken skewers		Scrambled egg and ham (3)		Assortment "cocido"	
Roasted potato Roasted tomato Mixed salad with tuna and hard-boiled egg (3,4) Seasonal fruit		Grilled vegetables Diced potato (12) House salad Seasonal fruit		White asparagus & mayo (6) Mushrooms and garlic "Moje Murciano" (3,4) Seasonal fruit		Sautéed cabbage Garlic bread (gluten free bread,6) Salad with cocktail sauce (3,6) Diary dessert (7)	
27		28		22 - STUDENTS FAVOURITES		23	
Rice and homemade tomato sauce		Beans soup & "chorizo"		Creamy of zucchini and leeks soup & croutons (1)		Spanish "cocido" soup (allergen free noodles)	
Pork loin in sauce with vegetables		Codfish with tomato sauce (2,4,14)		Grilled chicken fillet and mustard sauce (10)		Salmorejo (cold tomato cream with gluten free bread) (12)	
Aubergine, tomato and cheese minipizzas (7) Hummus & "crudités" Cheff salad Seasonal fruit		Sautéed lombardy Diced potato (12) Mediterranean salad (3,4) Seasonal fruit		Asparagus and cocktail sauce (6) Sautéed vegetables Green salad Seasonal fruit		Fried peppers Cádiz style seasoned potatoes (4,12) Andalusian dressing (tomato, onion, green pepper, oil, vinegar) Homemade dessert (1,3,6,7,10)	
29		30		17 AMERICAN FRIDAY		17 AMERICAN FRIDAY	
Rice and homemade tomato sauce		Beans soup & "chorizo"		Allergen free pasta Tonno (tomato, tuna, onion, basil, and parsley) (4)		Homemade dessert (1,3,6,7,10)	
Pork loin in sauce with vegetables		Codfish with tomato sauce (2,4,14)		Grilled chicken fillet and mustard sauce (10)		Fresh pork sausage with onion (6,12)	
Aubergine, tomato and cheese minipizzas (7) Hummus & "crudités" Cheff salad Seasonal fruit		Sautéed lombardy Diced potato (12) Mediterranean salad (3,4) Seasonal fruit		Asparagus and cocktail sauce (6) Sautéed vegetables Green salad Seasonal fruit		Diced potatoes (12) Grilled vegetables Greek salad (7) Diary dessert (7)	

Gluten free menu  
April 2026



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3	
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		OFFICIAL HOLIDAYS		OFFICIAL HOLIDAYS	
13		14		8		9		10	
Macaronni & tomato sauce (1,3,6,10)		Sautéed green beans (no bacon)		Organic lentils soup (no "chorizo")		Homemade vegetable soup (1,3,6,9,10)		Caesar salad (1,3,4,6,7,10). No bacon.	
Assorted croquettes (no ham) and tuna pasties (1,2,3,4,6,7,8,9,10,14)		Spanish potato omelette (3)		Roasted chicken (Halal certified)		Monkfish curry (4)		Veal hamburger (Halal certified) (onion, tomato, lettuce and cheese) (1,3,6,7,12)	
<i>White asparagus &amp; mayo (6)</i> <i>Broccoli and garlic</i> <i>Salad &amp; hard-boiled egg (3)</i>		<i>Cous cous (1,6,10)</i> <i>Homemade garlic bread (1,6,10)</i> <i>Capresse salad (7)</i>		<i>Sautéed mushrooms</i> <i>Fries (12)</i> <i>Four seasons salad and vinaigrette (12)</i>		<i>Chards and potato</i> <i>Steamed rice</i> <i>Green salad</i>		<i>Sweet potatoes</i> <i>"Guacamole"</i> <i>Coleslaw salad (6)</i>	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)		Homemade dessert (1,3,6,7,10)	
20		21		22 - STUDENTS FAVOURITES		23		24 ANDALUSIAN FRIDAY	
Sautéed vegetables and paprika		Seafood paella (2,4,14)		Potato stew with spinach (12)		Homemade vegetable soup (1,3,6,10)		Gazpacho o salmorejo (cold tomato cream). NO minced ham. (1,12)	
Veal (Halal certified) meatballs in sauce (6,10,11,12)		Chicken (Halal certified) & garlic		Grilled salmon (4)		Vegetarian "cocido" (1,6,10)		Spanish potato omelette (3)	
<i>Roasted potato</i> <i>Roasted tomato</i> <i>Mixed salad with tuna and hard-boiled egg (3,4)</i>		<i>Grilled vegetables</i> <i>Diced potato (12)</i> <i>House salad</i>		<i>White asparagus &amp; mayo (6)</i> <i>Mushrooms and garlic</i> <i>"Moje Murciano" (3,4)</i>		<i>Sautéed cabbage</i> <i>Garlic bread (1,6)</i> <i>Salad with cocktail sauce (3,6)</i>		<i>Fried peppers</i> <i>Cádiz style seasoned potatoes (4,12)</i> <i>Andalusian dressing (tomato, onion, green pepper, oil, vinegar)</i>	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)		Homemade dessert (1,3,6,7,10)	
27		28		29		30			
Rice and homemade tomato sauce		Beans soup & vegetables		Creamy of zucchini and leeks soup & croutons (1)		Spaghetti Tonno (tomato, tuna, onion, basil, and parsley) (1,3,4,6,10)			
Falafel & yoghourt sauce (1,6,7)		Codfish with tomato sauce (2,4,14)		Grilled chicken fillet and mustard sauce (10)		Vegetarian "pakoras"		Halal menu without pork meat April 2026	
<i>Aubergine, tomato and cheese minipizzas (7)</i> <i>Hummus &amp; "crudités"</i> <i>Cheff salad</i>		<i>Sautéed lombardy</i> <i>Diced potato (12)</i> <i>Mediterranean salad (3,4)</i>		<i>Asparagus and cocktail sauce (6)</i> <i>Sautéed vegetables</i> <i>Green salad</i>		<i>Diced potatoes (12)</i> <i>Grilled vegetables</i> <i>Greek salad (7)</i>			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)			



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7		1		2		3	
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		OFFICIAL HOLIDAYS	
13		14		8		9		10	
Macaronni, tomato and oregano (1,3,6,10)		Sautéed green beans		Organic lentils soup		Homemade vegetable soup (1,3,6,9,10)		Coleslaw salad (6)	
Seitan and caramelized onion (1,6,7,10,11)		Spanish potato omelette (3)		Stuffed tomato with quinoa and vegetables		Homemade "pisto" pastry (1,3,4,5,6,7,8,10,11)		Vegetarian hamburger (1,6,12)	
<i>White asparagus &amp; mayo (6)</i> <i>Broccoli and garlic</i> <i>Salad &amp; hard-boiled egg (3)</i>		<i>Cous cous (1,6,10)</i> <i>Homemade garlic bread (1,6,10)</i> <i>Capresse salad (7)</i>		<i>Sautéed mushrooms</i> <i>Fries (12)</i> <i>Four seasons salad and vinaigrette (12)</i>		<i>Chards and potato</i> <i>Steamed rice</i> <i>Green salad</i>		<i>Sweet potatoes</i> <i>"Guacamole"</i>	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)		Homemade dessert (1,3,6,7,10)	
20		21		22 - STUDENTS FAVOURITES		23		24 ANDALUSIAN FRIDAY	
Sautéed vegetables and paprika		Vegetarian paella		Potato stew with spinach (12)		Homemade vegetable soup (1,3,6,10)		Gazpacho o salmorejo (cold tomato cream) (1,12)	
Vegetarian meatballs in sauce (6,9,12)		Scrambled vegetables with tofu (6,9,12)		Scrambled egg and zucchini (3)		Vegetarian "cocido" (1,6,10)		"Flamenquines" (breaded ham & cheese rolls) (1,2,3,4,6,7,14)	
<i>Roasted potato</i> <i>Roasted tomato</i> <i>Mixed salad with tuna and hard-boiled egg (3,4)</i>		<i>Grilled vegetables</i> <i>Diced potato (12)</i> <i>House salad</i>		<i>White asparagus &amp; mayo (6)</i> <i>Mushrooms and garlic</i> <i>"Moje Murciano" (3,4)</i>		<i>Sautéed cabbage</i> <i>Garlic bread (1,6)</i> <i>Salad with cocktail sauce (3,6)</i>		<i>Fried peppers</i> <i>Seasoned potatoes (no tuna,12)</i> <i>Andalusian dressing (tomato, onion, green pepper, oil, vinegar)</i>	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)		Homemade dessert (1,3,6,7,10)	
27		28		29		30		<p style="text-align: center;">Vegetarian menu April 2026</p>	
Rice and homemade tomato sauce		Beans soup & vegetables		Creamy of zucchini and leeks soup & croutons (1)		Spaghetti and homemade sauce (tomato, onion, basil, and parsley) (1,3,6,10)			
Falafel & yoghurt sauce (1,6,7)		Vegetarian strips (plant-based) (1,6)		Wok tofu with mixed vegetables & soy sauce (6)		Vegetarian "pakoras"			
<i>Aubergine, tomato and cheese minipizzas (7)</i> <i>Hummus &amp; "crudités"</i> <i>Cheff salad</i>		<i>Sautéed lombardy</i> <i>Diced potato (12)</i> <i>Mediterranean salad (3,4)</i>		<i>Asparagus and cocktail sauce (6)</i> <i>Sautéed vegetables</i> <i>Green salad</i>		<i>Diced potatoes (12)</i> <i>Grilled vegetables</i> <i>Greek salad (7)</i>			
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)			



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

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	
6		7		1	2	3	
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		OFFICIAL HOLIDAYS	
13		14		8	9	10	
Garlic broccoli		Sautéed green beans		Sautéed mushrooms		Caesar salad (1,3,4,6,7,10). NO sauce	
<u>Chicken fillet and vegetables</u>		Zuchinni omelette (3)		Roasted chicken (remove skin before consumption)		Grilled veal hamburguer (onion, tomato, lettuce and cheese) (6,10,11,12)	
White asparagus Salad with hard boiled egg		Cous cous (1,6,10) Capresse salad		Rosated potatoes (12) Four seasons salad and vinaigrette (12)		Steamed rice Green salad Ensalada Coleslaw (6)	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7) Seasonal fruit	
20		21		22 - STUDENTS FAVOURITES		23	
Sautéed vegetables and paprika		Grilled vegetables		Mushrooms and garlic		Sautéed cabbage	
<u>Spinach omelette (3)</u>		Grilled chicken skewers		Grilled salmon (4)		Vegetarian "cocido" (1,6,10)	
Roasted potato Roasted tomato Mixed salad (with tuna and hard-boiled egg)		Boiled potatoes (12) House salad		White asparagus Moje Murciano (3,4)		Garlic bread (1,6) Asparagus and cocktail sauce (3,6)	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7) Seasonal fruit	
27		28		29		30	
Aubergine minipizzas, tomato and cheese (7)		Sautéed lombardy		Grilled vegetables		Spaghetti Tonno (tomato, tuna, onion, basil, and parsley) (1,3,4,6,10)	
<u>Zuchinni omelette (3)</u>		Grilled pork loin		<u>Chicken fillet and garlic (no sauce) (10)</u>		<u>Grilled fresh pork sausage (6,12)</u>	
Hummus & Crudités Cheff salad		Boiled potatoes (12) Mediterranean salad (3,4)		White asparagus Green salad		Grilled vegetables Greek salad (7)	
Seasonal fruit		Seasonal fruit		Seasonal fruit		Diary dessert (7)	

Low calories menu  
April 2026