



Secondary menu
May 2026

FRIDAY			
1			
OFFICIAL HOLIDAYS			

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																							
4 - PARENTS' SUGGESTED MENU					5					6					7					8 - MEXICAN FRIDAY																							
Vegetable & soy wok noodles (1,3,6,9,10) - Rita González					Organic lentils soup					Whole grain pasta and "pirate" sauce (1,3,6,10)					Sautéed vegetables					Mexican-Style red rice																							
Veal meatballs and tomato sauce (1,6,7,9,10,11,12) - Maya Mintz					Spanish potato omelette (3)					Battered hake fillet and "all-oil" sauce (1,3,4,6,10)					Pork loin & tomato sauce					Chicken and roasted vegetable "fajitas" (1)																							
Vegetarian "meatballs" and tomato sauce (6,9,12)					Plant-based "chicken" strips (1,6)					Stuffed zucchini with plant-based bolognese and vegetables (1,6)					Falafel & yoghurt sauce (1,6,7)					Plant-based protein and roasted vegetable "fajitas" (1,6)																							
Roasted potato (12)					Garlic bread (1,6,10)					Roasted sweet potato					Diced potato (12)					Roasted peppers																							
Sautéed zucchini					Grilled vegetables					Sautéed mushrooms					White asparagus and mayonnaise (3,6)					Guacamole																							
Four seasons salad					House salad (3,4)					Cheff salad					Mediterranean salad (3,4)					Tomato salad and coriander																							
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																							
kcal	Lip	Prot	HdC		kcal	Lip	Prot	HdC		kcal	Lip	Prot	HdC		kcal	Lip	Prot	HdC		kcal	685,9	Lip	26,1	Prot	38,4	HdC	74																
11 - SUSTAINABLE DAY					12					13					14					15																							
Pasta pomodoro (1,3,6,10)					Sautéed brocoli					Mushrooms and bacon rissoto (7)					Spanish "cocido" soup (1,3,6,10)					"SAN ISIDRO"																							
Vegetarian quiche (1,3,5,6,7,8,10,11)					Chicken curry (7)					Codfish fritters (1,2,3,4,6,7,10)					Assortment "cocido"																												
Tofu wok with vegetable tricolour and soy sauce (6)					Vegetarian nuggets (plant-based) (1,6,7)					Vegetarian burger with caramelised onion (1,6,8,10)					Vegetarian "cocido" (1,6,10)																												
Roast Potatoes					Brown rice					Sautéed vegetables					Sautéed cabbage																												
Sautéed peas					Grilled pumpkin					Diced potato (12)					Garlic bread (1,6,10)																												
Mediterranean salad (3,4)					Raita salad					Green salad (4)					Salad & cocktail sauce (3,6)																												
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)																												
kcal	760,6	Lip	26,4	Prot	24,8	HdC	106		kcal	745,8	Lip	26,8	Prot	33,3	HdC	93		kcal	784,3	Lip	31,5	Prot	18,5	HdC	107		kcal	716,6	Lip	23,9	Prot	24,1	HdC	101		kcal		Lip		Prot		HdC	
18					19					20					21					22 - ASIAN FRIDAY																							
Macaroni Amatriciana (1,3,6,7,10)					"Salmorejo" (traditional creamy tomato and bread soup) (1,3)					Potato and vegetable salad (3,4,12)					Organic beans & vegetables					Oriental style rice (tomato, onion, carrot, garlic, coriander & pepper)																							
Ham and cheese rolls (1,2,3,4,6,7,14)					Salmon & tarragon sauce (4)					Homemade tuna pie (1,3,5,6,7,8,10,11)					Spanish potato omelette (3)					Sweet and sour chicken (6)																							
Stuffed eggplant with mushrooms, vegetables & soy protein (6)					Chicken skewers and mustard sauce (10)					Homemade vegetarian pie (1,3,5,6,7,8,10,11)					Marinated tofu (1,6,10)					Vegetable hamburger (plant-based) and chilli sauce (1,6,8,10)																							
Roasted potato (12)					Pilaf style rice (with vegetables)					Cous Cous (1,6,10)					Roasted tomato and oregano					Potatoes and vinaigrette																							
Sautéed mushrooms					Sautéed vegetables					"Escalvada" (roasted vegetable with red peppers, eggplant, onion)					Herby zucchini					Vegetable "tempura" (1,3,6,10)																							
Salad & hard-boiled egg (3)					Ensalada de la casa (3,4)					White asparagus and mayonnaise (3,6)					Cheff salad					Sweet and sour salad (6)																							
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																							
kcal	741,6	Lip	18,4	Prot	21,9	HdC	122		kcal	757,2	Lip	15,8	Prot	38,9	HdC	115		kcal	789,9	Lip	34,6	Prot	29,3	HdC	90		kcal	719,7	Lip	22,9	Prot	23,5	HdC	105		kcal	742,6	Lip	23,8	Prot	50,0	HdC	82
25					26					27					28					29 - ITALIAN FRIDAY																							
Organic lentils & vegetables					"Gazpacho" (traditional tomato and vegetable soup) (1,12)					Special fried rice (3,6)					Pumpkin and carrot cream soup (12)					Spaghetti alla Siciliana (1,3,6,10)																							
Marinated pork loin					Roasted chicken in lemon sauce					Marinated fish (1,3,4,6,10,12)					"Raxo gallego" (diced pork meat, tomato and vegetables) (12)					Chicken Milanese with cheese (1,3,6,7,10)																							
Plain cheese omelette (3,7)					Plant-based bolognese & vegetable wok (1,6)					Tofu in chilli sauce with vegetables (1,6)					Plant based fingers (1,6)					Italian bruschetta & roasted vegetables (1)																							
White asparagus					Eggplant minipizzas (7)					Cauliflower and mayo (3,6)					Cus-cus (1,6,10)					Slow-roasted potatoes & onions (12)																							
Potato and vegetables salad & mayonnaise (3,4,6)					Grilled vegetables					Herby potato (12)					Grilled vegetables					Provenzal-style vegetables																							
House salad					Tabouleh (1,6,10)					Cheff salad					Warm bacon salad					Green salad																							
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,6,7,10)																							
kcal	709,8	Lip	14,7	Prot	31,1	HdC	113		kcal	745,4	Lip	30,5	Prot	35,3	HdC	82		kcal	796,4	Lip	36,5	Prot	18,9	HdC	98		kcal	751,4	Lip	26,1	Prot	31,2	HdC	98		kcal	800,9	Lip	27,8	Prot	55,9	HdC	82



SECONDARY MENY - HALAL (NO PORK MEAT)
May 2026

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

FRIDAY			
1			
OFFICIAL HOLIDAYS			
"SAN ISIDRO"			
		8 - MEXICAN FRIDAY	
		Mexican-Style red rice	
		Chicken and roasted vegetable "fajitas" (1)	
		Roasted peppers	
		Guacamole	
		Tomato salad and coriander	
		Homemade dessert (1,3,6,7,10)	
		15	
		22 - ASIAN FRIDAY	
		Oriental style rice (tomato, onion, carrot, garlic, coriander & pepper)	
		Sweet and sour chicken (Halal-certificated) (6)	
		Potatoes and vinaigrette	
		Vegetable "tempura" (1,3,6,10)	
		Sweet and sour salad (6)	
Homemade dessert (1,3,6,7,10)			
29 - ITALIAN FRIDAY			
Spaghetti alla Siciliana (1,3,6,10)			
Chicken (Halal-certificated) Milanese with cheese (1,3,6,7,10)			
Slow-roasted potatoes & onions (12)			
Provenzal-style vegetables			
Green salad			
Homemade dessert (1,3,6,7,10)			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 - PARENTS' SUGGESTED MENU	5	6	7
Vegetable & soy wok noodles (1,3,6,9,10) - Rita González	Organic lentils soup	Whole grain pasta and "pirate" sauce (1,3,6,10)	Sautéed vegetables
<u>Halal-Certified Beef with Tomato Sauce</u>	Spanish potato omelette (3)	Battered hake fillet and "all-oil" sauce (1,3,4,6,10)	Falafel & yoghurt sauce (1,6,7)
Roasted potato (12)	Garlic bread (1,6,10)	Roasted sweet potato	Diced potato (12)
Sautéed zucchini	Grilled vegetables	Sautéed mushrooms	White asparagus and mayonnaise (3,6)
Four seasons salad	House salad (3,4)	Cheff salad	Mediterranean salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
11 - SUSTAINABLE DAY	12	13	14
Pasta pomodoro (1,3,6,10)	Sautéed broccoli	Rice and mushrooms	Homemade vegetables soup (1,3,6,10)
Vegetarian quiche (1,3,5,6,7,8,10,11)	Chicken (Halal-certificated) curry (7)	Codfish fritters (1,2,3,4,6,7,10)	Vegetarian "cocido" (1,6,10)
	Chicken curry (7)	Codfish fritters (1,2,3,4,6,7,10)	
	Chicken curry (7)	Codfish fritters (1,2,3,4,6,7,10)	
Roast Potatoes	Brown rice	Sautéed vegetables	Sautéed cabbage
Sautéed peas	Grilled pumpkin	Diced potato (12)	Garlic bread (1,6)
Mediterranean salad (3,4)	Raita salad	Green salad (4)	Salad & cocktail sauce (3,6)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
18	19	20	21
Macaroni Amatriciana (1,3,6,7,10)	"Salmorejo" (traditional creamy tomato and bread soup) (1,3)	Potato and vegetable salad (3,4,12)	Organic beans & vegetables
<u>Zucchini and onion french omelette (3)</u>	Salmon & tarragon sauce (4)	Homemade tuna pie (1,3,5,6,7,8,10,11)	Spanish potato omelette (3)
Roasted potato (12)	Pilaf style rice (with vegetables)	Cous Cous (1,6,10)	Roasted tomato and oregano
Sautéed mushrooms	Sauteed vegetables	"Escalivada" (roasted vegetable with red peppers, eggplant, onion)	Herby zucchini
Salad & hard-boiled egg (3)	Ensalada de la casa (3,4)	White asparagus and mayonnaise (3,6)	Cheff salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
25	26	27	28
Organic lentils & vegetables	"Gazpacho" (traditional tomato and vegetable soup) (1,12)	Rice and vegetables	Pumpkin and carrot cream soup (12)
Plain cheese omelette (3,7)	Roasted chicken (Halal-certificated) in lemon sauce	Marinated fish (1,3,4,6,10,12)	Plant based fingers (1,6)
White asparagus	Eggplant minipizzas (7)	Cauliflower and mayo (3,6)	Cus-cus (1,6,10)
Potato and vegetables salad & mayonnaise (3,4,6)	Grilled vegetables	Herby potato (12)	Grilled vegetables
House salad	Tabouleh (1,6,10)	Cheff salad	Mixed salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)



SECONDARY MENU - GLUTEN FREE
Mayo 2026

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

FRIDAY	
1	
OFFICIAL HOLIDAYS	
8 - MEXICAN FRIDAY	
"SAN ISIDRO"	
22 - ASIAN FRIDAY	
29 - ITALIAN FRIDAY	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 - PARENTS' SUGGESTED MENU	5	6	7
Vegetable & soy wok noodles (gluten free pasta) - Rita González	Organic lentils soup	Allergen free pasta and "pirate" sauce	Sautéed vegetables
Albóndigas de ternera con tomate (12)	Spanish potato omelette (3)	Battered (gluten free corn) hake fillet and "all-oil" sauce (3,4,6)	Pork loin & tomato sauce
Roasted potato (12) Sautéed zucchini Four seasons salad Seasonal fruit	Garlic bread (gluten free bread) Grilled vegetables House salad (3,4) Seasonal fruit	Roasted sweet potato Sautéed mushrooms Cheff salad Seasonal fruit	Diced potato (12) White asparagus and mayonnaise (3,6) Mediterranean salad (3,4) Dairy dessert (7)
11 - SUSTAINABLE DAY	12	13	14
Pasta pomodoro (allergen free pasta)	Sautéed broccoli	Mushrooms and bacon risotto (7)	Spanish "cocido" soup (allergen free noodles)
Spanish potato omelette (3)	Chicken curry (7)	Pork loin and tomato	Assortment "cocido"
Roast Potatoes Sautéed peas Mediterranean salad (3,4) Seasonal fruit	Brown rice Grilled pumpkin Raita salad Seasonal fruit	Sautéed vegetables Diced potato (12) Green salad (4) Seasonal fruit	Sautéed cabbage Garlic bread (gluten bread salad) Salad & cocktail sauce (3,6) Dairy dessert (7)
18	19	20	21
Macaroni (allergen free) Amatriciana (7)	"Salmorejo" (traditional creamy tomato and bread soup). GLUTEN FREE (3)	Potato and vegetable salad (3,4,12)	Organic beans & vegetables
Zucchini and onion french omelette (3)	Salmon & tarragon sauce (4)	Herby chicken fillet	Spanish potato omelette (3)
Roasted potato (12) Sautéed mushrooms Salad & hard-boiled egg (3) Seasonal fruit	Pilaf style rice (with vegetables) Sautéed vegetables Ensalada de la casa (3,4) Seasonal fruit	Cous Cous (allergen free pasta) "Escalivada" (roasted vegetable with red peppers, eggplant, onion) White asparagus and mayonnaise (3,6) Seasonal fruit	Roasted tomato and oregano Herby zucchini Cheff salad Dairy dessert (7)
25	26	27	28
Organic lentils & vegetables	"Gazpacho" (traditional tomato and vegetable soup). Gluten free bread (12)	Special fried rice (3,6)	Pumpkin and carrot cream soup (12)
Marinated pork loin	Roasted chicken in lemon sauce	Marinated fish (gluten free; 4,12)	"Raxo gallego" (diced pork meat, tomato and vegetables) (12)
White asparagus Potato and vegetables salad & mayonnaise (3,4,6) House salad Seasonal fruit	Eggplant minipizzas (7) Grilled vegetables Tabouleh (gluten free pasta) Seasonal fruit	Cauliflower and mayo (3,6) Herby potato (12) Cheff salad Seasonal fruit	Cus-cus (1,6,10) Grilled vegetables Warm bacon salad Dairy dessert (7)
			29 - ITALIAN FRIDAY
			Spaghetti (gluten free pasta) alla Siciliana
			Chicken Milanese (gluten free) with cheese (7)
			Slow-roasted potatoes & onions (12) Provenzal-style vegetables Green salad Homemade dessert (allergen free dessert)



MENÚ OVOLACTEO VEGETARIANO
Mayo 2026

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

FRIDAY	
1	
OFFICIAL HOLIDAYS	
8 - MEXICAN FRIDAY	
Mexican-Style red rice	
Plant-based protein and roasted vegetable "fajitas" (1,6)	
Roasted peppers	
Guacamole	
Tomato salad and coriander	
Homemade dessert (1,3,6,7,10)	
15	
"SAN ISIDRO"	
22 - ASIAN FRIDAY	
Oriental style rice (tomato, onion, carrot, garlic, coriander & pepper)	
Vegetable burger (plant-based) and chilli sauce (1,6,8,10)	
Potatoes and vinaigrette	
Vegetable "tempura" (1,3,6,10)	
Sweet and sour salad (6)	
Homemade dessert (1,3,6,7,10)	
29 - ITALIAN FRIDAY	
Spaghetti alla Siciliana (1,3,6,10)	
Italian bruschetta & roasted vegetables (1)	
Slow-roasted potatoes & onions (12)	
Provençal-style vegetables	
Green salad	
Homemade dessert (1,3,6,7,10)	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 - PARENTS' SUGGESTED MENU	5	6	7
Vegetable & soy wok noodles (1,3,6,9,10) - Rita González	Organic lentils soup	Whole grain pasta and "pirate" sauce (1,3,6,10)	Sautéed vegetables
Vegetarian "meatballs" and tomato sauce (6,9,12) - Maya Mintz	Spanish potato omelette (3)	Stuffed zucchini with plant-based bolognese and vegetables (1,6)	Falafel & yoghurt sauce (1,6,7)
Roasted potato (12)	Garlic bread (1,6,10)	Roasted sweet potato	Diced potato (12)
Sautéed zucchini	Grilled vegetables	Sautéed mushrooms	White asparagus and mayonnaise (3,6)
Four seasons salad (no animal protein)	House salad (3, no tuna)	Cheff salad (no animal protein)	Mediterranean salad (3, no tuna)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
11 - SUSTAINABLE DAY	12	13	14
Pasta pomodoro (1,3,6,10)	Sautéed brocoli	Rice and mushrooms	Homemade vegetables soup (1,3,6,10)
Vegetarian quiche (1,3,5,6,7,8,10,11)	Nuggets vegetales (1,6)	Vegetarian burger with caramelised onion (1,6,8,10)	Vegetarian "cocido" (1,6,10)
Roast Potatoes	Brown rice	Sautéed vegetables	Sautéed cabbage
Sautéed peas	Grilled pumpkin	Diced potato (12)	Garlic bread (1,6)
Mediterranean salad (3,4)	Raita salad	Green salad (4)	Salad & cocktail sauce (3,6)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
18	19	20	21
Macaroni Amatriciana (1,3,6,7,10)	Salmorejo (1,3), Sin jamón.	Potato and vegetables salad (3,12), Sin atún.	Organic beans & vegetables
Stuffed eggplant with mushrooms, vegetables & soy protein (6)	Plant-based strips (6)	Homemade vegetarian pie (1,3,5,6,7,8,10,11)	Spanish potato omelette (3)
Roasted potato (12)	Pilaf style rice (with vegetables)	Cous Cous (1,6,10)	Roasted tomato and oregano
Sautéed mushrooms	Sauteed vegetables	"Escalvada" (roasted vegetable with red peppers, eggplant, onion)	Herby zucchini
Salad & hard-boiled egg (3)	Ensalada de la casa (3,4)	White asparagus and mayonnaise (3,6)	Cheff salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)
25	26	27	28
Organic lentils & vegetables	"Gazpacho" (traditional tomato and vegetable soup) (1,12)	Rice and vegetables	Pumpkin and carrot cream soup (12)
Plain cheese omelette (3,7)	Plant-based bolognese & vegetable wok (1,6)	Tofu in chilli sauce with vegetables (1,6)	Plant based fingers (1,6)
White asparagus	Eggplant minipizzas (7)	Cauliflower and mayo (3,6)	Cus-cus (1,6,10)
Potato and vegetables salad & mayonnaise (3,4,6)	Grilled vegetables	Herby potato (12)	Grilled vegetables
House salad	Tabouleh (1,6,10)	Cheff salad	Mixed salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)