



**Secondary menu  
October 2024**

TUESDAY					WEDNESDAY					THURSDAY					FRIDAY									
1					2					3					4 - USA FRIDAY									
"Senyoret" rice (with fish and seafood) (2,4,14)					Chickpeas soup & "chorizo" (12)					Pasta & garlic (1,3,6,10)					Caesar salad (1,3,4,6,7,10)									
Roasted chicken Stuffed Aubergine rolls (with soya protein and vegetables) (6)					Spanish omelette (3) Calamari with garlic and parsley (14)					Pork meat and tomato Falafel and yoghurt sauce (1,6,7)					Grilled hamburger with bacon, tomato slice, tomato, onion and cheese (1,3,6,7,12) Complete veggie burger (1,6,12)									
Sautéed vegetables Cuscus (1,6,10) House salad					Vegetables stew Asparagus with mayonnaise (3,6) Mediterranean salad (3,4)					Diced potatoes (12) Sautéed carrot, onion and mushrooms "Murcia" style salad (3,4)					Deluxe potato Coleslaw salad (3,6) Onion rings with ranch sauce (1,2,3,4,6,8,9,10)									
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade dessert (1,3,7) Seasonal fruit									
kcal 1102,1 Lip 33,0 Prot 26,9 HdC 17,4					kcal 695,3 Lip 20,4 Prot 26,4 HdC 10,2					kcal 681,2 Lip 27,3 Prot 27,3 HdC 8,2					kcal 958,1 Lip 48,2 Prot 55,5 HdC 7,6									
MONDAY					8					9					10					11 - BRITISH FRIDAY				
7					8					9					10					11 - BRITISH FRIDAY				
Homemade "picadillo" soup (1,3,6,10)					Organic lentils soup (with vegetables) (12)					Farfalle pasta in sauce (1,3,6,7,10)					Creamy of zucchini and leeks soup & croutons (1,6,10,12)					Sautéed peas with crunchy bacon				
Chicken skewers (grilled) Stuffed courgette (with vegetables and seitan) (6,9,12)					Hake fillet & lemon (grilled) (4) Loin with mushrooms Veggie croquettes (1,6,7,10)					Breaded chicken fillet (1,3,6,10) Tofu wok with vegetables and chilli sauce (1,6)					"Carcamusa" (pork meat cooked with vegetables) Veggie "chicken" fingers					Fish & Chips (1,4,12) "Seitan & Chips" (1,6,10,12)				
Roasted potatoes (12) Berenjena al horno Ensalada 4 estaciones con vinagreta de miel y mostaza					Diced zucchini Diced potatoes (12) Mixed salad (3,4)					Roasted potatoes (12) Sautéed peas "Pipirrana" salad					Asparagus with mayonnaise (3,6) Steamed rice House salad					Steamed broccoli Garlic bread (1,3,6,7,10) Apple salad with honey-mustard sauce (10)				
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade dessert (1,3,7) Seasonal fruit				
kcal 695,3 Lip 20,4 Prot 26,4 HdC 10,2					kcal 765,7 Lip 34,8 Prot 31,2 HdC 8,2					kcal 1102,1 Lip 33,0 Prot 26,9 HdC 17,4					kcal 681,2 Lip 27,3 Prot 27,3 HdC 8,2					kcal 989,8 Lip 40,0 Prot 35,5 HdC 12,2				
14					15					16					17					18 - FRANCE FRIDAY				
14					15					16					17					18 - FRANCE FRIDAY				
Mixed "fideua" (vegetables and meat) (1,3,6,10)					"Riojana" style potato casserole (with "chorizo") (12)					Creamy of pumpkin and carrot soup (12)					Macaroni with homemade tomato sauce and cheese (1,3,6,7,10)					Cassoulet (organic beans soup)				
Vegetarian meatballs (1,6,8,10,11) Veal meatballs with mushrooms (1,6,7,12)					Salmon & tarragon (grilled) (4) Veggie sausage with onion (1,3,6,7,8,10) Chicken sausage with onion (6)					Roasted chicken Curry chickpeas & rice					Hake fillete "andaluza" (1,4,6,10) Sweet and sour tofu (1,6,12)					"Breaded pork and cheese" (1,3,2,3,4,6,7,9,10,12,14) Homemade vegetables "quiche" (1,3,5,6,7,8,10,11)				
Stir fry vegetables Diced potatoes (12) Salad with red berries vinaigrette (12)					Vegetables in "tempura" (1) Steamed rice Mediterranean salad					Cus cus (1,6,10) Rosted tomato and oregano Salad with hard boiled egg (3)					Rosted sweet potato Sautéed carrot and mushrooms Tabouleh salad (1,6,10)					"Parmentier" (1,7) Ratatouille Salad with honey and mustard sauce (10)				
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade dessert (1,3,7) Seasonal fruit				
kcal 727,5 Lip 25,7 Prot 26,4 HdC 9,8					kcal 693,6 Lip 17,7 Prot 45,8 HdC 8,8					kcal 770,0 Lip 20,6 Prot 26,8 HdC 11,9					kcal 842,3 Lip 45,0 Prot 45,9 HdC 6,3					kcal 996,9 Lip 50,8 Prot 54,0 HdC 8,1				
21					22					23					24					25 - MOROCCO FRIDAY				
21					22					23					24					25 - MOROCCO FRIDAY				
Cacio e Pepe spaghetti (1,3,6,10)					Organic lentils soup with vegetables (12)					Rice with homemade tomato sauce					Homemade poultry soup (1,3,6,10)					Cus cus & vegetables (1,6,10)				
Codfish & tomato sauce (4) Veal ragout Homemade white beans veggie burger and onion					Curry chicken (7) Seitan and roasted vegetables fajitas (1,6)					Breaded hake fillet with mayonnaise (1,3,4,6,10) Spinach omelette (3)					Pork skewers Homemade Veggie "mousaka" (peas or soya protein) (1,6,10)					Chicken Shawarm with pita bread (1) Legumes and vegetables Shawarma with pita bread (1,6)				
Broccoli and garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)					Grilled vegetables Steamed rice Salad with bacon					Potatoes (12) Grilled vegetables Green salad					Sautéed cauliflower Sautéed mushrooms Cheff salad					Beet hummus Roasted aubergine slice Mixed salad with hard boiled egg (3)				
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Homemade dessert (1,3,7) Seasonal fruit				
kcal 652,7 Lip 25,5 Prot 35,2 HdC 8,8					kcal 678,0 Lip 21,8 Prot 42,6 HdC 8,8					kcal 686,0 Lip 22,4 Prot 37,5 HdC 10,9					kcal 660,8 Lip 28,2 Prot 38,1 HdC 8,4					kcal 770,8 Lip 24,1 Prot 32,5 HdC 11,4				
28					29					30					31					<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; background-color: #90EE90;">VEGETABLES</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; background-color: #FFDAB9;">PASTA, RICE, EGGS</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; background-color: #ADD8E6;">FISH</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; background-color: #DC143C;">MEAT</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; background-color: #9370DB;">DESSERT</div>				
<b>SCHOOL HOLIDAYS</b>					<b>SCHOOL HOLIDAYS</b>					<b>SCHOOL HOLIDAYS</b>					<b>SCHOOL HOLIDAYS</b>									
kcal Lip Prot HdC					kcal Lip Prot HdC					kcal Lip Prot HdC					kcal Lip Prot HdC									



**Secondary - gluten free menu  
October 2024**

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4 - USA FRIDAY
		"Senyoret" rice (with fish and seafood) (2,4,14)	Chickpeas soup & "chorizo" (12)	Pasta & garlic (allergen free pasta)	Caesar salad (1,3,4,6,7,10)
		Roasted chicken	Spanish omelette (3)	Pork meat and tomato	Grilled hamburger with bacon, tomato slice, tomato, onion and cheese (homemade gluten free)
		Sautéed vegetables Cuscus (1,6,10) House salad	Vegetables stew Asparagus with mayonnaise (3,6) Mediterranean salad (3,4)	Diced potatoes (12) Sautéed carrot, onion and mushrooms "Murcia" style salad (3,4)	Deluxe potato Coleslaw salad (3,6) Homemade Onion rings (gluten free)
		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
<b>MONDAY</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11 - BRITISH FRIDAY</b>
7		Organic lentils soup (with vegetables) (12)	Farfalle pasta in sauce (allergen free pasta: 4)	Creamy of zucchini and leeks soup & croutons (1,6,10,12)	Sautéed peas with crunchy bacon
Homemade "picadillo" soup (allergen free pasta)		Hake fillet & lemon (grilled) (4)	Breaded chicken fillet (corn flour: gluten free)	"Carcamusa" (pork meat cooked with vegetables)	Fish & Chips (corn flour: gluten free)
Chicken skewers (grilled)		Diced zucchini Diced potatoes (12) Mixed salad (3,4)	Roasted potatoes (12) Sautéed peas "Pipirrana" salad	Asparagus with mayonnaise (3,6) Steamed rice House salad	Steamed broccoli Garlic bread (1,3,6,7,10) Apple salad with honey-mustard sauce (10)
Roasted potatoes (12) Berenjena al horno Ensalada 4 estaciones con vinagreta de miel y mostaza		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
Dairy dessert (7) Seasonal fruit		<b>15</b>	<b>16</b>	<b>17</b>	<b>18 - FRANCE FRIDAY</b>
14		"Riojana" style potato casserole (with "chorizo") (12)	Creamy of pumpkin and carrot soup (12)	Macaronni with homemade tomato sauce and cheese (allergen free pasta)	Cassoulet (organic beans soup)
Mixed "fideua" (vegetables and meat) (1 allergen free pasta)		Salmon & tarragon (grilled) (4)	Roasted chicken	Hake fillete "andaluza" (corn flour: 4)	Homemade "Breaded pork and cheese" (gluten free)
Homemade Veal meatballs with mushrooms (allergen free)		Vegetables in "tempura" (1) Steamed rice Mediterranean salad	Cus cus (1,6,10) Rasted tomato and oregano Salad with hard boiled egg (3)	Rostaed sweet potato Sautéed carrot and mushrooms Tabouleh salad (1,6,10)	"Parmentier" (1,7) Ratatouille Salad with honey and mustard sauce (10)
Stir fry vegetables Diced potatoes (12) Salad with red berries vinaigrette (12)		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
Dairy dessert (7) Seasonal fruit		<b>22</b>	<b>23</b>	<b>24</b>	<b>25 - MOROCCO FRIDAY</b>
21		Organic lentils soup with vegetables (12)	Rice with homemade tomato sauce	Homemade poultry soup (allergen free pasta)	Cus cus & vegetables (allergen free)
Cacio e Peppe spaguerttis (allergen free pasta)		Curry chicken (7)	Spinach omelette (3)	Pork skewers	Chicken Shawarm with pita bread (gluten free bread)
Codfish & tomato sauce (4)		Grilled vegetables Steamed rice Salad with bacon	Potatoes (12) Grilled vegetables Green salad	Sautéed cauliflower Sautéed mushrooms Cheff salad	Beet hummus Roasted aubergine slice Mixed salad with hard boiled egg (3)
Broccoli and garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
Dairy dessert (7) Seasonal fruit		<b>29</b>	<b>30</b>	<b>31</b>	
28					
<b>SCHOOL HOLIDAYS</b>		<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	

- VEGETABLES
- PASTA, RICE, EGGS
- FISH
- MEAT
- DESSERT



**Menu - No pork meat  
October 2024**

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4 - USA FRIDAY
		"Senyoret" rice (with fish and seafood) (2,4,14)	Chickpeas soup & vegetables (12)	Pasta & garlic (1,3,6,10)	Caesar salad (1,3,4,6,7,10)
		Roasted chicken	Spanish omelette (3)	Falafel and yoghurt sauce (1,6,7)	Complete veggie hamburger (1,6,12)
		Sautéed vegetables Cuscus (1,6,10) House salad	Vegetables stew Asparagus with mayonnaise (3,6) Mediterranean salad (3,4)	Diced potatoes (12) Sautéed carrot, onion and mushrooms "Murcia" style salad (3,4)	Deluxe potato Coleslaw salad (3,6) Onion rings with ranch sauce (1,2,3,4,6,8,9,10)
		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
<b>MONDAY</b>					
7		8	9	10	11 - BRITISH FRIDAY
Homemade "picadillo" soup (1,3,6,10)		Organic lentils soup (with vegetables) (12)	Farfalle pasta in sauce (1,3,6,7,10)	Creamy of zucchini and leeks soup & croutons (1,6,10,12)	Sautéed peas with crunchy bacon
Chicken skewers (grilled)		Hake fillet & lemon (grilled) (4)	Breaded chicken fillet (1,3,6,10)	Veggie "chicken" fingers	Fish & Chips (1,4,12)
Roasted potatoes (12) Berenjena al horno Ensalada 4 estaciones con vinagreta de miel y mostaza		Diced zucchini Diced potatoes (12) Mixed salad (3,4)	Roasted potatoes (12) Sautéed peas "Pipirrana" salad	Asparagus with mayonnaise (3,6) Steamed rice House salad	Steamed broccoli Garlic bread (1,3,6,7,10) Apple salad with honey-mustard sauce (10)
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
14		15	16	17	18 - FRANCE FRIDAY
"Fideua" (vegetables and meat) (1,3,6,10)		Potato and vegetables casserole (NO "chorizo") (12)	Creamy of pumpkin and carrot soup (12)	Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)	Cassoulet (organic beans soup)
Veal meatballs with mushrooms (1,6,7,12)		Salmon & tarragon (grilled) (4)	Roasted chicken	Hake fillete "andaluza" (1,4,6,10)	Homemade vegetables "quiche" (1,3,5,6,7,8,10,11)
Stir fry vegetables Diced potatoes (12) Salad with red berries vinaigrette (12)		Vegetables in "tempura" (1) Steamed rice Mediterranean salad	Cus cus (1,6,10) Rasted tomato and oregano Salad with hard boiled egg (3)	Rostaed sweet potato Sautéed carrot and mushrooms Tabouleh salad (1,6,10)	"Parmentier" (1,7) Ratatouille Salad with honey and mustard sauce (10)
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
21		22	23	24	25 - MOROCCO FRIDAY
Cacio e Peppe spaguerttis (1,3,6,10)		Organic lentils soup with vegetables (12)	Rice with homemade tomato sauce	Homemade poultry soup (1,3,6,10)	Cus cus & vegetables (1,6,10)
Codfish & tomato sauce (4)		Curry chicken (7)	Spinach omelette (3)	Homemade Veggie "mousaka" (peas or soya protein) (1,6,10)	Chicken Shawarm with pita bread (1)
Broccoli and garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)		Grilled vegetables Steamed rice Salad (NO BACON)	Potatoes (12) Grilled vegetables Green salad	Sautéed cauliflower Sautéed mushrooms Cheff salad	Beet hummus Roasted aubergine slice Mixed salad with hard boiled egg (3)
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
28		29	30	31	
<b>SCHOOL HOLIDAYS</b>		<b>SCHOOL HOLIDAYS</b>		<b>SCHOOL HOLIDAYS</b>	
				<div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #90EE90; padding: 2px; margin-bottom: 2px;">VEGETABLES</div> <div style="background-color: #FFDAB9; padding: 2px; margin-bottom: 2px;">PASTA, RICE, EGGS</div> <div style="background-color: #ADD8E6; padding: 2px; margin-bottom: 2px;">FISH</div> <div style="background-color: #CD5C5C; padding: 2px; margin-bottom: 2px;">MEAT</div> <div style="background-color: #9370DB; padding: 2px;">DESSERT</div> </div>	



**Vegetarian menu  
October 2024**

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4 - USA FRIDAY
		Rice with homemade tomato sauce	Chickpeas soup & vegetables (12)	Pasta & garlic (1,3,6,10)	Coleslaw salad (3,6)
		Stuffed Aubergine rolls (with soya protein and vegetables) (6)	Spanish omelette (3)	Falafel and yoghurt sauce (1,6,7)	Complete veggie burger (1,6,12)
		Sautéed vegetables Cuscus (1,6,10) House salad	Vegetables stew Asparagus with mayonnaise (3,6) Mediterranean salad (3,4)	Diced potatoes (12) Sautéed carrot, onion and mushrooms "Murcia" style salad (3,4)	Deluxe potato Salad (no animal protein) Onion rings with ranch sauce (1,2,3,4,6,8,9,10)
		Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
<b>MONDAY</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 - BRITISH FRIDAY</b>
	Homemade minestrone soup (1,3,6,10)	Organic lentils soup (with vegetables) (12)	Farfalle pasta in sauce (1,3,6,7,10)	Creamy of zucchini and leeks soup & croutons (1,6,10,12)	Sautéed peas
	Stuffed courgette (with vegetables and seitan) (6,9,12)	Veggie croquettes (1,6,7,10)	Tofu wok with vegetables and chilli sauce (1,6)	Veggie "chicken" fingers	"Seitan & Chips" (1,6,10,12)
	Roasted potatoes (12) Berenjena al horno Ensalada 4 estaciones con vinagreta de miel y mostaza	Diced zucchini Diced potatoes (12) Mixed salad (3,4)	Roasted potatoes (12) Sautéed peas "Pipirrana" salad	Asparagus with mayonnaise (3,6) Steamed rice House salad	Steamed broccoli Garlic bread (1,3,6,7,10) Apple salad with honey-mustard sauce (10)
	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 - FRANCE FRIDAY</b>	
Veggie "fideua" (1,3,6,10)	Potato and vegetables casserole (NO "chorizo") (12)	Creamy of pumpkin and carrot soup (12)	Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)	Cassoulet (organic beans soup)	
Vegetarian meatballs (1,6,8,10,11)	Veggie sausage with onion (1,3,6,7,8,10)	Curry chickpeas & rice	Sweet and sour tofu (1,6,12)	Homemade vegetables "quiche" (1,3,5,6,7,8,10,11)	
Stir fry vegetables Diced potatoes (12) Salad with red berries vinaigrette (12)	Vegetables in "tempura" (1) Steamed rice Mediterranean salad	Cus cus (1,6,10) Rosted tomato and oregano Salad with hard boiled egg (3)	Rostaed sweet potato Sautéed carrot and mushrooms Tabouleh salad (1,6,10)	"Parmentier" (1,7) Ratatouille Salad with honey and mustard sauce (10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25 - MOROCCO FRIDAY</b>	
Cacio e Pepe spaguettis (1,3,6,10)	Organic lentils soup with vegetables (12)	Rice with homemade tomato sauce	Homemade vegetables soup (1,3,6,10)	Cus cus & vegetables (1,6,10)	
Homemade white beans veggie burger and onion	Seitan and roasted vegetables fajitas (1,6)	Spinach omelette (3)	Homemade Veggie "mousaka" (peas or soya protein) (1,6,10)	Legumes and vegetables Shawarma with pita bread (1,6)	
Broccoli and garlic Diced potatoes (12) Salad with sweet-sour dressing (6,12)	Grilled vegetables Steamed rice Salad with bacon	Potatoes (12) Grilled vegetables Green salad	Sautéed cauliflower Sautéed mushrooms Cheff salad	Beet hummus Roasted aubergine slice Mixed salad with hard boiled egg (3)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade dessert (1,3,7) Seasonal fruit	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	<b>SCHOOL HOLIDAYS</b>	<div style="background-color: #8bc34a; padding: 2px; text-align: center;">VEGETABLES</div> <div style="background-color: #ff9800; padding: 2px; text-align: center;">PASTA, RICE, EGGS</div> <div style="background-color: #00bcd4; padding: 2px; text-align: center;">FISH</div> <div style="background-color: #d32f2f; padding: 2px; text-align: center;">MEAT</div> <div style="background-color: #9c27b0; padding: 2px; text-align: center;">DESSERT</div>	