



Secondary menu December 2024

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
2					3					4					5					6																			
Spaguetti & homemade tomato sauce (1,3,6,10)					"Rioja" style chickpeas soup (with vegetables and "chorizo")					Maccaroni and cheese (1,3,6,7,10)					Broccoli & ham					OFFICIAL HOLIDAY																			
Grilled salmon (4)					Breaded calamari (homemade) (1,6,10,14)					Chicken fillet & mustard (10)					Stewed veal & vegetables																								
Marinated pork skewers					Cheesy omelette (3,7)					Hummus, roasted vegetables & seitan "burritos" (1,6)					Spinach and vegetables quiche (1,3,5,6,7,8,10,11)																								
Stuffed aubergine (vegetables and veggie bolognese) (1,6)					Diced potato (12)					Roasted mushrooms & garlic					Potatoes (12)																								
Sautéed broccoli & garlic					Grilled potatoes (12)					Roasted sweet potato					Hummus & "crudites" (raw vegetables)																								
Boiled potatoes (12)					Mixed salad (3,4)					Mixed salad & hard-boiled egg (3)					Green salad																								
"Pico de gallo" salad					Dairy dessert (7)					Dairy dessert (7)					Dairy dessert (7)																								
Seasonal fruit					Seasonal fruit					Seasonal fruit					Seasonal fruit																								
kcal	777,8	Lip	45,6	Prot	40,3	HdC	51	kcal	842,6	Lip	26,9	Prot	43,7	HdC	106	kcal	724,6	Lip	30,9	Prot	51,6	HdC	60	kcal	636,0	Lip	19,4	Prot	29,8	HdC	86	kcal		Lip		Prot		HdC	
9					10					11					12					13																			
Sautéed green beans					Organic lentils soup & vegetables (12)					Creamy pumpkin and zucchini soup (12)					Potatoes and meat casserole (12)					Gallo Pinto rice (Costa Rica style) (rice, beans, peppers, diced tomato, onion and coriander)																			
Veal meatballs cooked in sauce with vegetables (6,7,9,10,12)					Roasted chicken & apple					"Portugal" style codfish (1,3,4,6,10)					Fishfingers & mayo (1,3,4,6,10)					Chicken "quesadilla" and caramelized onion (1)																			
Vegetarian "meatballs" cooked in sauce with vegetables (6)					Burritos de seitán y asadillo de verduras (1,6)					Sautéed tofu and vegetables (1,6)					Homemade beans hamburger & onion					Vegetarian "quesadilla" and caramelized onion (1,6)																			
Steamed rice and bay leaves					Vegetarian cus cus (1,6,10)					Potatoes (12)					Ratatouille					Fried pepper																			
Asparagus with mayonnaise (3,6)					Diced potatoes (12)					Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14)					Fries (12)					Guacamole																			
House salad					Salad with sweet-sour dressing (6)					Cheff salad					Mediterranean salad (3,4)					House salad (3,4)																			
Dairy dessert (7)					Dairy dessert (7)					Dairy dessert (7)					Dairy dessert (7)					Postre casero (1,3,7)																			
Seasonal fruit					Seasonal fruit					Seasonal fruit					Seasonal fruit					Fruta fresca de temporada																			
kcal	718,1	Lip	21,4	Prot	44,9	HdC	87	kcal	720,3	Lip	23,2	Prot	41,3	HdC	86	kcal	761,8	Lip	36,7	Prot	28,2	HdC	80	kcal	850,5	Lip	29,9	Prot	47,5	HdC	98	kcal	817,2	Lip	29,5	Prot	42,7	HdC	95
16					17					18					19					20 - "CHRISTMAS HOLIDAY"																			
Cacio e Peppe pasta (with garlic, olive oil extra, pepper and cheese) (1,3,6,7,10)					Sautéed broccoli					"Cocido" soup (1,3,6,10)					Capresse salad (7)																								
Marinated fish (dogfish) (1,4,6,10)					Pork meat & tomato sauce					Chickpeas, vegetables, meat stew					Chicken fingers & BBQ sauce (1,6,10)																								
Spicy diced tofu & honey (1,6)					Curry chickpeas & sweet potato soup					Veggie "cocido" (no meat)					Assorted pizzas (1,3,4,6,7,9,10,12)																								
Sautéed vegetables					"Escalivada" (roasted vegetables)					Potatoes (12)					Deluxe potato																								
Diced potato (12)					Steamed rice					Asparagus & mayo (3,6)					Sautéed peas																								
Salad with sweet-sour dressing (6)					Salad & crispy bacon strips					Green salad					Tabouleh (1,6,10)																								
Dairy dessert (7)					Dairy dessert (7)					Dairy dessert (7)					Homemade carrot cake (1,3,7)																								
Seasonal fruit					Seasonal fruit					Seasonal fruit					Seasonal fruit																								
kcal	823,5	Lip	34,8	Prot	32,1	HdC	96	kcal	657,7	Lip	22,7	Prot	40,1	HdC	73	kcal	845,6	Lip	35,2	Prot	39,8	HdC	93	kcal	856,4	Lip	27,4	Prot	44,6	HdC	108	kcal		Lip		Prot		HdC	



Secondary menu - Gluten free December 2024

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Spaguetti & homemade tomato sauce (gluten free pasta)	"Rioja" style chickpeas soup (with vegetables and "chorizo")	Maccaronni (gluten free) and cheese	Broccoli & ham	<h1>OFFICIAL HOLIDAY</h1>
Grilled salmon (4)	Cheesy omelette (3,7)	Chicken fillet & mustard (10)	Stewed veal & vegetables	
Sautéed broccoli & garlic Boiled potatoes (12) "Pico de gallo" salad	Diced potato (12) Grilled vegetables Mixed salad (3,4)	Roasted mushrooms & garlic Roasted sweet potato Mixed salad & hard-boiled egg (3)	Potatoes (12) Hummus & "crudites" (raw vegetables) Green salad	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	
9	10	11	12	13
Sautéed green beans	Organic lentils soup & vegetables (12)	Creamy pumpkin and zucchini soup (12)	Potatoes and meat casserole (12)	Gallo Pinto rice (Costa Rica style) (rice, beans, peppers, diced tomato, onion and coriander)
Allergen free meatballs cooked in sauce with vegetables (gluten free)	Roasted chicken & apple	"Portugal" style codfish (gluten free: 4)	Fishfingers (homemade, gluten free) & mayo (3,4,6)	Chicken "quesadilla" and caramelized onion (gluten free)
Steamed rice and bay leaves Asparagus with mayonnaise (3,6) House salad	Vegetarian cus cus (1,6,10) Diced potatoes (12) Salad with sweet-sour dressing (6)	Potatoes (12) Diced cauliflower (Gluten free) and BBQ sauce (cornflour, 10) Cheff salad	Ratatouille Fries (12) Mediterranean salad (3,4)	Fried pepper Guacamole House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Pastre casero (1,3,7) Fruta fresca de temporada
16	17	18	19	20 - "CHRISTMAS HOLIDAY"
Cacio e Peppe pasta (with garlic, olive oil extra, pepper and cheese) (gluten free pasta: 7)	Sautéed broccoli	"Cocido" soup (gluten free noodles)	Capresse salad (7)	
Marinated fish (dogfish) (gluten free, 4)	Pork meat & tomato sauce	Chickpeas, vegetables, meat stew	Chicken fingers (gluten free) & BBQ sauce (10)	
Sautéed vegetables Diced potato (12) Salad with sweet-sour dressing (6)	"Escalivada" (roasted vegetables) Steamed rice Salad & crispy bacon strips	Potatoes (12) Asparagus & mayo (3,6) Green salad	Deluxe potato Sautéed peas Tabouleh (1,6,10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade carrot cake (1,3,7)	



Secondary menu - Halal December 2024

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Spaguetti & homemade tomato sauce (1,3,6,10)	Chickpeas soup & vegetables	Maccaronni and cheese (1,3,6,7,10)	Sautéed Broccoli	<h1>OFFICIAL HOLIDAY</h1>
Grilled salmon (4)	Cheesy omelette (3,7)	Chicken fillet (Halal certified) & mustard (10)	Stewed veal (certificated) & vegetables	
Sautéed broccoli & garlic Boiled potatoes (12) "Pico de gallo" salad	Diced potato (12) Grilled vegetables Mixed salad (3,4)	Roasted mushrooms & garlic Roasted sweet potato Mixed salad & hard-boiled egg (3)	Potatoes (12) Hummus & "crudites" (raw vegetables) Green salad	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	
9	10	11	12	13
Sautéed green beans	Organic lentils soup & vegetables (12)	Creamy pumpkin and zucchini soup (12)	Potatoes and vegetables casserole (12)	Gallo Pinto rice (Costa Rica style) (rice, beans, peppers, diced tomato, onion and coriander)
Stewed veal (certificated) & vegetables	Roasted chicken (certificated) & apple	"Portugal" style codfish (1,3,4,6,10)	Fishfingers & mayo (1,3,4,6,10)	Chicken (certificated) "quesadilla" and caramelized onion (1)
Steamed rice and bay leaves Asparagus with mayonnaise (3,6) House salad	Vegetarian cus cus (1,6,10) Diced potatoes (12) Salad with sweet-sour dressing (6)	Potatoes (12) Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14) Cheff salad	Ratatouille Fries (12) Mediterranean salad (3,4)	Fried pepper Guacamole House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Pastre casero (1,3,7) Fruta fresca de temporada
16	17	18	19	20 - "CHRISTMAS HOLIDAY"
Cacio e Peppe pasta (with garlic, olive oil extra, pepper and cheese) (1,3,6,7,10)	Sautéed broccoli	Homemade vegetables soup (1,3,6,10)	Capresse salad (7)	
Marinated fish (dogfish) (1,4,6,10)	Plain omelette (3)	Veggie "cocido" (no meat)	Assorted pizzas (1,3,4,6,7,9,10,12). No pork meat.	
Sautéed vegetables Diced potato (12) Salad with sweet-sour dressing (6)	"Escalivada" (roasted vegetables) Steamed rice Salad	Potatoes (12) Asparagus & mayo (3,6) Green salad	Deluxe potato Sautéed peas Tabouleh (1,6,10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade carrot cake (1,3,7)	



Secondary menu - low calories December 2024

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Sautéed broccoli & garlic	Grilled vegetables	Roasted mushrooms & garlic	Broccoli (no ham)	<h1>OFFICIAL HOLIDAY</h1>
Grilled salmon (4)	Plain omelette (3)	Grilled chicken fillet	Grilled pork loin	
Pasta salad (1,3,6,10) Boiled potatoes (12) "Pico de gallo" salad	Boiled Diced potato (12) Mixed salad (3,4)	Roasted sweet potato Mixed salad & hard-boiled egg (3)	Potatoes (12) Hummus & "crudites" (raw vegetables) Green salad	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	
9	10	11	12	13
Sautéed green beans	Organic lentils soup & vegetables (12)	Creamy pumpkin and zucchini soup (12)	Ratatouille	Gallo Pinto rice (Costa Rica style) (rice, beans, peppers, diced tomato, onion and coriander)
Plain omelette & vegetables (3)	Roasted chicken (whitout skin) & apple	Grilled codfish (4)	Grilled hake/fish fillet (4)	Grilled chicken fillet and caramelized onion
Steamed rice and bay leaves Asparagus with mayonnaise (3,6) House salad	Vegetarian cus cus (1,6,10) Diced potatoes (12) Salad with sweet-sour dressing (6)	Potatoes (12) Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14) Cheff salad	Asparagus Boiled potatoes (12) Mediterranean salad (3,4)	Roasted peppers Guacamole House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Pastre casero (1,3,7) Fruta fresca de temporada
16	17	18	19	20 - "CHRISTMAS HOLIDAY"
Sautéed vegetables	Sautéed broccoli	Cauliflower & paprika	Capresse salad (7)	
Grilled salmon (4)	Grilled chicken fillet	Sautéed chickpeas & vegetables	Chicken fingers (1,6,10)	
Pasta salad (1,3,6,10) Diced potato (12) Salad with sweet-sour dressing (6)	"Escalivada" (roasted vegetables) Steamed rice Salad	Asparagus Green salad	Deluxe potato Sautéed peas Tabouleh (1,6,10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade carrot cake (1,3,7)	



Secondary menu - Vegetarian December 2024

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Spaguetti & homemade tomato sauce (1,3,6,10)	"Rioja" style chickpeas soup (with vegetables and "chorizo")	Maccaronni and cheese (1,3,6,7,10)	Broccoli (no ham)	OFFICIAL HOLIDAY
Stuffed aubergine (vegetables and veggie bolognese) (1,6)	Cheesy omelette (3,7)	Hummus, roasted vegetables & seitan "burritos" (1,6)	Spinach and vegetables quiche (1,3,5,6,7,8,10,11)	
Sautéed broccoli & garlic Boiled potatoes (12) "Pico de gallo" salad	Diced potato (12) Grilled vegetables Mixed salad (no animal protein)	Roasted mushrooms & garlic Roasted sweet potato Mixed salad (no animal protein)	Potatoes (12) Hummus & "crudites" (raw vegetables) Green salad	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	
9	10	11	12	
Sautéed green beans	Organic lentils soup & vegetables (12)	Creamy pumpkin and zucchini soup (12)	Potatoes and vegetables casserole (12)	Gallo Pinto rice (Costa Rica style) (rice, beans, peppers, diced tomato, onion and coriander). NO animal protein.
Vegetarian "meatballs" cooked in sauce with vegetables (6)	Burritos de seitán y asadillo de verduras (1,6)	Sautéed tofu and vegetables (1,6)	Homemade beans hamburger & onion	Vegetarian "quesadilla" and caramelized onion (1,6)
Steamed rice and bay leaves Asparagus with mayonnaise (3,6) House salad	Vegetarian cus cus (1,6,10) Diced potatoes (12) Salad with sweet-sour dressing (6)	Potatoes (12) Diced cauliflower and BBQ sauce (1,2,3,4,6,7,8,9,14) Cheff salad	Ratatouille Fries (12) Mediterranean salad (3,4)	Fried pepper Guacamole House salad (no animal protein)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Pastre casero (1,3,7) Fruta fresca de temporada
16	17	18	19	20 - "CHRISTMAS HOLIDAY"
Cacio e Peppe pasta (with garlic, olive oil extra, pepper and cheese) (1,3,6,7,10)	Sautéed broccoli	Homemade vegetables soup (1,3,6,10)	Capresse salad (7)	
Spicy diced tofu & honey (1,6)	Curry chickpeas & sweet potato soup	Veggie "cocido" (no meat)	Veggie pizza (1,3,4,6,7,9,10,12)	
Sautéed vegetables Diced potato (12) Salad with sweet-sour dressing (6)	"Escalivada" (roasted vegetables) Steamed rice Salad	Potatoes (12) Asparagus & mayo (3,6) Green salad	Deluxe potato Sautéed peas Tabouleh (1,6,10)	
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Homemade carrot cake (1,3,7)	