



## Secondary menu - January 2025

- 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

							WEDNESDAY						THURSDAY						FRIDAY																				
							8						9						10 - Oriental Menu																				
							Rice with tomato sauce						Organic lentils soup & vegetables (12)						Spring rolls (1,2,3,4,6,7,8,9,10,14)																				
							Veal meatballs in sauce (1,6,12)						Spanish potato omelette (3)						Katsu chicken served with Japanese inspired curry sauce																				
							Stuffed aubergine (with soya protein) (1,6,10)						Battered cuttlefish (baked) (1,2,3,4,6,7,9,10,12,14)						Katsu seitan (1,6,10)																				
							Diced potatoes (12) Grilled seasonal vegetables Cheff salad						Roasted pumpkin Sautéed mushrooms Mediterranean Salad (3,4)						Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) Salad with honey and mustard sauce (10)																				
							Dairy dessert (7) Seasonal fruit						Dairy dessert (7) Seasonal fruit						Dairy dessert (7) Seasonal fruit																				
							kcal	604,8	Lip	27,4	Prot	28,3	HdC	61	kcal	785,2	Lip	27,9	Prot	31,6	HdC	102	kcal	682,4	Lip	18,2	Prot	43,9	HdC	86									
MONDAY							TUESDAY							15							16							17 - American Menu											
13							14							15							16							17 - American Menu											
Sautéed peas with serrano ham strips							"Riojana" style potatoes casserole (with chorizo) (12)							Cacio e Peppe macaronni (1,3,6,7,10)							Organic beans soup (12)							Chicken Caesar Salad (1,3,6,7)											
Lean pork & tomato							"Gallega" style codfish (with paprika) (2,4,14)							Oven baked Egg on "pisto" bed (3)							Marinated fish (1,4,6,10)							Hamburger (bacon, lettuce, onion and cheese) (1,3,6,7,12)											
Veggie croquettes (1,6,10)							Sautéed Cheakpeas with curry & Seitan (1,6,10) Herby chicken fillet							Chicken wings							Veggie hummus & vegetables "burrito" (1)							Veggie hamburger (1,6,12)											
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)							Cous Cous (1,6,10) Steamed vegetables House Salad							White asparagus Roasted tomato & oregano "Pico de gallo" salad							Grilled vegetables & sweet potatoes Sautéed peas House salad							Diced potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw Salad (3,6)											
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											
kcal	600,0	Lip	23,6	Prot	44,8	HdC	52	kcal	662,8	Lip	25,3	Prot	28,3	HdC	81	kcal	659,7	Lip	19,8	Prot	21,0	HdC	99	kcal	707,7	Lip	23,7	Prot	41,9	HdC	82	kcal	862,0	Lip	36,2	Prot	61,2	HdC	73
20							21							22							23							24 - Mexican Menu											
Pasta with homemade tomato sauce (1,3,6,10)							Creamy of pumpkin and carrot soup							Organic lentils soup & "chorizo" (12)							Bacon & mushrooms "risotto" (7)							Chicken and corn soup											
Wok calamari (14)							Roasted chicken							Grilled salmon in tarragon sauce (4)							Homemade turkey ragout							Chicken fajitas (1)											
Veal meatballs cooked in vegetables sauce (1,6,7,9,10,12) Falafel with yoghurt sauce (1,6,7,10)							Homemade white beans veggie burger (1,6)							Cheesy omelette (3,7) Marinated pork skewers							Diced seitan in sauce (1,6,10)							Veggie fajitas with vegetables, beans and guacamole (1)											
White asparagus Cauliflower & mayonnaise (3,6) Salad with peppers							Cus cus (1,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)							Diced potatoes (12) Grilled seasonal vegetables Mediterranean Salad (3,4)							Grilled vegetables Roasted sweet potatoes Cheff salad							Baked red and green pepper and onion Mexican style rice Green salad											
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											
kcal	656,3	Lip	16,0	Prot	45,8	HdC	82	kcal	606,0	Lip	27,3	Prot	27,9	HdC	62	kcal	680,6	Lip	23,9	Prot	36,2	HdC	80	kcal	505,5	Lip	17,1	Prot	25,5	HdC	62	kcal	683,5	Lip	23,3	Prot	42,4	HdC	76
27							28							29							30							31 - National Menu											
Breaded cauliflower (1,2,3,4,6,7,8,9,14)							Seafood "fideua" (1,2,3,4,6,10,14)							Creamy of leek soup (12)							Aglio e Olio Pasta (1,3,6,10)							"Cocido" soup (1,3,6,10)											
Veal ragout							Grilled pork loin & peppers							Homemade breaded hake fillet (1,3,4,6,10)							Chicken sausages with caramelized onion							Chickpeas, vegetables, meat stew											
Mediterranean veggie fingers (1,6)							Homemade spinach "quiche" (1,3,5,6,7,10,11)							Veggie hamburger & onion (1,6,12)							Vegetables "pakoras"							Veggie "cocido" (no meat)											
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Garlic bread (1,6,7) Sautéed vegetables Pasta salad (1,3,4,6,10)							Sautéed broccoli Mashed potato (7,12) Salad with strips of bacon							Mixed vegetables White asparagus Mediterranean salad (3,4)											
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											
kcal	788,9	Lip	47,4	Prot	37,5	HdC	53	kcal	787,7	Lip	21,0	Prot	43,0	HdC	107	kcal	785,2	Lip	27,9	Prot	31,6	HdC	102	kcal	786,2	Lip	28,9	Prot	32,6	HdC	103	kcal	787,2	Lip	29,9	Prot	33,6	HdC	104



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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		
<b>13</b>							<b>14</b>							<b>8</b>			<b>9</b>			<b>10 - Oriental Menu</b>		
Sautéed peas with serrano ham strips							Potatoes and vegetables casserole (12)							Rice with tomato sauce			Organic lentils soup & vegetables (12)			Spring rolls (1,2,3,4,6,7,8,9,10,14)		
Zucchini omelette (3)							"Gallega" style codfish (with paprika) (2,4,14)							Veal meatballs in sauce (1,6,12)			Spanish potato omelette (3)			Katsu chicken served with Japanese inspired curry sauce		
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)							Cous Cous (1,6,10) Steamed vegetables House Salad							Diced potatoes (12) Grilled seasonal vegetables Cheff salad			Roasted pumpkin Sautéed mushrooms Mediterranean Salad (3,4)			Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) 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			Dairy dessert (7) Seasonal fruit		
<b>20</b>							<b>21</b>							<b>15</b>			<b>16</b>			<b>17 - American Menu</b>		
Pasta with homemade tomato sauce (1,3,6,10)							Creamy of pumpkin and carrot soup							Cacio e Peppe macaroni (1,3,6,7,10)			Organic beans soup (12)			Chicken Caesar Salad (1,3,6,7)		
Wok calamari (14)							Roasted chicken							Oven baked Egg on "pisto" bed (3)			Marinated fish (1,4,6,10)			Hamburger (lettuce, onion and cheese) (1,3,6,7,12)		
White asparagus Cauliflower & mayonnaise (3,6) Salad with peppers							Cus cus (1,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)							White asparagus Roasted tomato & oregano "Pico de gallo" salad			Grilled vegetables & sweet potatoes Sautéed peas House salad			Diced potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw Salad (3,6)		
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>27</b>							<b>28</b>							<b>22</b>			<b>23</b>			<b>24 - Mexican Menu</b>		
Breaded cauliflower (1,2,3,4,6,7,8,9,14)							Seafood "fideua" (1,2,3,4,6,10,14)							Organic lentils soup & vegetables (12)			Mushrooms "risotto" (7)			Chicken and corn soup		
Veal ragout							Homemade spinach "quiche" (1,3,5,6,7,10,11)							Cheesy omelette (3,7)			Homemade turkey ragout			Chicken fajitas (1)		
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Diced potatoes (12) Grilled seasonal vegetables Mediterranean Salad (3,4)			Grilled vegetables Roasted sweet potatoes Cheff salad			Baked red and green pepper and onion Mexican style rice Green salad		
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>31</b>							<b>30</b>							<b>29</b>			<b>30</b>			<b>31 - National Menu</b>		
Veal ragout							Homemade spinach "quiche" (1,3,5,6,7,10,11)							Creamy of leek soup (12)			Aglio e Olio Pasta (1,3,6,10)			Vegetables soup (1,3,6,10)		
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Homemade breaded hake fillet (1,3,4,6,10)			Chicken sausages with caramelized onion			Veggie "cocido" (no meat)		
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Garlic bread (1,6,7) Sautéed vegetables Pasta salad (1,3,4,6,10)			Sautéed broccoli Mashed potato (7,12) Salad (no bacon)			Mixed vegetables White asparagus Mediterranean salad (3,4)		
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		



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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		
13							14							8			9			10 - Oriental Menu		
Sautéed peas with serrano ham strips							"Riojana" style potatoes casserole (with chorizo) (12)							Rice with tomato sauce			Organic lentils soup & vegetables (12)			Fresh vegetables in "tempura" (corn flour)		
Lean pork & tomato							"Gallega" style codfish (with paprika) (2,4,14)							Allergen free meatballs in sauce			Spanish potato omelette (3)			Katsu chicken served with Japanese inspired curry sauce		
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)							Cous Cous (gluten free) Steamed vegetables House Salad							Diced potatoes (12) Grilled seasonal vegetables Cheff salad			Roasted pumpkin Sautéed mushrooms Mediterranean Salad (3,4)			Steamed rice Asparagus 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			Dairy dessert (7) Seasonal fruit		
20							21							15			16			17 - American Menu		
Pasta with homemade tomato sauce (1,3,6,10)							Creamy of pumpkin and carrot soup							Cacio e Peppe macaronni (7; gluten free pasta)			Organic beans soup (12)			Chicken Caesar Salad (gluten free bread,3,6,7)		
Wok calamari (14)							Roasted chicken							Oven baked Egg on "pisto" bed (3)			Marinated fish (4; corn flour)			Hamburger (gluten free) (bacon, lettuce, onion and cheese) (1,3,6,7,12)		
White asparagus Cauliflower & mayonnaise (3,6) Salad with peppers							Cus cus (1,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)							White asparagus Roasted tomato & oregano "Pico de gallo" salad			Grilled vegetables & sweet potatoes Sautéed peas House salad			Diced potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw Salad (3,6)		
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		
27							28							22			23			24 - Mexican Menu		
Breaded cauliflower (corn flour, gluten free)							Seafood "fideua" (2,4,14; gluten free pasta)							Organic lentils soup & "chorizo" (12)			Bacon & mushrooms "risotto" (7)			Chicken and corn soup		
Veal ragout							Grilled pork loin & peppers							Cheesy omelette (3,7)			Homemade turkey ragout			Chicken fajitas (glute free)		
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Diced potatoes (12) Grilled seasonal vegetables Mediterranean Salad (3,4)			Grilled vegetables Roasted sweet potatoes Cheff salad			Baked red and green pepper and onion Mexican style rice Green salad		
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		
31 - National Menu							30							29			30			31 - National Menu		
Breaded cauliflower (corn flour, gluten free)							Seafood "fideua" (2,4,14; gluten free pasta)							Creamy of leek soup (12)			Aglio e Olio Pasta (allergen free)			"Cocido" soup (gluten free noodles)		
Veal ragout							Grilled pork loin & peppers							Homemade breaded hake fillet (4; corn flour)			Chicken sausages with caramelized onion			Chickpeas, vegetables, meat stew		
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Garlic bread (1,6,7) Sautéed vegetables Pasta salad (1,3,4,6,10)			Sautéed broccoli Mashed potato (7,12) Salad with strips of bacon			Mixed vegetables White asparagus Mediterranean salad (3,4)		
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		



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Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY							TUESDAY							WEDNESDAY		THURSDAY		FRIDAY	
13							14							8		9		10 - Oriental Menu	
Sautéed peas							Potatoes and vegetables casserole (12)							Rice with tomato sauce		Organic lentils soup & vegetables (12)		Spring rolls (1,2,3,4,6,7,8,9,10,14)	
Veggie croquettes (1,6,10)							Sautéed Cheakpeas with curry & Seitan (1,6,10)							Stuffed aubergine (with soya protein) (1,6,10)		Spanish potato omelette (3)		Katsu seitan (1,6,10)	
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)							Cous Cous (1,6,10) Steamed vegetables House Salad (no animal protein)							Diced potatoes (12) Grilled seasonal vegetables Cheff salad		Roasted pumpkin Sautéed mushrooms Mediterranean Salad (3,4)		Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) 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		Dairy dessert (7) Seasonal fruit	
20							21							15		16		17 - American Menu	
Pasta with homemade tomato sauce (1,3,6,10)							Creamy of pumpkin and carrot soup							Cacio e Peppe macaronni (1,3,6,7,10)		Organic beans soup (12)		Chicken Caesar Salad (1,3,6,7)	
Fallafel with yoghurt sauce (1,6,7,10)							Homemade white beans veggie burger (1,6)							Oven baked Egg on "pisto" bed (3)		Veggie hummus & vegetables "burrito" (1)		Veggie hamburger (1,6,12)	
White asparagus Cauliflower & mayonnaise (3,6) Salad with peppers							Cus cus (1,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)							White asparagus Roasted tomato & oregano "Pico de gallo" salad		Grilled vegetables & sweet potatoes Sautéed peas House salad (no animal protein)		Diced potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw Salad (3,6)	
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	
27							28							22		23		24 - Mexican Menu	
Breaded cauliflower (1,2,3,4,6,7,8,9,14)							Vegetables "fideua" (1,3,6,10)							Organic lentils soup & vegetables (12)		Bacon & mushrooms "risotto" (7)		Chicken and corn soup	
Mediterranean veggie fingers (1,6)							Homemade spinach "quiche" (1,3,5,6,7,10,11)							Cheesy omelette (3,7)		Diced seitan in sauce (1,6,10)		Veggie fajitas with vegetables, beans and guacamole (1)	
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Diced potatoes (12) Grilled seasonal vegetables Mediterranean Salad (3; no tuna)		Grilled vegetables Roasted sweet potatoes Cheff salad		Baked red and green pepper and onion Mexican style rice Green salad	
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	
31							31							29		30		31 - National Menu	
Mediterranean veggie fingers (1,6)							Homemade spinach "quiche" (1,3,5,6,7,10,11)							Creamy of leek soup (12)		Aglio e Olio Pasta (1,3,6,10)		Vegetables soup (1,3,6,10)	
Steamed rice Sautéed mushrooms Mixed salad							Grilled vegetables Roasted potatoes (12) House salad							Veggie hamburger & onion (1,6,12)		Vegetables "pakoras"		Veggie "cocido" (no meat)	
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	