

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
3					4					5					6					7 - Oriental Friday																			
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)					Alfredo style pasta (1,3,6,7,10)					Organic beans with vegetables and "chorizo" (12)					Sautéed vegetables					Vegetable wok with soy sauce (6)																			
Grilled pork loin and peppers					Chicken scallop (1,3,6,10)					Spanish potato and onion omelette (3)					Meatballs in sauce (6,10,11,12)					Katsu chicken fillet served with Japanese inspired curry sauce																			
Aubergine rolls with veggie bolognese and vegetables (6)					Seitan & Vegetables "tacos" (1,6)					Grilled salmon (4)					Vegetarian meatballs (6,9,12)					Katsu tofu served with curry sauce (1,6,10,12)																			
Mushrooms and bacon Steamed potatoes (12) House salad					Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (7)					Garlic bread (1,7) Grilled vegetables & pumpkin Mediterranean salad (3,4)					Potato & garlic (12) Sautéed onion, mushrooms and carrots "Murcia" style salad (3,4)					Steamed rice Baby carrots Apple Salad with honey and mustard sauce (10)																			
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,7)																			
kcal	1102,1	Lip	33,0	Prot	26,9	HdC	174	kcal	765,7	Lip	34,8	Prot	31,2	HdC	82	kcal	695,3	Lip	20,4	Prot	26,4	HdC	102	kcal	681,2	Lip	27,3	Prot	27,3	HdC	82	kcal	996,9	Lip	50,8	Prot	54,0	HdC	81
10					11					12					13					14 - Mexican Friday																			
Homemade "picadillo" soup (1,3,6,10)					Aglio e olio spaghetti (1,3,6,10)					Green beans and paprika					Organic lentils soup and "chorizo" (12)					"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)																			
Pork skewers					Hake fillet with garlic and parsley (grilled) (4)					Breaded calamari (1,6,10,14)					Spanish potato omelette and peppers (3)					Chicken "quesadilla" with caramelized onion (1)																			
Vegetables and tofu skewers (6,9,12)					Vegetable hamburger and caramelized onion (1,6) Breaded pork loin and cheese (1,3,6,7,10)					Falafel & yoghurt sauce (1,6,7)					Herby chicken fillet					Veggie "quesadilla" with caramelized onion (1,6)																			
Roasted potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four seasons salad with honey-mustard vinaigrette					Diced zucchini Sweet potatoes (12) Caprese salad (3,7)					Sautéed pasta (1,3,6,10) Sautéed mushrooms Apple salad and cocktail sauce (3,6)					White asparagus Grilled assorted vegetables Tabouleh (1,6,10)					Roast peppers Guacamole House salad (3,4)																			
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,7)																			
kcal	695,3	Lip	20,4	Prot	26,4	HdC	102	kcal	765,7	Lip	34,8	Prot	31,2	HdC	82	kcal	1102,1	Lip	33,0	Prot	26,9	HdC	174	kcal	681,2	Lip	27,3	Prot	27,3	HdC	82	kcal	958,1	Lip	48,2	Prot	55,5	HdC	76
17					18					19					20					21 - Japanese Friday																			
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)					Peas with ham strips					"Riojana" style potatoes (12)					Chickpeas Casserole					Spring rolls (1,2,3,4,7,8,9,10,14)																			
Cheesy omelette (3,7)					Turkey ragout and mushrooms					Codfish with tomato sauce (2,4,14)					Grilled pork loin					Chicken with Oriental soy sauce (1,3,6)																			
Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)					Vegetarian "pakoras"					Grilled hamburger with caramelized onion (1,6,12) Vegan zucchini omelette Sweet potatoes Sautéed peppers and onion Chicken salad & cocktail sauce (3,6)					Homemade pisto and seitan mousaka (1,7) Roasted potatoes and paprika (12) Salteado de zanahoria con champiñones Ensalada Tabouleh (1,6,10)					Oriental Seitan with soy sauce (1,6) Special fried rice (3,6) Stir fried vegetables Oriental salad																			
Stir fry vegetables Diced potatoes (12) Salad with red-berries vinaigrette (12)					Brussels sprouts Cus cus (1,6,10) Mediterranean salad (3,4)					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,7)																			
kcal	727,5	Lip	25,7	Prot	26,4	HdC	98	kcal	693,6	Lip	17,7	Prot	45,8	HdC	88	kcal	770,0	Lip	20,6	Prot	26,8	HdC	119	kcal	842,3	Lip	45,0	Prot	45,9	HdC	63	kcal	989,8	Lip	40,0	Prot	35,5	HdC	122
24					25					26					27					28 - Italian Friday																			
Bacon & mushroom Risotto (7)					Creamy of pumpkin and carrot soup (12)					Chicken and vegetables "fideua" (1,3,6,10)					Homemade "cocido" soup (1,3,6,10)					Caprese salad (3,7)																			
Sausage in tomato sauce (6,12)					Grilled salmon (4)					Marinated fish (1,4,6,10)					Chickpeas, vegetables, meat stew					Homemade bolognese lasagne (1,3,6,7,10)																			
Homemade vegetable pie (1,2,3,4,6,7,10,14)					Roasted chicken and bay leaves Vegetarian "chicken" fingers					Tofu & vegetables wok with soy sauce (6)					Veggie "cocido" (no meat)					Homemade veggie lasagna (peas or soya protein) (1,3,6,10)																			
Stir fry vegetables Diced potatoes (12) Cheff salad (12)					Carrots and mushrooms Steamed rice Mediterranean salad (3,4)					Roasted potatoes Sautéed vegetables Green salad					Sautéed cabbage White asparagus Salad with cocktail sauce (3,6)					Garlic bread (1,7) Baby carrots Apple Salad with honey and mustard sauce (10)																			
Seasonal fruit					Seasonal fruit					Seasonal fruit					Dairy dessert (7)					Homemade dessert (1,3,7)																			
kcal	707,5	Lip	39,8	Prot	25,1	HdC	62	kcal	852,8	Lip	26,1	Prot	39,6	HdC	115	kcal	663,4	Lip	26,4	Prot	31,2	HdC	75	kcal	857,9	Lip	30,4	Prot	34,5	HdC	111	kcal	760,6	Lip	20,6	Prot	39,1	HdC	105
31																																							
Sautéed vegetables																																							
Egg on pisto bed (3)																																							
Veal meatballs and vegetables (10,11,12)																																							
Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey-mustard vinaigrette																																							
Seasonal fruit																																							
kcal	759,0	Lip	27,2	Prot	17,7	HdC	111																																

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



### Secondary menu - March 2025


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Plain omelette and peppers (3)	Chicken scallop (1,3,6,10)	Spanish potato and onion omelette (3)	Grilled salmon (4)	Katsu chicken fillet served with Japanese inspired curry sauce
Mushrooms Steamed potatoes (12) House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (7)	Garlic bread (1,7) Grilled vegetables & pumpkin Mediterranean salad (3,4)	Potato & garlic (12) Sautéed onion, mushrooms and carrots "Murcia" style salad (3,4)	Steamed rice Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14
Homemade vegetable soup (1,3,6,10)	Aggio e olio spaghetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Zucchini omelette (3)	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (1,6,10,14)	Spanish potato omelette and peppers (3)	Chicken "quesadilla" with caramelized onion (1)
Roasted potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four seasons salad with honey -mustard vinaigrette	Diced zucchini Diced potatoes (12) Capresse salad (3,7)	Sautéed pasta (1,3,6,10) Sautéed mushrooms Apple salad and cocktail sauce (3,6)	White asparagus Grilled assorted vegetables Tabouleh (1,6,10)	Roast peppers Guacamole House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Spring rolls (1,2,3,4,7,8,9,10,14)
Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)	Turkey ragout with mushrooms	Codfish & tomato sauce (2,4,14)	Plain omelette and "pisto" (3)	Chicken with Oriental soy sauce (1,3,6)
Stir fry vegetables Diced potatoes (12) Salad with red-berries vinaigrette (12)	Brussels sprouts Cus cus (1,6,10) Mediterranean salad (3,4)	Sweet potatoes Sautéed peppers and onion Chicken salad & cocktail sauce (3,6)	Roasted potatoes and paprika (12) Salteado de zanahoria con champiñones Tabouleh (1,6,10)	Special fried rice (3,6) Stir fried vegetables Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28
Mushrooms "risotto" (7)	Capresse salad (3,7)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade "cocido" soup (1,3,6,10)	Capresse salad (3,7)
Plain omelette (3)	Grilled salmon (4)	Marinated fish (1,4,6,10)	Chickpeas, vegetables, meat stew	Homemade veggie lasagna (peas or soya protein) (1,3,6,10)
Stir fry vegetables Diced potatoes (12) Cheff salad (12)	Carrots and mushrooms Steamed rice Mediterranean salad (3,4)	Roasted potatoes Sautéed vegetables Green salad	Sautéed cabbage White asparagus Salad with cocktail sauce (3,6)	Garlic bread (1,7) Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
31				
Sauteed vegetables				
Egg on pisto bed (3)				
Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey -mustard vinaigrette				
Seasonal fruit				

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



## Secondary - No pork menu - March 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
3	4	5	6	7																												
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)																												
<u>Plain omelette and peppers (3)</u>	Chicken (*) scallop (1,3,6,10)	Spanish potato and onion omelette (3)	Grilled salmon (4)	Katsu chicken (*) fillet served with Japanese inspired curry sauce																												
Mushrooms Steamed potatoes (12) House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (7)	Garlic bread (1,7) Grilled vegetables & pumpkin Mediterranean salad (3,4)	Potato & garlic (12) Sautéed onion, mushrooms and carrots "Murcia" style salad (3,4)	Steamed rice Baby carrots Apple Salad with honey and mustard sauce (10)																												
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)																												
10	11	12	13	14																												
Homemade vegetable soup (1,3,6,10)	Aggio e olio spaghetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)																												
<u>Zucchini omelette (3)</u>	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (1,6,10,14)	Spanish potato omelette and peppers (3)	Chicken (*) "quesadilla" with caramelized onion (1)																												
Roasted potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four seasons salad with honey -mustard vinaigrette	Diced zucchini Diced potatoes (12) Capresse salad (3,7)	Sautéed pasta (1,3,6,10) Sautéed mushrooms Apple salad and cocktail sauce (3,6)	White asparagus Grilled assorted vegetables Tabouleh (1,6,10)	Roast peppers Guacamole House salad (3,4)																												
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)																												
17	18	19	20	21																												
Macaronni with homemade sauce (Pirate) (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Spring rolls (1,2,3,4,7,8,9,10,14)																												
<u>Breaded cuttlefish (1,2,3,4,6,7,9,10,12,14)</u>	Turkey (*) ragout with mushrooms	Codfish & tomato sauce (2,4,14)	<u>Plain omelette and "pisto" (3)</u>	Chicken (*) Oriental soy sauce (1,3,6)																												
Stir fry vegetables Diced potatoes (12) Salad with red-berries vinaigrette (12)	Brussels sprouts Cus cus (1,6,10) Mediterranean salad (3,4)	Sweet potatoes Sautéed peppers and onion Chicken salad & cocktail sauce (3,6)	Roasted potatoes and paprika (12) Salteado de zanahoria con champiñones Tabouleh (1,6,10)	Special fried rice (3,6) Stir fried vegetables Oriental salad																												
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)																												
24	25	26	27	28																												
Mushrooms "risotto" (7)	Capresse salad (3,7)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade "cocido" soup (1,3,6,10)	Capresse salad (3,7)																												
<u>Plain omelette (3)</u>	Grilled salmon (4)	Marinated fish (1,4,6,10)	Chickpeas, vegetables (no meat)	<u>Bolognese lasagne (*) (1,3,6,7,10)</u>																												
Stir fry vegetables Diced potatoes (12) Cheff salad (12)	Carrots and mushrooms Steamed rice Mediterranean salad (3,4)	Roasted potatoes Sautéed vegetables Green salad	Sautéed cabbage White asparagus Salad with cocktail sauce (3,6)	Garlic bread (1,7) Baby carrots Apple Salad with honey and mustard sauce (10)																												
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)																												
31	(*) Halal certified																															
Sauteed vegetables	<table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td> </tr> </table>				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
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																			
Egg on pisto bed (3)																																
Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey -mustard vinaigrette																																
Seasonal fruit																																



Secondary - No pork menu (Halal) - March 2025


VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 - Oriental Friday
"Senyoret" rice (soupy rice with fish and seafood) (2,4,14)	Alfredo style pasta (7; allergen free)	Organic beans with vegetables and "chorizo" (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Grilled pork loin and peppers	Chicken scallop (corn flour; gluten free)	Grilled salmon (4)	Meatballs in sauce (6,10,11,12)	Katsu chicken fillet served with Japanese inspired curry sauce
Mushrooms and bacon Steamed potatoes (12) House salad	Cus-cus (gluten free) Grilled seasonal vegetables Greek salad (7)	Garlic bread (7; gluten free bread) Grilled vegetables & pumpkin Mediterranean salad (3,4)	Potato & garlic (12) Sautéed onion, mushrooms and carrots "Murcia" style salad (3,4)	Steamed rice Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14 - Mexican Friday
Homemade "picadillo" soup (gluten free pasta)	Aglio e olio spaghetti (gluten free pasta)	Green beans and paprika	Organic lentils soup and "chorizo" (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Pork skewers	Hake fillet with garlic and parsley (grilled) (4)	Breaded calamari (gluten free: 14)	Spanish potato omelette and peppers (3)	Chicken "quesadilla" with caramelized onion (gluten free "tortita")
Roasted potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four seasons salad with honey -mustard vinaigrette	Diced zucchini Diced potatoes (12) Caprese salad (3,7)	Sautéed pasta (1,3,6,10) Sautéed mushrooms Apple salad and cocktail sauce (3,6)	White asparagus Grilled assorted vegetables Tabouleh (1,6,10)	Roast peppers Guacamole House salad (3,4)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21 - Japanese Friday
Macaronni (allergen free pasta) with homemade sauce (Pirate) (7)	Peas with ham strips	"Riojana" style potatoes (12)	Chickpeas Casserole	Special fried rice (sweet corn, carrot, omelette) (3)
Cheesy omelette (3,7)	Turkey ragout and mushrooms	Codfish with tomato sauce (2,4,14)	Grilled pork loin	Chicken with Oriental soy sauce (1,3,6)
Stir fry vegetables Diced potatoes (12) Salad with red-berries vinaigrette (12)	Brussels sprouts Cus cus (1,6,10) Mediterranean salad (3,4)	Sweet potatoes Sautéed peppers and onion Chicken salad & cocktail sauce (3,6)	Roasted potatoes and paprika (12) Salteado de zanahoria con champiñones Tabouleh salad (allergren free pasta)	Stir fried vegetables Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28 - Italian Friday
Bacon & mushroom Risotto (7)	Creamy of pumpkin and carrot soup (12)	Chicken and vegetables "fideua" (allergen free pasta)	Homemade "cocido" soup (allergen free noodles)	Caprese salad (3,7)
Sausage in tomato sauce (6,12)	Roasted chicken & bay leaves	Marinated fish (4; corn flour gluten free)	Chickpeas, vegetables, meat stew	Homemade bolognese lasagne (gluten free)
Stir fry vegetables Diced potatoes (12) Cheff salad (12)	Carrots and mushrooms Steamed rice Mediterranean salad (3,4)	Roasted potatoes Sautéed vegetables Green salad	Sautéed cabbage White asparagus Salad with cocktail sauce (3,6)	Garlic bread (7; gluten free bread) Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
31				
Sautéed vegetables				
Egg on pisto bed (3)				
Roasted potatoes (12) Pasta salad (allergen free pasta) Four seasons salad with honey -mustard vinaigrette				
Seasonal fruit				

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



## Secondary - Gluten free menu - March 2025


VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 - Oriental Friday
Soupy rice and vegetables	Alfredo style pasta (1,3,6,7,10)	Organic beans with vegetables (12)	Sautéed vegetables	Vegetable wok with soy sauce (6)
Aubergine rolls with veggie bolognese and vegetables (6)	Seitan & Vegetables "tacos" (1,6)	Spanish potato and onion omelette (3)	Vegetarian meatballs (6,9,12)	Katsu tofu served with curry sauce (1,6,10,12)
Mushrooms and bacon Steamed potatoes (12) House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (7)	Garlic bread (1,7) Grilled vegetables & pumpkin Mediterranean salad (no animal protein)	Potato & garlic (12) Sautéed onion, mushrooms and carrots "Murcia" style salad (3, no tuna)	Steamed rice Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
10	11	12	13	14 - Mexican Friday
Homemade vegetables soup (1,3,6,10)	Aggie e olio spaghetti (1,3,6,10)	Green beans and paprika	Organic lentils soup (12)	"Gallo Pinto" rice (rice, beans, pepper, tomato, onion & cilantro)
Vegetables and tofu skewers (6,9,12)	Vegetable hamburger and caramelized onion (1,6)	Falafel & yoghurt sauce (1,6,7)	Spanish potato omelette and peppers (3)	Veggie "quesadilla" with caramelized onion (1,6)
Roasted potatoes (12) Aubergine, tomato and cheese mini pizzas (3,7) Four seasons salad with honey -mustard vinaigrette	Diced zucchini Diced potatoes (12) Caprese salad (3,7)	Sautéed pasta (1,3,6,10) Sautéed mushrooms Apple salad and cocktail sauce (3,6)	White asparagus Grilled assorted vegetables Tabouleh (1,6,10)	Roast peppers Guacamole House salad (no animal protein)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
17	18	19	20	21 - Japanese Friday
Macaronni with homemade tomato sauce and cheese (1,3,6,7,10)	Sauteed peas	Potatoes and vegetables casserole (12)	Chickpeas Casserole	Special fried rice (carrot, corn flour, omelette) (3)
Cheesy omelette (3,7)	Vegetarian "pakoras"	Vegan zucchini omelette	Homemade pisto and seitan mousaka (1,7)	Oriental Seitan with soy sauce (1,6)
Stir fry vegetables Diced potatoes (12) Salad with red-berries vinaigrette (12)	Brussels sprouts Cus cus (1,6,10) Mediterranean salad (no animal protein)	Sweet potatoes Sautéed peppers and onion Chicken salad & cocktail sauce (3,6)	Roasted potatoes and paprika (12) Salteado de zanahoria con champiñones Tabouleh (1,6,10)	Stir fried vegetables Oriental salad
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
24	25	26	27	28 - Italian Friday
Mushroom Risotto (7)	Creamy of pumpkin and carrot soup (12)	Chicken and vegetables "fideua" (1,3,6,10)	Homemade vegetables soup (1,3,6,10)	Caprese salad (3,7)
Homemade vegetable pie (1,2,3,4,6,7,10,14)	Vegetarian fingers (6)	Tofu & vegetables wok with soy sauce (6)	Veggie "cocido" (no meat)	Homemade veggie lasagna (peas or soya protein) (1,3,6,10)
Stir fry vegetables Diced potatoes (12) Cheff salad (12)	Carrots and mushrooms Steamed rice Mediterranean salad (no animal protein)	Roasted potatoes Sautéed vegetables Green salad	Sautéed cabbage White asparagus Salad with cocktail sauce (3,6)	Garlic bread (1,7) Baby carrots Apple Salad with honey and mustard sauce (10)
Seasonal fruit	Seasonal fruit	Seasonal fruit	Dairy dessert (7)	Homemade dessert (1,3,7)
31				
Sautéed vegetables				
Egg on pisto bed (3)				
Roasted potatoes (12) Pasta salad (1,3,6,10) Four seasons salad with honey -mustard vinaigrette				
Seasonal fruit				

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



## Secondary - vegetarian menu - March 2025

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT