



| TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|--|---|
| 1  | 2   | 3  | 4 - U.S.A FRIDAY  |
| Sautéed macaronni with garlic and parsley (1,3,6,10)           | "Rioja" style chickpeas (with "chorizo") (6,12)                     | Mixed "paella"   | Caesar salad (1,3,4,6,7,10)   |
| Chicken & tomato   | Cheesy omelette (3,7)   | Breaded hake fillet & "all oil" sauce (mayonnaise & garlic) (1,4,6,10) | Grill veal hamburger with bacon, tomato slice, lettuce, onion and cheese (1,3,6,7,10,11,12) |
| Falafel & yogurt sauce (1,6,7)                                 | Grilled salmon (4)  | Seitan and roasted vegetables fajitas (1,6)                            | Vegetarian hamburger (tomato, lettuce, onion and cheese) (1,6,7,10,11)                      |
| Steamed rice<br>Sautéed mushrooms<br>Mediterranean salad (3,4) | Grilled seasonal vegetables<br>Roasted potatoes (12)<br>House salad | Diced potatoes (12)<br>Sautéed green beans<br>Cheff salad              | Onion rings (1,6,10)<br>Sweet potatoes<br>Coleslaw salad (3,6)                              |
| Seasonal fruit   | Seasonal fruit  | Dairy (7)  | Homemade cake (1,3,6,7,10)  |

| MONDAY                               | 7                                     | 8                                    | 9                                     | 10 | 11 |
|--------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|----|----|
| 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 989,8 Lip 40,0 Prot 35,5 HdC 122 |    |    |

|                        |                        |                        |                        |                        |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| <b>SCHOOL HOLIDAYS</b> | <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 | kcal Lip Prot HdC |
| 14                | 15                | 16                | 17                | 18                |

|                        |                        |                        |                          |                          |
|------------------------|------------------------|------------------------|--------------------------|--------------------------|
| <b>SCHOOL HOLIDAYS</b> | <b>SCHOOL HOLIDAYS</b> | <b>SCHOOL HOLIDAYS</b> | <b>OFFICIAL HOLIDAYS</b> | <b>OFFICIAL HOLIDAYS</b> |
|------------------------|------------------------|------------------------|--------------------------|--------------------------|

|                   |                   |                   |                   |                      |
|-------------------|-------------------|-------------------|-------------------|----------------------|
| kcal Lip Prot HdC | kcal Lip Prot HdC | kcal Lip Prot HdC | kcal Lip Prot HdC | kcal Lip Prot HdC    |
| 21                | 22                | 23                | 24                | 25 - ORIENTAL FRIDAY |

|  |                                       |  |  |   |
|--|---------------------------------------|--|--|---|
| Macaronni & "chorizo" (1,3,6,10)                 | Sautéed vegetables                    | Organic beans & vegetables soup (12)     | "Pisto" & egg (3)  | Spring roll (1,2,3,4,6,7,8,10,14)               |
| Assorted croquettes and pies (1,2,3,4,6,7,12,14) | Spanish potato omelette (3)           | Grilled chicken fillet                   | Grilled veal hamburger with caramelized onion (6,10,11,12) | Chicken & curry (7)                             |
| Grilled hake fillet (4)                          | Vegetarian hamburger (1,6,7,10,11)    | Cod fritters (1,2,3,4,6,7,10,14)         | Vegetarian strips (6)                                      | Seitan & curry (1,6; made with vegetable broth) |
| Stuffed zucchini (with vegetable protein) (6)    | Cous cous (1,6,10)                    | Tofu & vegetables with chilli (1,6)      | Diced potatoes (12)  | Steamed rice                                    |
| Diced potatoes (12)                              | White asparagus                       | Roasted peppers                          | Sautéed broccoli & garlic                                  | Vegetables wok and soya sauce (6)               |
| Sautéed broccoli & garlic                        | Capresse salad & oregano (7)          | Breaded cauliflower (1,2,3,4,6,7,8,9,14) | Salad with hard-boiled egg (3)                             | Oriental salad (6)                              |
| Salad with hard-boiled egg (3)                   | Seasonal fruit                        | Mixed salad                              | Seasonal fruit   | Homemade dessert (1,3,6,7,10)                   |
| Seasonal fruit                                   | kcal 707,5 Lip 25,9 Prot 18,9 HdC 100 | Seasonal fruit                           | kcal 714,6 Lip 42,6 Prot 24,0 HdC 59                       | kcal 771,7 Lip 24,7 Prot 47,5 HdC 90            |

|    |    |    |   |
|----|----|----|---|
| 28 | 29 | 30 | Energy expressed in kcal and macronutrients in grams (ratings of main dishes on the menu). Use of organically produced legumes.<br>Water as a beverage on the menu. |
|----|----|----|---|

|  |                                       |  |
|--|---------------------------------------|--|
| Mushrooms and bacon risotto (7)                      | Homemade "cocido" soup (1,3,6,10)     | Amatriciana pasta (bacon, cheese, tomato sauce, salt, pepper) (1,3,6,7,10) |
| Marinated fish (1,4,6,10)                            | Chickpeas, vegetables & meat stew     | Herby chicken  |
| Tofu and assorted vegetables wok with soya sauce (6) | Veggie "cocido" (no meat) (1,6,10)    | Pumpkin and "veggie meat" pie (with soya or peas protein) (6)              |
| Sautéed broccoli                                     | Sautéed cabbage                       | Garlic bread (1,6,7,10)  |
| Sweet potato   | White asparagus                       | Grilled seasonal vegetables  |
| Mediterranean salad (3,4)                            | Salad with cocktail sauce (3,6)       | Cheff salad  |
| Seasonal fruit                                       | Seasonal fruit                        | Seasonal fruit   |
| kcal 871,0 Lip 30,9 Prot 31,8 HdC 116                | kcal 716,6 Lip 23,9 Prot 24,1 HdC 101 | kcal 833,4 Lip 20,3 Prot 38,2 HdC 124                                      |

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

Secondary menu - April 2025

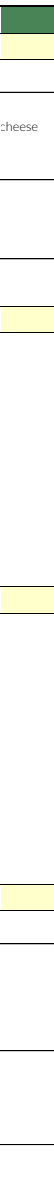


|        | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--------|--|--|--|---|
|        | 1  | 2  | 3  | 4 - U.S.A FRIDAY  |
|        | Sautéed macaronni with garlic and parsley (allergen free pasta)                    | "Rioja" style chickpeas (with "chorizo") (6,12)                              | Mixed "paella"   | Caesar salad (3,4,6,7,10). Gluten free bread  |
|        | Chicken & tomato   | Cheesy omelette (3,7)  | Breaded (chickpeas flour) hake fillet & "ali oil" sauce (mayonnaise & garlic) (4)      | Grill veal hamburger with bacon, tomato slice, lettuce, onion and (3,6,7,10,11,12). Gluten free bread |
|        | Steamed rice<br>Sautéed mushrooms<br>Mediterranean salad (3,4)                     | Grilled seasonal vegetables<br>Roasted potatoes (12)<br>House salad          | Diced potatoes (12)<br>Sautéed green beans<br>Cheff salad                              | Onion rings (1,6,10)<br>Sweet potatoes<br>Coleslaw salad (3,6)  |
|        | Seasonal fruit   | Seasonal fruit   | Dairy (7)  | Homemade cake (allergen free dessert)   |
| MONDAY | 7  | 8  | 9  | 10  |
|        | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>  |
|        | 14   | 15   | 16   | 17  |
|        | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   | <b>OFFICIAL HOLIDAYS</b>  |
|        | 21   | 22   | 23   | 24  |
|        | Macaronni (allergen free) & "chorizo"  | Sautéed vegetables   | Organic beans & vegetables soup (12)   | "Pisto" & egg (3)   |
|        | Grilled hake fillet (4)  | Spanish potato omelette (3)  | Grilled chicken fillet   | Grilled veal hamburger with caramelized onion (6,10,11,12)  |
|        | Diced potatoes (12)<br>Sautéed broccoli & garlic<br>Salad with hard-boiled egg (3) | Cous cous (allergen free)<br>White asparagus<br>Capresse salad & oregano (7) | Roasted peppers<br>Breaded cauliflower (1,2,3,4,6,7,8,9,14)<br>Mixed salad             | Diced potatoes (12)<br>Herby grilled zucchini<br>Cheff salad  |
|        | Seasonal fruit   | Seasonal fruit   | Seasonal fruit   | Dairy (7)   |
|        | 28   | 29   | 30   | 25 - ORIENTAL FRIDAY  |
|        | Mushrooms and bacon risotto (7)  | Homemade "cocido" soup (gluten free noodles)                                 | Amatriciana pasta (bacon, cheese, tomato sauce, salt, pepper) (7; allergen free pasta) | Rice with homemade tomato sauce   |
|        | Marinated fish (gluten free; 4)  | Chickpeas, vegetables & meat stew  | Herby chicken  | Chicken & curry (7)   |
|        | Sautéed broccoli<br>Sweet potato<br>Mediterranean salad (3,4)                      | Sautéed cabbage<br>White asparagus<br>Salad with cocktail sauce (3,6)        | Garlic bread (gluten free; 6,7,10)<br>Grilled seasonal vegetables<br>Cheff salad       | Vegetables wok and soya sauce (6)<br>Oriental salad (6)<br>Homemade dessert (allergen free)           |
|        | Seasonal fruit   | Seasonal fruit   | Seasonal fruit   |   |

Use of organically produced legumes.  
Water as a beverage on the menu.

|           |             |         |        |                 |       |   |
|-----------|-------------|---------|--------|-----------------|-------|---|
| 1         | 2           | 3       | 4      | 5               | 6     |   |
| Gluten    | Crustaceans | Eggs    | Fish   | Peanut          | Soya  | M |
| 8         | 9           | 10      | 11     | 12              | 13    |   |
| Tree nuts | Celery      | Mustard | Sesame | Sulphur dioxide | Lupin | M |

Secondary menu - Gluten free - April 2025



7

Milk

14

Muscs



|        | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------|--|---|--|--|
|        | 1  | 2   | 3  | 4 - U.S.A FRIDAY   |
|        | Sautéed macaronni with garlic and parsley (1,3,6,10)                               | Chickpeas & vegetables soup   | Mixed "paella"   | Caesar salad (1,3,4,6,7,10)  |
|        | Chicken & tomato   | Cheesy omelette (3,7)   | Breaded hake fillet & "all oil" sauce (mayonnaise & garlic) (1,4,6,10)     | Grill veal hamburger with bacon, tomato slice, lettuce, onion and (1,3,6,7,10,11,12)                     |
|        | Steamed rice<br>Sautéed mushrooms<br>Mediterranean salad (3,4)                     | Grilled seasonal vegetables<br>Roasted potatoes (12)<br>House salad   | Diced potatoes (12)<br>Sautéed green beans<br>Cheff salad                  | Onion rings (1,6,10)<br>Sweet potatoes<br>Coleslaw salad (3,6)   |
|        | Seasonal fruit   | Seasonal fruit  | Dairy (7)  | Homemade cake (1,3,6,7,10)   |
| MONDAY | 7  | 8   | 9  | 10   |
|        | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   |
|        | 14   | 15  | 16   | 17   |
|        | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>   | OFFICIAL HOLIDAYS  |
|        | 21   | 22  | 23   | 24   |
|        | Macaronni & tomato sauce (1,3,6,10)  | Sautéed vegetables  | Organic beans & vegetables soup (12)                                       | "Pisto" & egg (3)  |
|        | Assorted croquettes (no ham) and pies (1,2,3,4,6,7,12,14)                          | Spanish potato omelette (3)   | Cod fritters (1,2,3,4,6,7,10,14)   | Grilled veal hamburger with caramelized onion (homemade hamburger: 1,3,6,10)                             |
|        | Diced potatoes (12)<br>Sautéed broccoli & garlic<br>Salad with hard-boiled egg (3) | Cous cous (1,6,10)<br>White asparagus<br>Capresse salad & oregano (7) | Roasted peppers<br>Breaded cauliflower (1,2,3,4,6,7,8,9,14)<br>Mixed salad | Diced potatoes (12)<br>Herby grilled zucchini<br>Cheff salad   |
|        | Seasonal fruit   | Seasonal fruit  | Seasonal fruit   | Dairy (7)  |
|        | 28   | 29  | 30   | 25 - ORIENTAL FRIDAY   |
|        | Mushrooms risotto (no bacon) (7)   | Homemade vegetables soup (1,3,6,10)                                   | Pasta with tomato and cheese (1,3,6,7,10)                                  | Spring roll (1,2,3,4,6,7,8,10,14)  |
|        | Marinated fish (1,4,6,10)  | Veggie "cocido" (no meat) (1,6,10)                                    | Herby chicken  | Chicken & curry (7)  |
|        | Sautéed broccoli<br>Sweet potato<br>Mediterranean salad (3,4)                      | Sautéed cabbage<br>White asparagus<br>Salad with cocktail sauce (3,6) | Garlic bread (1,6,7,10)<br>Grilled seasonal vegetables<br>Cheff salad      | Steamed rice<br>Vegetables wok and soya sauce (6)<br>Oriental salad (6)<br>Homemade dessert (1,3,6,7,10) |
|        | Seasonal fruit   | Seasonal fruit  | Seasonal fruit   |  |

Use of organically produced legumes.  
Water as a beverage on the menu.

| 1         | 2           | 3       | 4      | 5               | 6     |   |
|-----------|-------------|---------|--------|-----------------|-------|---|
| Gluten    | Crustaceans | Eggs    | Fish   | Peanut          | Soya  | M |
| 8         | 9           | 10      | 11     | 12              | 13    |   |
| Tree nuts | Celery      | Mustard | Sesame | Sulphur dioxide | Lupin | M |

Secondary menu - No pork - April 2025

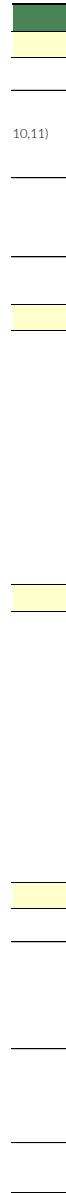




| TUESDAY  |  | WEDNESDAY   |  | THURSDAY   |  | FRIDAY  |  |
|--|--|---|--|--|--|---|--|
| 1  |  | 2   |  | 3  |  | 4 - U.S.A FRIDAY  |  |
| Sautéed macaronni with garlic and parsley (1,3,6,10)                               |  | Chickpeas & vegetables soup   |  | Vegetarian "paella"  |  | Coleslaw salad (3,6)  |  |
| Falafel & yogurt sauce (1,6,7)   |  | Cheesy omelette (3,7)   |  | Seitan and roasted vegetables fajitas (1,6)                                |  | Vegetarian hamburger (tomato, lettuce, onion and cheese) (1,6,7)        |  |
| Steamed rice<br>Sautéed mushrooms<br>Mediterranean salad (3,no tuna)               |  | Grilled seasonal vegetables<br>Roasted potatoes (12)<br>House salad   |  | Diced potatoes (12)<br>Sautéed green beans<br>Cheff salad                  |  | Onion rings (1,6,10)<br>Sweet potatoes<br>Coleslaw salad (3,6)          |  |
| Seasonal fruit   |  | Seasonal fruit  |  | Dairy (7)  |  | Homemade cake (1,3,6,7,10)  |  |
| 7  |  | 8   |  | 10   |  | 11  |  |
| <b>SCHOOL HOLIDAYS</b>   |  | <b>SCHOOL HOLIDAYS</b>  |  | <b>SCHOOL HOLIDAYS</b>   |  | <b>SCHOOL HOLIDAYS</b>  |  |
| 14   |  | 15  |  | 16   |  | 17  |  |
| <b>SCHOOL HOLIDAYS</b>   |  | <b>SCHOOL HOLIDAYS</b>  |  | <b>SCHOOL HOLIDAYS</b>   |  | OFFICIAL HOLIDAYS   |  |
| 21   |  | 22  |  | 23   |  | 24  |  |
| Macaronni & tomato sauce (1,3,6,10)  |  | Sautéed vegetables  |  | Organic beans & vegetables soup (12)                                       |  | "Pisto" & egg (3)   |  |
| Stuffed zucchini (with vegetable protein) (6)                                      |  | Spanish potato omelette (3)   |  | Tofu & vegetables with chilli (1,6)  |  | Vegetarian strips (6)   |  |
| Diced potatoes (12)<br>Sautéed broccoli & garlic<br>Salad with hard-boiled egg (3) |  | Cous cous (1,6,10)<br>White asparagus<br>Capresse salad & oregano (7) |  | Roasted peppers<br>Breaded cauliflower (1,2,3,4,6,7,8,9,14)<br>Mixed salad |  | Diced potatoes (12)<br>Herby grilled zucchini<br>Cheff salad            |  |
| Seasonal fruit   |  | Seasonal fruit  |  | Seasonal fruit   |  | Dairy (7)   |  |
| 28   |  | 29  |  | 30   |  | 25 - ORIENTAL FRIDAY  |  |
| Mushrooms risotto (no bacon) (7)   |  | Homemade vegetables soup (1,3,6,10)                                   |  | Pasta with tomato and cheese (1,3,6,7,10)                                  |  | Spring roll (1,2,3,4,6,7,8,10,14)                                       |  |
| Tofu and assorted vegetables wok with soya sauce (6)                               |  | Veggie "cocido" (no meat) (1,6,10)                                    |  | Pumpkin and "veggie meat" pie (with soya or peas protein) (6)              |  | Seitan & curry (1,6; made with vegetable broth)                         |  |
| Sautéed broccoli<br>Sweet potato<br>Mediterranean salad (3,4)                      |  | Sautéed cabbage<br>White asparagus<br>Salad with cocktail sauce (3,6) |  | Garlic bread (1,6,7,10)<br>Grilled seasonal vegetables<br>Cheff salad      |  | Steamed rice<br>Vegetables wok and soya sauce (6)<br>Oriental salad (6) |  |
| Seasonal fruit   |  | Seasonal fruit  |  | Seasonal fruit   |  | Homemade dessert (1,3,6,7,10)   |  |

Use of organically produced legumes.  
Water as a beverage on the menu.

|           |             |         |        |                 |       |   |
|-----------|-------------|---------|--------|-----------------|-------|---|
| 1         | 2           | 3       | 4      | 5               | 6     |   |
| Gluten    | Crustaceans | Eggs    | Fish   | Peanut          | Soya  | M |
| 8         | 9           | 10      | 11     | 12              | 13    |   |
| Tree nuts | Celery      | Mustard | Sesame | Sulphur dioxide | Lupin | M |



7

Milk

14

Miluses

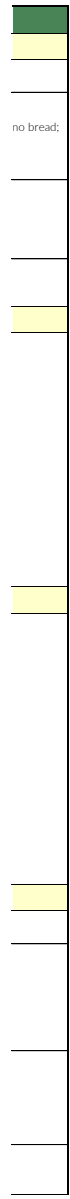


|        | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------|---|---|--|--|
|        | 1   | 2   | 3  | 4 - U.S.A FRIDAY   |
|        | Sautéed macaronni with garlic and parsley (1,3,6,10)                              | Chickpeas & vegetables soup   | Vegetarian "paella"  | Salad (no Caesar sauce) (1,7,10)   |
|        | Grilled chicken fillet  | Grilled salmon (4)  | Grilled hake fillet (4)  | Grill veal hamburger with tomato slice, lettuce, onion and cheese (1,6,10,11,12) |
|        | Steamed rice<br>Sautéed mushrooms<br>Mediterranean salad (3,4)                    | Grilled seasonal vegetables<br>Roasted potatoes (12)<br>House salad   | Diced potatoes (12)<br>Sautéed green beans<br>Cheff salad                  | Onion rings (1,6,10)<br>Sweet potatoes<br>Coleslaw salad (3,6)                   |
|        | Seasonal fruit  | Seasonal fruit  | Dairy (7)  | Homemade cake (1,3,6,7,10)   |
| MONDAY | 7   | 8   | 9  | 10   |
|        | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>   | <b>SCHOOL HOLIDAYS</b>   |
|        | 14  | 15  | 16   | 17   |
|        | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>  | <b>SCHOOL HOLIDAYS</b>   | OFFICIAL HOLIDAYS  |
|        | 21  | 22  | 23   | 24   |
|        | Sautéed broccoli & garlic   | Sautéed vegetables  | Organic beans & vegetables soup (12)                                       | Herby grilled zucchini   |
|        | Grilled hake fillet (4)   | French omelette (3)   | Grilled chicken fillet   | Grilled veal hamburger (6,10,11,12)  |
|        | Diced potatoes (12)<br>Pasta salad (1,3,4,6,10)<br>Salad with hard-boiled egg (3) | Cous cous (1,6,10)<br>White asparagus<br>Capresse salad & oregano (7) | Roasted peppers<br>Breaded cauliflower (1,2,3,4,6,7,8,9,14)<br>Mixed salad | Diced potatoes (12)<br>Cheff salad   |
|        | Seasonal fruit  | Seasonal fruit  | Seasonal fruit   | Dairy (7)  |
|        | 28  | 29  | 30   | 25 - ORIENTAL FRIDAY   |
|        | Sautéed broccoli  | Homemade vegetables soup (1,3,6,10)                                   | Grilled seasonal vegetables  | Vegetables wok   |
|        | Grilled fish (4)  | Veggie "cocido" (no meat) (1,6,10)                                    | Herby chicken  | Grilled chicken fillet and curry   |
|        | Sweet potato<br>Mediterranean salad (3,4)   | Sautéed cabbage<br>White asparagus<br>Salad (no sauce)                | Asparagus<br>Cheff salad   | Steamed rice<br>Vegetables wok and soya sauce (6)<br>Oriental salad (6)          |
|        | Seasonal fruit  | Seasonal fruit  | Seasonal fruit   | Homemade dessert (1,3,6,7,10)  |

Use of organically produced legumes.  
Water as a beverage on the menu.

|           |             |         |        |                 |       |   |
|-----------|-------------|---------|--------|-----------------|-------|---|
| 1         | 2           | 3       | 4      | 5               | 6     |   |
| Gluten    | Crustaceans | Eggs    | Fish   | Peanut          | Soya  | M |
| 8         | 9           | 10      | 11     | 12              | 13    |   |
| Tree nuts | Celery      | Mustard | Sesame | Sulphur dioxide | Lupin | M |





|           |  |
|-----------|--|
|           |  |
| no bread: |  |
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|           |  |
|           |  |
| 7         |  |
| Milk      |  |
| 14        |  |
| Muses     |  |