

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
WATERMELON**

The fruit served will depend on availability, but  
we guarantee that it will always be fresh and in  
season

According to Rgto. 1169/2011  
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for information on substances  
that can cause allergies or intolerances

**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

BOILED BROCCOLI  
BOILED PASTA WITH TOMATO SAUCE, BROWNED  
UNDER THE GRILL  
LETTUCE AND SOYBEAN SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
POTATO OMELETTE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

06

SAUTÉED CAULIFLOWER WITH CARROTS  
LENTILS WITH POTATOES AND VEGETABLES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

07

BROWN RICE WITH TOMATO SAUCE  
SAUTÉED CHICKPEAS WITH ONION  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

08

HOME-MADE SALMOREJO  
FRENCH OMELETTE  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

12

SEASONED POTATOES WITH EGG  
BAKED OR GRILLED VEGETABLE BURGER  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
CHICKPEAS WITH SPINACH  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

14

CHICKPEAS WITH SPINACH  
MARGARITA PIZZA  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

15

TAGLIATELLE WITH CHUNKED TOMATOES AND  
OREGANO  
LENTILS WITH VEGETABLES  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

18

SPINACH AND POTATOES SAUTÉED WITH BÉCHAMEL  
SAUCE, BROWNED UNDER THE GRILL  
WHITE BEAN SALAD  
LETTUCE AND SOYBEAN SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

19

WHOLEMEAL PASTA WITH TOMATO SAUCE  
BOILED EGGS WITH TOMATO, PEAS AND PEPPER  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATO SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
LENTILS WITH MIXED VEGETABLES  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

25

PASTA WITH TOMATO, BASIL, AND BLACK OLIVE  
SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

26

SAUTÉED CAULIFLOWER  
SAUTÉED CHICKPEAS WITH ONION  
FRIED DICED POTATOES  
PLAIN YOGURT  
ALLERGEN-FREE WHITE BREAD

27

CREAM OF ZUCCHINI SOUP  
LENTILS WITH CARROT  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

28

CREAM OF POTATO AND LEEK SOUP  
SAUTÉED BEANS WITH TOMATO SAUCE  
BAKED OR GRILLED ZUCCHINI  
FRESH SEASONAL FRUIT  
BREAD ALLERGEN-FREE WHITE BREAD

29

HOMEMADE GAZPACHO  
BAKED OR GRILLED CHICKEN BREAST  
NACHOS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

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## MIÉRCOLES

## JUEVES

## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓ 1 TYPE OF LETTUCE  
✓ 4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
WATERMELON**

The fruit served will depend on availability, but  
we guarantee that it will always be fresh and in  
season

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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

BOILED BROCCOLI  
BOILED PASTA WITH TOMATO SAUCE, BROWNE  
D UNDER THE GRILL  
LETTUCE AND SOYBEAN SPROUT SALAD  
Plain Yoghurt  
Wholemeal bread

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
POTATO OMELETTE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

06

SAUTÉED CAULIFLOWER WITH CARROTS  
LENTILS WITH POTATOES AND VEGETABLES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

07

BROWN RICE WITH TOMATO SAUCE  
FALAFEL WITH TZATZIKI SAUCE  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

08

HOME-MADE SALMOREJO  
FRENCH OMELETTE  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

12

SEASONED POTATOES WITH EGG  
BAKED OR GRILLED VEGETABLE BURGER  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
CHICKPEAS WITH SPINACH  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

14

CHICKPEAS WITH SPINACH  
HOME-MADE LENTIL MARGARITA PIZZA  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
WHITE BREAD

15

TAGLIATELLE WITH TOMATOES AND OREGANO  
LENTILS WITH VEGETABLES  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

18

SPINACH AND POTATOES SAUTÉED WITH BÉCHAMEL  
SAUCE, BROWNE D UNDER THE GRILL  
WHITE BEAN SALAD  
LETTUCE AND SOYBEAN SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

19

MACARONI WITH SPINACH AND SUN-DRIED  
TOMATO PESTO  
BOILED EGGS WITH TOMATO, PEAS AND PEPPER  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATO SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
LENTILS WITH MIXED VEGETABLES  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

25

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

26

SAUTÉED CAULIFLOWER  
SAUTÉED CHICKPEAS WITH ONION  
DICED FRIED POTATOES  
PLAIN YOGHURT  
WHITE BREAD

27

CREAM OF COURGETTE SOUP  
LENTILS WITH CARROTS  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

28

CREAM OF POTATO AND LEEK SOUP  
SAUTÉED BEANS WITH TOMATO SAUCE  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
WHITE BREAD

29

HOME-MADE GAZPACHO  
FAJITAS WITH SOYA BOLOGNESE  
NACHOS  
FRESH SEASONAL FRUIT  
WHITE BREAD

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## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
WATERMELON**

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season

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**PUBLIC HOLIDAY  
LABOUR DAY**



**01**

**04**

PASTA WITH TOMATO SAUCE, AU GRATIN  
ROAST CHICKEN  
LETTUCE AND BEAN SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

**05**

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND SWISS CHARD SOUP  
POTATO OMELETTE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

**06**

LENTILS WITH POTATOES AND VEGETABLES  
FISH (GALLINETA) WITH TOMATO, BASIL AND OLIVES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**07**

HOT POKE  
FALAFEL WITH TZATZIKI SAUCE  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

**08**

HOMEMADE SALMOREJO  
CHILINDRON CHICKEN  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
WHITE BREAD

**11**

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**12**

SEASONED POTATOES WITH TUNA AND EGG  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
WHITE BREAD

**13**

PUMPKIN AND LEEK SOUP  
BAKED COD WITH GARLIC AND PARSLEY  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**14**

CHICKPEAS WITH SPINACH  
HOME-MADE LENTIL MARGARITA PIZZA  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
WHITE BREAD

**15**

TAGLIATELLE WITH CHUNKED TOMATOES AND  
OREGANO  
BEEF MEATBALLS WITH TOMATO SAUCE  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

**18**

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

**19**

PASTA WITH SPINACH PESTO AND SUN-DRIED  
TOMATO  
BAKED SALMON WITH TERIYAKI SAUCE AND  
SESAME SEEDS  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

**20**

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**21**

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATOES SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
WHITE BREAD

**22**

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
ROASTED OR GRILLED TURKEY BREAST  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

**25**

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**26**

SAUTÉED CAULIFLOWER  
HAKE IN AMERICAN SAUCE  
DICED FRIED POTATOES  
PLAIN YOGHURT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

**27**

LENTILS WITH CARROTS  
BAKED OR GRILLED BURGER  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

**28**

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAST  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
WHITE BREAD

**29**

HOME-MADE GAZPACHO  
FAJITAS WITH SOYA BOLOGNESE  
NACHOS  
FRESH SEASONAL FRUIT  
WHITE BREAD

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## MARTES

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## VIERNES

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A SALAD BUFFET AVAILABLE EVERY DAY.  
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✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

FARFALLE WITH TOMATO SAUCE, AU GRATIN  
MARINATED PORK LOIN, OVEN-BAKED OR GRILLED  
LETTUCE AND BEAN SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
POTATO OMELETTE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

06

LENTILS WITH POTATOES AND VEGETABLES  
FISH (GALLINETA) WITH TOMATO, BASIL AND OLIVES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

07

BROWN RICE WITH TOMATO SAUCE  
ROASTED HAM STEAK  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

08

HOME-MADE SALMOREJO WITH CHOPPED HAM  
AND EGG  
LEMON CHICKEN THIGH  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

12

POTATOES WITH LEAN MEAT  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
BAKED COD WITH GARLIC AND PARSLEY  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

14

CHICKPEAS WITH SPINACH  
BAKED OR GRILLED CHICKEN THIGH  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

15

MACARONI WITH CHUNKED TOMATOES AND  
OREGANO  
BAKED PORK WITH PROVENCAL HERBS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

18

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

19

WHOLE WHEAT PASTA WOK WITH VEGETABLES  
AND BACON  
BAKED OR GRILLED SALMON  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATOES SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
BAKED OR GRILLED TURKEY BREAD  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

25

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

26

SAUTÉED CAULIFLOWER  
HAKE IN AMERICAN SAUCE  
DICED FRIED POTATOES  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

27

LENTILS WITH CARROTS  
BAKED OR GRILLED BURGER  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

28

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAD  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

29

HOME-MADE GAZPACHO  
BAKED OR GRILLED CHICKEN BREAD  
NACHOS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREA

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01

04

GLUTEN-FREE PASTA WITH TOMATO SAUCE  
BAKED OR GRILLED PORK LOIN  
LETTUCE AND SOYA BEAN SPROUT SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
HAM AND POTATO SCRAMBLE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

06

BEANS WITH POTATOES AND VEGETABLES  
FISH (GALLINETA) WITH TOMATO, BASIL AND OLIVES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

07

BROWN RICE WITH TOMATO SAUCE  
ROASTED HAM STEAK  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

08

HOMEMADE SALMOREJO WITH GLUTEN-FREE  
BREAD  
LEMON CHICKEN THIGHS  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

12

POTATOES WITH LEAN MEAT  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

13

PUMPKIN AND LEEK SOUP  
BAKED COD WITH GARLIC AND PARSLEY  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

14

CHICKPEAS WITH SPINACH  
BAKED OR GRILLED CHICKEN THIGH  
SEASONED FRESH TOMATO  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

15

GLUTEN-FREE MACARONI WITH CHUNKED  
TOMATO AND OREGANO  
ROAST PORK WITH PROVENCAL HERBS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA SPROUT SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

19

GLUTEN-FREE PASTA WITH TOMATO SAUCE  
BAKED OR GRILLED SALMON  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATOES SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
BAKED OR GRILLED PORK LOIN  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

25

GLUTEN-FREE PASTA WITH TOMATO, BASIL AND  
BLACK OLIVE SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

26

SAUTÉED CAULIFLOWER  
BAKED HAKE WITH GARLIC AND PARSLEY  
DICED FRIED POTATOES  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

27

WHITE BEANS WITH CARROTS  
LEAN PORK WITH TOMATO SAUCE  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

28

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAST  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

29

HOME-MADE GAZPACHO WITH GLUTEN-FREE  
BREAD  
BAKED OR GRILLED CHICKEN BREAST  
NACHOS  
FRESH SEASONAL FRUIT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

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IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓ 1 TYPE OF LETTUCE  
✓ 4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING): APPLE, BANANA, PEAR, MELON,  
WATERMELON**

The fruit served will depend on availability, but  
we guarantee that it will always be fresh and in  
season

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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

RICE WITH TOMATO SAUCE  
ROASTED OR GRILLED PORK LOIN  
LETTUCE AND BEAN SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
BAKED OR GRILLED TURKEY BREAST  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

06

LENTILS WITH POTATOES AND VEGETABLES  
FISH (GALLINETA) WITH TOMATO, BASIL AND OLIVES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

07

BROWN RICE WITH TOMATO SAUCE  
ROAST HAM STEAK  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

08

HOMEMADE SALMOREJO  
LEMON-MARINATED CHICKEN THIGH  
OVEN-BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
OVEN-BAKED OR GRILLED PORK LOIN  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

12

POTATOES WITH LEAN MEAT  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
BAKED COD WITH GARLIC AND PARSLEY  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

14

CHICKPEAS WITH SPINACH  
BAKED OR GRILLED CHICKEN THIGH  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

15

TAGLIATELLE WITH CHUNKED TOMATO AND  
OREGANO  
ROAST PORK WITH PROVENCAL HERBS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

18

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA SPROUT SALAD  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

19

WHOLEMEAL PASTA WITH TOMATO SAUCE  
BAKED OR GRILLED SALMON  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

21

VEGETABLE PAELLA  
BAKED OR GRILLED HAKE  
TOMATOES SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
BAKED OR GRILLED PORK LOIN  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

25

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
BAKED OR GRILLED CHICKEN THIGH  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

26

SAUTÉED CAULIFLOWER  
BAKED HAKE WITH GARLIC AND PARSLEY  
DICED FRIED POTATOES  
PLAIN YOGHURT  
ALLERGEN-FREE WHITE BREAD

27

LENTILS WITH CARROTS  
LEAN PORK WITH TOMATO SAUCE  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

28

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAST  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

29

HOME-MADE GAZPACHO  
BAKED OR GRILLED CHICKEN BREAST  
NACHOS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
WATERMELON**

The fruit served will depend on availability, but  
we guarantee that it will always be fresh and in  
season

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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

FARFALLE PASTA WITH TOMATO SAUCE, AU GRATIN  
MARINATED PORK LOIN, OVEN-BAKED OR GRILLED  
LETTUCE AND BEAN SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
HAM AND POTATO SCRAMBLE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

06

LENTILS WITH POTATOES AND CHORIZO  
FRENCH OMELETTE  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

07

BROWN RICE WITH TOMATO SAUCE  
FALAFEL WITH TZATZIKI SAUCE  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

08

HOMEMADE SALMOREJO WITH DICED HAM  
AND EGG  
CHICKEN AL CHILINDRÓN  
OVEN-BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG AND FRESH SAUSAGE  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

12

POTATOES WITH LEAN MEAT  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
PINTED BEANS WITH POTATOES AND VEGETABLES  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

14

CHICKPEAS WITH SPINACH  
HOMEMADE LENTIL MARGHERITA PIZZA  
FRESH SEASONED TOMATOES  
PLAIN YOGHURT  
WHITE BREAD

15

TAGLIATELLE WITH CHUNKED TOMATO AND  
OREGANO  
ROAST PORK WITH PROVENCAL HERBS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

18

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

19

WHOLEMEAL PASTA STIR-FRY WITH VEGETABLES  
AND BACON  
BOILED EGGS WITH TOMATO, PEAS AND PEPPER  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATO SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD SOUP  
MARINATED PORK LOIN, BAKED OR  
GRILLED  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

25

PASTA CARBONARA  
SCRAMBLED EGGS AND ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

26

SAUTÉED CAULIFLOWER  
SAUTÉED CHICKPEAS WITH ONION  
DICED FRIED POTATOES  
PLAIN YOGHURT  
GLUTEN-FREE AND ALLERGEN-FREE BREAD

27

LENTILS WITH CARROTS  
BAKED OR GRILLED BURGER  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

28

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAST  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
WHITE BREAD

29

HOME-MADE GAZPACHO  
FAJITA WITH SOYA BOLOGNESE  
NACHOS  
FRESH SEASONAL FRUIT  
WHITE BREAD

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
WATERMELON**

The fruit served will depend on availability, but  
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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

FARFALLE PASTA WITH TOMATO SAUCE  
OVEN-BAKED OR GRILLED PORK LOIN  
LETTUCE AND BEAN SPROUT SALAD  
SOYA YOGHURT  
ALLERGEN-FREE WHITE BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
HAM AND POTATO SCRAMBLE  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

06

LENTILS WITH POTATOES AND VEGETABLES  
FISH (GALLINETA) WITH TOMATO, BASIL AND OLIVES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

07

BROWN RICE WITH TOMATO SAUCE  
ROAST HAM STEAK  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

08

HOMEMADE SALMOREJO WITH CHOPPED HAM  
AND EGG  
LEMON-FLAVOURED CHICKEN THIGH  
OVEN-BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
FRIED EGG  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

12

POTATOES WITH LEAN MEAT  
CHICKEN WITH PROVENCAL HERBS  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
BAKED COD WITH GARLIC AND PARSLEY  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

14

CHICKPEAS WITH SPINACH  
BAKED OR GRILLED CHICKEN THIGH  
SEASONED FRESH TOMATO  
SOYA YOGHURT  
ALLERGEN-FREE WHITE BREAD

15

TAGLIATELLE WITH CHUNKED TOMATOES AND  
OREGANO  
ROAST PORK WITH PROVENCAL HERBS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

18

WHITE BEAN SALAD  
CHICKEN WITH GARLIC AND PARSLEY  
LETTUCE AND SOYA BEAN SPROUT SALAD  
SOYA YOGHURT  
ALLERGEN-FREE WHITE BREAD

19

WHOLE WHEAT PASTA WITH TOMATO SAUCE  
BAKED OR GRILLED SALMON  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

21

VEGETABLE PAELLA  
COURGETTE OMELETTE  
TOMATO SEASONED WITH OREGANO  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

29

CREAM OF GREEN BEANS, COURGETTE  
PUMPKIN AND CHARD SOUP  
BAKED OR GRILLED PORK LOIN  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

25

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
SCRAMBLED EGGS WITH ASPARAGUS  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

26

SAUTÉED CAULIFLOWER  
BAKED HAKE WITH GARLIC AND PARSLEY  
DICED FRIED POTATOES  
SOYA YOGHURT  
ALLERGEN-FREE WHITE BREAD

27

LENTILS WITH CARROTS  
LEAN PORK WITH TOMATO SAUCE  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

28

CREAM OF POTATO AND LEEK SOUP  
BAKED OR GRILLED TURKEY BREAST  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

29

HOME-MADE GAZPACHO  
BAKED OR GRILLED CHICKEN BREAST  
NACHOS  
FRESH SEASONAL FRUIT  
ALLERGEN-FREE WHITE BREAD

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

IN ADDITION TO THE MENU, WE HAVE  
A SALAD BUFFET AVAILABLE EVERY DAY.  
THE SALAD BUFFET CONSIST OF:  
✓1 TYPE OF LETTUCE  
✓4 TOPPINGS OF YOUR CHOICE

**FRESH SEASONAL FRUIT  
(SPRING):APPLE, BANANA, PEAR, MELON,  
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The fruit served will depend on availability, but  
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**PUBLIC HOLIDAY  
LABOUR DAY**



01

04

BOILED BROCCOLI  
BOILED PASTA WITH TOMATO SAUCE, BROWNED  
UNDER THE GRILL  
LETTUCE AND SOYBEAN SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

05

CREAM OF GREEN BEANS, COURGETTE, PUMPKIN  
AND CHARD SOUP  
HUMMUS WITH CROUTONS  
LETTUCE AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

06

SAUTÉED CAULIFLOWER WITH CARROTS  
LENTILS WITH POTATOES AND VEGETABLES  
ROASTED POTATO  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

07

BROWN RICE WITH TOMATO SAUCE  
SAUTÉED CHICKPEAS WITH ONION  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

08

HOME-MADE SALMOREJO  
VEGETABLE FAJITAS  
BAKED BREADED POTATOES  
FRESH SEASONAL FRUIT  
WHITE BREAD

11

BROWN RICE WITH HOMEMADE TOMATO SAUCE  
VEGETABLE FAJITAS WITH VEGETABLES AND SOYA  
LETTUCE AND SWEETCORN SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

12

BOILED POTATOES  
BAKED OR GRILLED VEGETABLE BURGER  
BAKED MUSHROOMS  
FRESH SEASONAL FRUIT  
WHITE BREAD

13

PUMPKIN AND LEEK SOUP  
CHICKPEAS WITH SPINACH  
BOILED POTATOES  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

14

CHICKPEAS WITH SPINACH  
HOME-MADE LENTIL MARGARITA PIZZA  
SEASONED FRESH TOMATO  
PLAIN YOGHURT  
WHITE BREAD

15

TAGLIATELLE WITH CHUNKED TOMATOES AND  
OREGANO  
LENTILS WITH VEGETABLES  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

18

SPINACH AND POTATOES SAUTÉED WITH BÉCHAMEL  
SAUCE, BROWNED UNDER THE GRILL  
WHITE BEAN SALAD  
LETTUCE AND SOYBEAN SPROUT SALAD  
PLAIN YOGHURT  
WHOLEMEAL BREAD

19

PESTO PASTA WITH SPINACH AND SUN-DRIED  
TOMATOES  
SAUTÉED MUSHROOMS WITH CHEESE  
CABBAGE SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

20

GREEN BEANS WITH TOMATO SAUCE  
CHICKPEAS WITH VEGETABLES, TOMATO AND  
GARLIC  
LETTUCE AND CUCUMBER SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

21

VEGETABLE PAELLA  
VEGETABLE SPRING ROLLS  
TOMATOES DRESSED WITH OREGANO  
FRESH SEASONAL FRUIT  
WHITE BREAD

22

CREAM OF GREEN BEANS, COURGETTE,  
PUMPKIN AND CHARD  
LENTILS WITH MIXED VEGETABLES  
LETTUCE AND CORN SALAD  
FRESH SEASONAL FRUIT  
WHITE BREAD

25

PASTA WITH TOMATO, BASIL AND BLACK OLIVE  
SAUCE  
ASPARAGUS SAUTÉED WITH CHEESE  
LETTUCE AND CARROT SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

26

SAUTÉED CAULIFLOWER  
SAUTÉED CHICKPEAS WITH ONION  
DICED FRIED POTATOES  
PLAIN YOGHURT  
WHITE BREAD

27

CREAM OF COURGETTE SOUP  
LENTILS WITH CARROTS  
CUCUMBER AND TOMATO SALAD  
FRESH SEASONAL FRUIT  
WHOLEMEAL BREAD

28

CREAM OF POTATO AND LEEK SOUP  
SAUTÉED BEANS WITH TOMATO SAUCE  
BAKED OR GRILLED COURGETTE  
FRESH SEASONAL FRUIT  
WHITE BREAD

29

HOME-MADE GAZPACHO  
FAJITAS WITH SOYA BOLOGNESE  
NACHOS  
FRESH SEASONAL FRUIT  
WHITE BREAD