

MONDAY 01

SALAD BAR
LENTIL SALAD WITH COUSCOUS
GARDEN VEGETABLE
RATATOUILLE
CHICKEN THIGH WITH
LEMON SCENT
CHICKEN IN A LIGHT
COCONUT AND
TURMERIC SAUCE
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

TUESDAY 02

SALAD BAR
MILANESE RICE WITH MEAT
AMERICAN-STYLE RICE
HAKE WITH WHITE
VINAIGRETTE
HAKE ROTEÑA-STYLE
HOMEMADE MASHED
POTATOES
ASSORTED YOGURT OR
SPECIAL ICE CREAM
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

WEDNESDAY 03

SALAD BAR
SMOOTH CREAM OF ZUCCHINI
SOUP
HOMEMADE SALMOREJO WITH
SERRANO HAM MINCED MEAT
EGGS PLATE
SCRAMBLED EGGS WITH HAM
CRISPY DICED POTATOES
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

THURSDAY 04

COMIDA

SALAD BAR
COUNTRY SALAD (POTATO,
TOMATO, PEPPER, AND TUNA)
GRATIN TARTIFLETTE
SAUTÉED CHICKPEAS WITH
CHICKEN AND LEMON
BEEF RAGOUT WITH GARDEN
VEGETABLES
SAUTÉED PASTA
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

FRIDAY 05

SALAD BAR
WHOLE WHEAT MACARONI
GRATIN WITH CHEESE
SAUTÉED MACARONI WITH
TURKEY AND ONIONS
GRILLED MARINATED PORK LOIN
ASSORTED CROQUETTES
WOK-FRIED VEGETABLES
FRUIT FRESH SEASONAL FRUIT OR
CUSTARD
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

SATURDAY 06

BRUNCH:
*ASSORTED BREADS AND
SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
CRISPY BACON
SCRAMBLED EGGS AND TURKEY
MEATBALLS IN ALMOND SAUCE
FRESH SEASONAL FRUIT -
ASSORTED YOGURT FLAVORS
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

SUNDAY 07

BRUNCH:
*ASSORTED BREADS AND
SPREADS
*COLD CUTS
*CEREALS AND BAKED
PASTRIES
SALAD BAR
FRESH SAUSAGES WITH
CHEESE
AU GRATIN POTATOES WITH
BÉCHAMEL SAUCE
BARBECUE CHICKEN WINGS
FRESH SEASONAL FRUIT -
YOGURT (VARIOUS
FLAVORS)
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

CENA

QUINOA SALAD WITH
AVOCADO
BAKED BRATWURST SAUSAGE
HAKE FILLET IN PIQUILLO
PEPPER SAUCE
SAUTÉED CABBAGE
FRESH SEASONAL FRUIT -
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

PASTA SALAD WITH
HONEY MUSTARD
SAUCE
SPANISH OMELETTE
GRATIN WITH CHEESE
AND BÉCHAMEL SAUCE
FRESH GRILLED PORK
LOIN
SAUTÉED MUSHROOMS
WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
- YOGURT
ASSORTED BREADS
(WHITE, WHOLE
WHEAT, OR CIABATTA)

POTATO AND CHICKEN SALAD
WITH HONEY VINAIGRETTE
ANDALUSIAN-STYLE
WHITING
HOMEMADE EMPANADA
SWEET HAM, CHEESE, AND
RAISINS
SAUTÉED WHITE RICE
FRESH SEASONAL FRUIT
- YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

BAKED NACHOS WITH
MILD GUACAMOLE AND
CHEESE
CHICKEN AND BABY
VEGETABLE BURRITOS
SCRAMBLED EGGS AND
COD FRITTERS
PROVENÇAL TOMATO
SAUCE
FRESH SEASONAL FRUIT -
YOGURT
ASSORTED BREADS
(WHITE, WHOLE WHEAT,
OR CIABATTA)

MILD LEEK AND CARROT
CREAM SOUP
CHICKEN PARMESAN FILLET
GRILLED SALMON SUPREME
HOMEMADE FRENCH FRIES
FRESH SEASONAL FRUIT -
YOGURT
ASSORTED BREADS
(BREAD WHITE, WHOLE
WHEAT OR CIABATTA)

HOMEMADE GAZPACHO
TACOS AL PASTOR
BAKED CHICKEN FILLET
GNOCCHI WITH TOMATO
SOFRITO
FRESH SEASONAL FRUIT -
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

RICE SALAD WITH SOY
VINAIGRETTE
ARTISAN BBQ PIZZA
GRILLED PORK SKEWER
POTATO CHIPS
FRESH SEASONAL FRUIT -
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

MONDAY 08

SALAD BAR
WOK-FRIED CHICKPEAS WITH VEGETABLES
HOMEMADE SALMOREJO WITH SERRANO HAM HASH
SCRAMBLED EGGS WITH MELTED CHEESE
BELLA AURORA EGGS
SAUTÉED WHITE RICE
FRESH SEASONAL FRUIT OR SPECIAL ICE CREAM
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

TUESDAY 09

SALAD BAR
NEAPOLITAN SHORT PASTA
TROPICAL PASTA SALAD
PORK LOIN IN ZUCCHINI SAUCE
PORK LOIN WITH APPLE AND ONION CHUTNEY
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

WEDNESDAY 10



SALAD BAR
SPINACH AU GRATIN WITH BÉCHAMEL SAUCE
CAESAR SALAD
CHICKEN TACOS GARLIC SAUCE
GRILLED CHICKEN FILLET
ROASTED POTATOES WITH THYME
FRESH SEASONAL FRUIT
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

THURSDAY 11

COMIDA

SALAD BAR
MIXED PAELLA (BROWN RICE) WITH SEAFOOD AND LEAN MEAT
ASIAN-STYLE FRIED RICE
BAKED HAKE LOIN
HOMEMADE COD CROQUETTES
BREADED ZUCCHINI
FRESH SEASONAL FRUIT
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

FRIDAY 12

SALAD BAR
US MEAL DAY
BROCCOLI CHOWDER 
HOMEMADE GAZPACHO 
COMPLETE CHEESEBURGER 
HAMBURGER WITH BBQ SAUCE 
HOMEMADE FRENCH FRIES
FRESH FRUIT SEASONAL
CHOCOLATE BROWNIE 
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SATURDAY 13

BRUNCH:
*ASSORTED BREADS AND SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
CRISPY BACON
CREAMY CARBONARA PASTA
CRISPY FRIED CHICKEN
FRESH SEASONAL FRUIT & YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

FRIDAY 14

BRUNCH:
*ASSORTED BREADS AND SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
FRESH BAKED OR GRILLED SAUSAGES
RICE WITH HOMEMADE TOMATO SAUCE
CORDOBA-STYLE FLAMENQUÍN
FRESH SEASONAL FRUIT & YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

LETTUCE SALAD WITH CELERY, WALNUTS, AND MUSTARD VINAIGRETTE
ROASTED CHICKEN THIGH IN ITS OWN JUICES
TUNA MILLE-FEUILLE
HOMEMADE FRIES
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CREAMY PUMPKIN AND CARROT SOUP
DUELOS Y QUEBRANTOS (SCRAMBLED EGGS WITH BACON AND CHORIZO)
GRILLED BEEF STEAK
BREADED EGGPLANT WITH HONEY AND SOY SAUCE
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

MILD MISO SOUP
HOMEMADE MARINATED DOGFISH
GRILLED HAM STEAK
ROASTED PEPPERS REDS
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

COLDERED MELON CREAM WITH SERRANO HAM
CHICKEN IN ORANGE SAUCE
HOMEMADE FRENCH OMELETTE
SAUTEED SPIRALS WITH BASIL OIL
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CENA

VEGETABLE LASAGNA
GRATIN WITH CHEESE
HOMEMADE BREADED HAKE
GRILLED TURKEY
SAUTÉED CABBAGE
FRESH SEASONAL FRUIT - YOGURT
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CREAM OF SEASONAL VEGETABLE SOUP
HAM AND CHEESE QUESADILLA
FRESH GRILLED PORK LOIN
NACHOS WITH GUACAMOLE
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

QUINOA SALAD WITH FRESH CHEESE AND RADISHES
HAMBURGER WITH ONION SAUCE
GRILLED HAKE WITH HERBS
TEX-MEX FRIES
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

MONDAY 15

SALAD BAR
SAUTÉED CHICKPEAS WITH SERRANO HAM
ARABIAN CHICKPEA SALAD
FRENCH OMELET WITH MUSHROOMS AND HERBS
SCRAMBLED EGGS WITH CHISTORRA SAUSAGE
HOMEMADE FRIES
ASSORTED YOGURT OR VANILLA FLAN
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

TUESDAY 16

SALAD BAR
SMOOTH CREAM OF SEASONAL VEGETABLES
HOMEMADE SALMOREJO WITH DICED SERRANO HAM AND EGG
CHICKEN STEW
CHICKEN IN A LIGHT MUSTARD SAUCE
SAUTÉED WHITE RICE
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

WEDNESDAY 17

SALAD BAR
WHOLE WHEAT SPAGHETTI WITH GARLIC AND OIL TURKEY AND CHIVES
SPIRALS WITH STIR-FRIED VEGETABLES
VIZCAINA-STYLE REDFISH
ANDALUSIAN-STYLE REDFISH
HOMEMADE MASHED POTATOES
FRESH SEASONAL FRUIT
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

THURSDAY 18

COMIDA

SALAD BAR
SPECIAL MENU
FAJITAS
KENTUCKY-STYLE CHICKEN WINGS
TANDOORI CHICKEN WITH RICE
FRENCH FRIES
ASSORTMENT OF ICE CREAMS
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SATURDAY 19

SALAD BAR
CUBAN-STYLE RICE WITH HOMEMADE TOMATO SAUCE AND EGG /CHAUFA RICE
FRESH BAKED SAUSAGES
FRESH SAUSAGES IN MUSHROOM SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
SEASONAL OR HOMEMADE CUSTARD
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SUNDAY 20

BRUNCH:
*ASSORTED BREADS AND SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
CRISPY BACON
GRATEN RICE
BEEF KEBAB
FRESH SEASONAL FRUIT-YOGURT
ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

PASTA SALAD WITH HONEY MUSTARD SAUCE
ROTEÑA-STYLE ROOSTER FILLET
ROAST PORK LOIN IN ITS OWN JUICES
SAUTÉED VEGETABLES
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SAUTÉED MIXED VEGETABLES WITH BACON
SPANISH OMELET
GRILLED SALMON SUPREME
CARAMELIZED ONIONS
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RICE SALAD WITH TUNA AND BALSAMIC VINAIGRETTE
SERRANITO SANDWICH
FRESH PEPPERED HAM STEAK
FRENCH FRIES HOMEMADE
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CAESAR SALAD
MEATBALLS IN ONION SAUCE
BAKED HAKE FILLET WITH GARLIC AND PARSLEY INFUSION
COUSCOUS
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CENA

SMOOTH CREAMY ZUCCHINI AND POTATO SOUP WITH CROUTONS
LEAN PORK IN AROMATIC SAUCE
SCRAMBLED EGGS WITH MELTED CHEESE
SWEET POTATO
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RUSSIAN SALAD
NEW YORK STYLE HOT DOG
GRILLED CHICKEN SKEWERS
BAKED POTATOES
FRESH SEASONAL FRUIT - YOGURT
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)