

TUESDAY 01

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

WEDNESDAY 02

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

THURSDAY 03

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

FRIDAY 04

SALAD BAR
HOMEMADE GAZPACHO
WITH CROUTONS
HOMEMADE VEGETABLE
SOUP WITH NOODLES
COMPLETE HAMBURGER
WITH MEAT, CHEESE,
TOMATO, LETTUCE, AND
KETCHUP
HAMBURGER IN BARBECUE
SAUCE
HOMEMADE FRIES
FRESH SEASONAL FRUIT OR
SPECIAL DESSERT
ASSORTMENT OF BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

SATURDAY 05

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

SUNDAY 06

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

COMIDA

CENA

CREAM OF PUMPKIN AND
CARROT SOUP
SCRAMBLED EGGS AND
SCRAMBLED EGGS
GRILLED BEEF STEAK
BREADED EGGPLANT WITH
HONEY AND SOY SAUCE
FRESH SEASONAL FRUIT OR
YOGURT
ASSORTED BREADS
(WHITE, WHOLE WHEAT
OR CIABATTA)

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

CAESAR SALAD
CHICKEN IN ORANGE
SAUCE
HOMEMADE FRENCH
OMELETTE
SAUTÉED PASTA FUSILLI
WITH BASIL OIL
FRESH FRUIT OR YOGURT,
OR COOKIE FUDGE
ASSORTED BREADS
(WHITE, WHOLE WHEAT
OR CIABATTA)

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

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

MONDAY 07

SALAD BAR
SAUTÉED CHICKPEAS WITH
SERRANO HAM
CHICKPEA AND SPINACH
STEW
FRENCH OMELETTE WITH
MUSHROOMS AND HERBS
SCRAMBLED EGGS WITH
CHISTORRA SAUSAGE
HOMEMADE FRIES
YOGURT OR SPECIAL DESSERT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

TUESDAY 08

SALAD BAR
SMOOTH CREAM OF
SEASONAL VEGETABLES
CREAMY OF ZUCCHINI WITH
CRISPY ONIONS
CHICKEN STEW
CHICKEN IN A LIGHT
MUSTARD SAUCE
SAUTÉED WHITE RICE
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR
CIABATTA)

WEDNESDAY 09

SALAD BAR
GERMAN POTATO SALAD WITH
CURED HAM
SPIRALS WITH STIR-FRIED
VEGETABLES
VIZCAINA-STYLE REDFISH
ANDALUSIAN-STYLE REDFISH
GARLIC BROCCOLI
FRESH SEASONAL FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

THURSDAY 10 COMIDA

SALAD BAR
WHOLE WHEAT SPAGHETTI
WITH AIOLI, TURKEY, AND
CHIVES
STEWED POTATOES IN
MARINARA SAUCE
HOMEMADE HAM
CROQUETTES
HAM AND CHEESE PIZZA
HOMEMADE MASHED
POTATOES
FRESH SEASONAL FRUIT
ASSORTMENT OF BREADS
(WHITE, WHOLE WHEAT OR
CIABATTA)

FRIDAY 11

SALAD BAR
CUBAN-STYLE RICE WITH
HOMEMADE TOMATO
SAUCE AND EGG
FRIED RICE
FRESH BAKED SAUSAGES
FRESH BAKED SAUSAGES IN
MUSHROOM SAUCE
FRESH SEASONAL FRUIT OR
SPECIAL DESSERT
ASSORTMENT OF BREADS
(WHITE, WHOLE WHEAT OR
CIABATTA)

SATURDAY 12

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

SUNDAY 13

BRUNCH:
*ASSORTED BREADS AND
SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
SCRAMBLED EGGS
CHEESE BACON POTATOES
BARBECUE PORK RIBS
FRESH SEASONAL FRUIT OR
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

CENA

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

SAUTÉED MIXED
VEGETABLES WITH BACON
SPANISH OMELETTE
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
HOMEMADE FRENCH FRIES
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)

SMOOTH CREAM OF
ZUCCHINI AND POTATO
SOUP WITH PORK LOIN IN
AROMATIC SAUCE
SCRAMBLED EGGS WITH
MELTED CHEESE
ROASTED 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 OR
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

HOMEMADE GROUND BEEF
SOUP WITH HAM AND
NOODLES
TROPICAL PIZZA
COD IN GARLIC PILPIL SAUCE
ONION RINGS
FRESH SEASONAL FRUIT OR
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR
CIABATTA)

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
COMIDA						
SALAD BAR INDIAN-STYLE CHICKPEAS SAUTÉED CHICKPEAS WITH BACON CHICKEN TIKKA MASALA KENTUCKY CHICKEN WINGS LETTUCE AND BEET SALAD / PILAF RICE FRESH SEASONAL FRUIT OR SPECIAL DESSERT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR HOMEMADE SALMOREJO WITH SERRANO HAM DIP SAUTÉED PEAS WITH EGG SPANISH OMELETTE FRENCH OMELETTE GARDEN VEGETABLE RATATOUILLE PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR THREE DELIGHTS BROWN RICE MILANESE RICE WITH MEAT FAJITAS WITH BOLOGNESE SAUCE SOY LEAN PORK WITH HOMEMADE TOMATO SAUCE BAKED POTATO FRESH SEASONAL FRUIT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR RIOJA-STYLE POTATOES GERMAN POTATO AND MACKEREL SALAD BAKED SALMON MARINATED IN PINEAPPLE BAKED SALMON WITH TERIYAKI AND SESAME SAUCE AGLIO-OLIO SPIRALS FRESH SEASONAL FRUIT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR PASTA PIPETTE MACARONI WITH BÉCHAMEL SAUCE TROPICAL PASTA SALAD CORDOBA-STYLE FLAMENQUINE: HOMEMADE BREADED CHICKEN ESCALOPE SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH SEASONAL FRUIT OR SPECIAL DESSERT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	BRUNCH: *ASSORTED BREADS AND SPREADS *COLD CUTS *CEREALS AND BAKED PASTRIES SALAD BAR CRISPY BACON EGG SCRAMBLE WITH MELTED CHEESE GRILLED CHICKEN FILLET FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	BRUNCH: *ASSORTED BREADS AND SPREADS *COLD CUTS *CEREALS AND BAKED PASTRIES SALAD BAR FRESH GRILLED SAUSAGES GRATIN POTATOES FISH AND CHIPS FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)
CENA						
CAESAR SALAD FRESH SAUSAGES IN STROGONOFF SAUCE BAKED HAKE WITH LEMON HOMEMADE FRENCH FRIES FRESH SEASONAL FRUIT – YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	MEAT RAVIOLI WITH MUSHROOM SAUCE SCRAMBLED EGGS AND TURKEY GRILLED CHICKEN FILLET PROVENÇAL TOMATO SAUCE FRESH SEASONAL FRUIT – YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	CREAM OF CAULIFLOWER SOUP WITH TOASTED ALMONDS ANDALUSIAN-STYLE ANCHOVIES BEEF SANDWICH WITH CIABATTA BREAD BAKED SWEET POTATO FRESH SEASONAL FRUIT – YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	MINSTRONE SOUP WITH HOMEMADE BROTH GLAZED RIBS WITH BARBECUE SAUCE GRILLED MARINATED PORK LOIN DICED POTATOES FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	TRICOLOR PASTA SALAD LEAN PORK GYROS WITH TZATIKI SAUCE HOMEMADE HAM AND CHEESE QUICHE SAUTÉED VEGETABLE STEW FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	CREAMY CARROT SOUP COMPLETE HAMBURGER WITH BEEF, GOUDA CHEESE, AND FRESH TOMATO BAKED STEAK WITH MEDITERRANEAN SAUCE FRIED POTATO FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	COLESLAW SALAD TACOS AL PASTOR GRILLED TURKEY BREAST WITH ROSEMARY BREADED ZUCCHINI FRIED FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
COMIDA						
SALAD BAR PASTA FARFALLE WITH GRATINÉED TOMATO SAUCE MEAT LASAGNA WITH GRATINÉED BÉCHAMEL SAUCE GRILLED MARINATED PORK LOIN PORK LOIN IN SWEET AND SOUR SAUCE ROASTED PUMPKIN WITH A TOUCH OF PEPPER YOGURT OR SPECIAL DESSERT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR CREAM OF SEASONAL VEGETABLES RED POZOLE (CORN STEW WITH TOMATO) SCRAMBLED EGGS WITH CURED HAM AND POTATO SPANISH OMELET SAUTÉED BROCCOLI FRESH SEASONAL FRUIT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR STEWED LENTILS WITH CHORIZO SAUTÉED PEAS WITH HAM SICILIAN-STYLE REDFISH (GALLINETA) ANDALUSIAN-STYLE REDFISH ROASTED POTATOES FRESH SEASONAL FRUIT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR HOT POKE (BROWN RICE WITH EGG, SALMON, CHIVES, AND MAYONNAISE DRESSING) CASSEROLE RICE FRIED FALAFEL WITH TZATZIKI SAUCE GRILLED HAM STEAK GRILLED VEGETABLES FRESH SEASONAL FRUIT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	SALAD BAR HOMEMADE SALMOREJO WITH SERRANO HAM AND EGG CHICKEN CHILINDRÓN GRILLED CHICKEN FILLET WITH LEMON BAKED POTATOES FRESH SEASONAL FRUIT OR SPECIAL DESSERT ASSORTMENT OF BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	BRUNCH: *ASSORTED BREADS AND SPREADS *COLD CUTS *CEREALS AND BAKED PASTRIES SALAD BAR POTATO GRATIN WOK-STIR-FRIED PASTA PORK LOIN IN ALMOND SAUCE FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	BRUNCH: *ASSORTED BREADS AND SPREADS *COLD CUTS *CEREALS AND BAKED PASTRIES SALAD BAR CAESAR SALAD COUNTRY-STYLE SCRAMBLED EGGS WITH CHORIZO GRILLED CHICKEN FILLET FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)
CENA						
HOMEMADE SOUP WITH SCRAMBLED EGGS AND RICE CROQUE MONSIEUR TUNA TACOS VIZCAINA STYLE BAKED POTATOES FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	TABOULEH FISH (CAZÓN) IN HOMEMADE MARINADE CHICKEN WINGS WITH BBQ SAUCE HOMEMADE FRIES FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	HOMEMADE SOUP WITH SCRAMBLED VEGETABLES AND NOODLES SCRAMBLED EGGS WITH BACON AND POTATOES BEEF SANDWICH WITH CIABATTA BREAD GREEK PEPPER RELISH FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	PASTA SALAD WITH EGG SHAVINGS HOMEMADE BOLOGNESE EMPANADA HAKE IN PIQUILLO PEPPER SAUCE DICEED POTATOES WITH GARLIC FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	QUINOA SALAD WITH CHEESE ZUCCHINI OMELETTE MOORISH SKEWER THAI FRIED RICE FRESH SEASONAL FRUIT - YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	TRICOLOR PASTA SALAD COMPLETE HAMBURGER WITH BEEF, GOUDA CHEESE, AND FRESH TOMATO BROASTED FRIED CHICKEN PROVENÇAL POTATOES WITH GARLIC AND THYME FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)	CREAM OF SEASONAL VEGETABLE SOUP MACKEREL IN CITRUS SAUCE GRILLED PORK CHOP RICE WITH A TOUCH OF CURRY FRESH SEASONAL FRUIT OR YOGURT ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

MONDAY 28

SALAD BAR
BROWN RICE WITH
HOMEMADE TOMATO SAUCE
SAUTÉED RICE WITH CURRY
AND RAISINS
FRIED EGGS AND FRESH
SAUSAGES
SCRAMBLED EGGS AND
BACON
ROASTED RED PEPPER SAUCE
FRESH SEASONAL FRUIT OR
SPECIAL DESSERT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

TUESDAYS 29

SALAD BAR
STEWED POTATOES WITH
PORK LOIN
SEASONED POTATOES WITH
TUNA AND EGG
BAKED CHICKEN THIGH FILLET
WITH HERBS
CHICKEN THIGH FILLET IN
SAUCE
BAKED MUSHROOMS
PLASTIC YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

WEDNESDAY 30

SALAD BAR
PUMPKIN AND LEEK CREAM
SOUP
SAUTÉED GREEN BEANS WITH
TOMATO
COD WITH GARLIC
MOUSSELINE
COD IN CRISPY BATTER
BOILED AND SAUTÉED
POTATOES
FRESH SEASONAL FRUIT
ASSORTMENT OF BREADS
(WHITE, WHOLE WHEAT OR
CIABATTA)

COMIDA

CASTILIAN SOUP WITH EGG
AND HAM MINCED MEAT
ROAST ROOSTER WITH ONION
CRUMBLE
MARINATED CHICKEN BREAST
WITH THYME AND LEMON
HOMEMADE FRENCH FRIES
FRESH SEASONAL FRUIT –
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

GNOCCHI IN CHEESE SAUCE
LEAN PORK RIOJA STYLE
HAKE ORLY
COUSCOUS WITH MINT
FRESH SEASONAL FRUIT –
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR
CIABATTA)

TROPICAL PASTA SALAD
SPANISH OMELETTE
CLUB SANDWICH (CHICKEN,
HAM, CHEESE, BACON,
LETTUCE, AND TOMATO)
WINGS OF ONION
FRESH SEASONAL FRUIT –
YOGURT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

CENA