

# MARCH 2026

## GENERAL MENU



|        | MONDAY 2ND   | TUESDAY 3RD  | WEDNESDAY 4TH  | THURSDAY 5TH  | FRIDAY 6TH  |
|--------|--|--|--|---|---|
| LUNCH  | PUBLIC HOLIDAY   | CARROT CREAM SOUP<br><br>Pasta with spinach pesto and 1/2 a hard-boiled egg (1,3,6,7,10)<br><br>SEASONAL FRUIT | GUACAMOLE WITH VEGGIE STICKS<br><br>MEATBALLS WITH TOMATO SAUCE (6,12)<br><br>COUSCOUS (1)<br><br>YOGUR (7)                  | CHICKPEA SALAD<br><br>FISH AND CHIPS (1,4)<br><br>SEASONAL FRUIT  | APPLE SALAD<br><br>PEPPERCORN CHICKEN (6)<br><br>RICE<br><br>FRUIT SALAD  |
| SUPPER |  | Salmón con puré de patata y guisantes<br><br>SEASONAL FRUIT  | Tortilla de patata con zanahoria hervida y judía verde<br><br>SEASONAL FRUIT   | Sopa + pavo a la plancha con moniato<br><br>SEASONAL FRUIT  | Guiso de bacalao con patata y verdura<br><br>SEASONAL FRUIT   |
|        | MONDAY 9TH   | TUESDAY 10TH   | WEDNESDAY 11TH   | THURSDAY 12TH   | FRIDAY 13TH   |
| LUNCH  | MIXED SALAD<br><br>LENTIL DAAL WITH COCONUT MILK AND BASMATI RICE (1)<br><br>SEASONAL FRUIT                    | <b>ITALIA</b><br>ITALIAN SALAD<br><br>HOME-MADE LASAGNA (1,3,6,10,12)<br><br>FRUIT SALAD                       | HUMMUS WITH VEGGIE STICKS<br><br>Baked salmon with garlic and parsley, served with roasted potato<br><br>VANILLA PUDDING (7) | Creamy vegetable soup topped with grated egg (3)<br><br>Turkey in a savory sauce served with couscous (1)<br><br>SEASONAL FRUIT         | SOUP (1,3,6,10)<br><br>CALAMARI STRIPS (1,2,4,3,6,7,9,10,14) Mixed peas, corn and carrots<br><br>SEASONAL FRUIT |
| SUPPER | Crema de verduras + huevos fritos con patata<br><br>SEASONAL FRUIT   | Pollo con arroz y brócoli<br><br>SEASONAL FRUIT  | Sopa + bistec de ternera con coliflor<br><br>SEASONAL FRUIT  | Dorada al horno con patata, zanahoria y calabacín<br><br>SEASONAL FRUIT   | Fajitas de pollo con verduras<br><br>SEASONAL FRUIT   |
|        | MONDAY 16TH  | TUESDAY 17TH   | WEDNESDAY 18TH   | THURSDAY 19TH   | FRIDAY 20TH   |
| LUNCH  | COCONUT AND CAULIFLOWER<br><br>Cuban-style rice with bacon and egg (3)<br><br>SEASONAL FRUIT                   | GREEK SALAD (7)<br><br>Hake in red pepper sauce with baked potato (4)<br><br>SEASONAL FRUIT                    | CEASAR SALAD (1,6)<br><br>Chickpeas in curry sauce with couscous (1)<br><br>FRUIT SALAD                                      | GUACAMOLE WITH VEGGIE STICKS<br><br>YAKISOBA (Stir-fried noodles with vegetables and chicken in soy sauce) (1,3,6,10)<br><br>YOGURT (7) | TOMATO AND OLIVES SALAD<br><br>Cheeseburger with toppings, served with fries (1,7)<br><br>SEASONAL FRUIT        |
| SUPPER | Salchichas con judía verde y mazorca de maíz<br><br>SEASONAL FRUIT   | Tortilla francesa con guisantes y zanahoria<br><br>SEASONAL FRUIT  | Sopa + merluza a la plancha con espinacas<br><br>SEASONAL FRUIT  | Crema de legumbre + crep de champiñones y queso<br><br>SEASONAL FRUIT   | Medallón de salmón con arroz y brócoli<br><br>SEASONAL FRUIT  |
|        | MONDAY 23TH  | TUESDAY 24TH   | WEDNESDAY 25TH   | THURSDAY 26TH   | FRIDAY 27TH   |
| LUNCH  | Creamy pea soup<br><br>PASTA CARBONARA (1,3,6,10)<br><br>SEASONAL FRUIT  | Coleslaw with carrot and apple<br><br>CHILLI CON CARNE WITH RICE<br><br>SEASONAL FRUIT                         | MINISTRONE SOUP (1,3,6,10)<br><br>Baked hake with lemon and roasted potato<br><br>FRUIT SALAD                                | LENTIL STEW (1)<br><br>Teriyaki chicken with corn on the cob (6)<br><br>SEASONAL FRUIT  | Garden salad topped with egg (3)<br><br>PIZZA (1,3,4,7,9,12)<br><br>JELLY                                       |
| SUPPER | Sopa de arroz + pollo con col<br><br>SEASONAL FRUIT  | Quiche de espinacas + zanahoria baby<br><br>SEASONAL FRUIT   | Quinoa con garbanzos y verduras<br><br>SEASONAL FRUIT  | Rape a la plancha con arroz y guisantes<br><br>SEASONAL FRUIT   | Crema de verduras + hamburguesa con puré de moniato<br><br>SEASONAL FRUIT                                       |
|        | MONDAY 30TH  | TUESDAY 31TH   |  |   |   |
| LUNCH  | Bean and pumpkin cream soup<br><br>Pasta in tomato sauce topped with cheese (1,3,6,7,10)<br><br>SEASONAL FRUIT | Avocado salad<br><br>Mixed paella with meat and seafood (2,4,14)<br><br>SEASONAL FRUIT                         |  |   |   |
| SUPPER | Pollo al horno con patata y verdura<br><br>SEASONAL FRUIT  | Sopa + tortilla de queso con brócoli<br><br>SEASONAL FRUIT   |  |   |   |

