

MAYO 2026

	MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
LUNCH	CHICKPEA SALAD	WHOLEMEAL SPAGHETTI CARBONARA (1,3,6,10)	VICHYSOISE (6)	MILANESE-STYLE RICE	POTATO SALAD WITH MAYO, TUNA AND OLIVES (3,4,6,7)
	OVEN ROAST CHICKEN THIGHS	GRILLED HAKE WITH GARLIC AND PARSLEY (4)	MEATBALLS WITH TOMATO SAUCE(6,9,12)	BOILED EGG (3)	BREADED TURKEY BREAST (1,3)
	OVEN ROAST POTATOES	ENSALADA: tomate y aceitunas	COUSCOUS (1)	MIXED SALAD	MIXED SALAD
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	FRUIT SALAD
SUPPER RECOMMENDATION	FRIED EGGS WITH POTATOES AND PEAS	OVEN ROAST CHICKEN WITH MUSHROOMS AND RICE	GRILLED SALMON WITH MASHED POTATOES AND GREEN BEANS	SAUSAGES WITH ROAST VEGGIES AND WHOLEMEAL BREAD	BAKED FISH WITH POTATOES AND SALAD
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
LUNCH	SPECIAL FRIED RICE	GREEN SALAD WITH AVOCADO	WHOLEMEAL TOMATO PASTA – WITH OPTIONAL CHEESE (1,3,6,7,10)	GAZPACHO (1)	CHICKPEA CURRY WITH RICE
	SPANISH OMELETTE (3)	CHICKEN AND VEGETABLE FAJITAS (1)	OVEN ROAST SALMON (4)	PORK FILET (6)	FISH BREADED IN CHICKPEA FLOUR (4)
	CAPRESSE SALAD (7): TOMATO, CHEESE AND OREGANO		BROCCOLI AND CARROTS	OVEN ROAST POTATO	APPLE SALAD
	SEASONAL FRUIT	FRUIT SALAD	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER RECOMMENDATION	CHICKPEA SALAD WITH TUNA	SCRAMBLED EGGS WITH HAM AND PEAS	HUMMUS AND VEGGIE STICKS+TURKEY WINGS	QUINOA SALAD WITH FETA CHEESE	BEEF BISTEC WITH POTATOES AND BROCCOLI
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
LUNCH	WHOLEMEAL PESTO PASTA (1,3,6,10)	MIXED PAELLA	PEA SOUP	LENTIL STEW (1)	MIXED SALAD
	CHICKEN WITH CHIMICHURRI	FRENCH OMELETTE (3)	TERIYAKI TURKEY WITH WHITE RICE(6)	BREADED CALAMARI STRIPS (1,4,14)	MIXED MEAT BURGER WITH POTATO WEDGES (1,6,9,12, 7)
	SALAD WITH CARROTS, CUCUMBER AND OLIVES	PICO DE GALLO SALAD	FRUIT SALAD	MIXED SALAD	SEASONAL FRUIT
	SEASONAL FRUIT	SEASONAL FRUIT		YOGURT (7)	
SUPPER RECOMMENDATION	VEGETABLE SOUP + FISH AND POTATOES	COUSCOUS SALAD WITH VEGETABLES	FRIED EGGS WITH POTATOES AND CAULIFLOWER	Gazpacho + STUFFED AUBERGINE	SOUP + FRENCH OMELETTE WITH SALAD
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
LUNCH	WHOLEMEAL RICE A LA CUBANA WITH FRIED EGG (3)	HUMMUS WITH VEGGIE STICKS	VEGETABLE LASAGNA(1,3,6,10)	PUMPKIN, CARROT AND GINGER SOUP	WHITE BEAN SALAD
	BAKED FISH (4)	BEEF STEW	HAM OMELETTE (3)	ROAST CHICKEN	PIZZA MARGARITA AND TUNA PIZZA (1,4,7)
	MIXED SALAD WITH APPLE	FRIES	TOMATO SALAD	POTATO SALAD WITH GREEN BEANS AND MAYO (3,6,7)	SEASONAL FRUIT
	SEASONAL FRUIT	SEASONAL FRUIT	FRUIT SALAD	YOGURT (7)	
SUPPER RECOMMENDATION	OVEN ROAST CHICKEN WITH SWEET POTATO AND SALAD	QUINOA SALAD WITH WALNUTS AND FETA CHEESE	BAKED FISH WITH POTATOES AND VEGGIES	FRIED EGGS WITH RICE AND GREEN BEANS	MEATBALLS WITH MASHED POTATOES AND BROCCOLI
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT

