Menú

MAY 2025

Consejo del mes

CONTROL CHOLESTERO
L:-Eat semi-skimmed dairy produce
-Increase consumption of virgin olive oil
-Increase consumption of oily fish as a source of omega 3-Eat natural nuts rich in MUFA (peanuts, pistachios, almonds, walnuts) and PUFA (walnuts)
-Restrict consumption of fatty meat, butter and margarine because they contain trans fatty acids, and industrial pastries because they are rich in coconut and palm fat.

L/05
- Macaroni with tomato and grated cheese
- Grilled rooster fish with roast peppers
- Seasonal fruit
- Cheese roll
- 🌙 Grilled pork loin. Aubergines. Yoghurt

M/06
- Cream of Courgette soup
- Pizza (chicken casserole with chips)
- Seasonal fruit
- Yoghurt
- 🌙 Salad . Scrabled eggs with chips.. Yoghurt

X/07
- Potato salad with tuna and hard boiled egg (potato and cuttlefish stew)
- Grilled pork loin (marinated) Roast vegetables
- Seasonal fruit
- Ham roll
- 🌙 Cream of Courgette soup. Croquettes. Yoghurt.

J/08
- Sea food paella
- Stuffed eggs (in tomato) Lettuce and sweetcorn
- Ice cream
- Seasonal fruit
- 🌙 Homemade hamburger. Ratatouille. Fruit

V/09
- Chickpeas with spicy sausage
- Roast pork. Carrots
- Seasonal fruit
- Chocolate spread roll
- 🌙 Grilled swordfish. Sautéed cauliflower. Fruit

L/12
- Potato and cuttle fish stew
- Lemon dogfish Ratatouille
- Seasonal fruit
- Pork luncheon meat roll
- 🌙 Scrambled eggs with asparagus. .Yoghurt

M/13
- Lentils with spicy sausage
- Scrambled eggs with ham and mushrooms
- Ice cream
- Seasonal fruit
- 🌙 Salad. Grilled cod. Fruit

X/14
- Country style rice
- Grilled hake. Tomato, onion and pepper salad.
- Seasonal fruit
- Salami roll
- 🌙 Noodle soup. Plain omelette Yoghurt.

J/15
- Mixed salad (Noodle soup)
- Canneloni (meatballs in sauce. Carrots)
- Tinned peaches
- Yoghurt
- 🌙 Grilled sea bass. Green beans Fruit.

V/16
- Cream of Carrot soup
- Breaded chicken with boulangère potatoes
- Seasonal fruit
- Choclate spread roll
- 🌙 Mixed vegetables. Plain omelette. Yoghurt

L/19
JEREZ FAIR

M/20
- Special fried rice (with tomato)
- Grilled stokerfish. Sautéed cauliflower
- Yoghurt
- Seasonal fruit
- 🌙 Roast head of loin. Baked potatoes . Fruit

X/21
- Jerez style stew
- Spanish omelette. Sliced tomato
- Seasonal fruit
- Ham roll
- 🌙 Marinated loin. . Mushrooms Yoghurt

J/22
JEREZ FAIR

V/23
JEREZ FAIR

L/26
- Gazpacho (Madrid style stew)
- Grilled hake with boulangère potatoes
- Seasonal fruit
- Spicy sausage roll
- 🌙 Grilled chicken breast. Salad. Yoghurt

M/27
- Rice with tomato sauce
- Stuffed eggs(Spanish omelette)Lettuce with sweetcorn
- Ice cream
- Seasonal fruit
- 🌙 Pasta soup. Ham and cheese sandwich. Fruit

X/28
- Spaghetti carbonara (with tomato)
- Fried breaded ham and cheese Roast peppers
- Seasonal fruit
- Cheese roll
- 🌙 Marinated dogfish with Green asparagus. Yoghurt

J/29 (HINDÚ)
- LENTIL DAHL HINDÚ
- CHICKEN CURRY WITH RICE
- BANANA LASSI
- Seasonal fruit
- 🌙 Spanish omelette. Roast vegetables.. Fruit

V/30
- Cream of Leek soup
- Meatballs in sauce with carrots
- Seasonal fruit
- Chocolate spread roll
- 🌙 Baby sole. Sliced tomato. Yoghurt