

Menú

MAY 2025
vegetarian



Consejo del mes

CONTROL CHOLESTEROL

- Eat semi-skimmed dairy products
- Increase consumption of virgin olive oil
- Eat natural nuts rich in monounsaturated fatty acids (peanuts, pistachios, almonds, walnuts) and polyunsaturated fatty acids (walnuts).

L/05

- Macaroni with tomato and grated cheese
- Vegan burger with roast peppers
- Seasonal fruit
- Cheese roll

M/06

- Cream of Courgette soup
- Pizza margarita
- Seasonal fruit
- Yoghurt

X/07

- Potato casserole
- Vegan sausages. Roast vegetables
- Seasonal fruit
- Olive oil roll

J/08

- Rice in tomato sauce
- Eggs with mayonnaise. Lettuce and sweetcorn
- Ice cream
- Seasonal fruit

V/09

- Chickpeas with vegetables
- Cheese fingers
- Carrots
- Seasonal fruit
- Peanut butter roll

L/12

- Potatoes with artichokes
- Vegan sausages. Ratatouille
- Seasonal fruit
- Olive oil roll

M/13

- Lentil stew
- Scrambled eggs with mushrooms
- Ice cream
- Seasonal fruit

X/14

- Rice with vegetables
- Grilled hake. Tomato, onion and pepper salad
- Seasonal fruit
- Cheese roll

J/15

- Mixed salad
- Soya bean "meatballs"
- Carrots
- Tinned peaches
- Yoghurt

V/16

- Cream of Carrot soup
- Vegan Burger with boulangerie potatoes
- Seasonal fruit
- Peanut butter roll

L/19

- JEREZ FAIR

M/20

- Rice with tomato sauce
- Vegan burger. Sautéed cauliflower
- Yoghurt
- Seasonal fruit

X/21

- Chickpeas with vegetables
- Spanish omelette
- Sliced tomato
- Seasonal fruit
- Peanut butter roll

J/22

- JEREZ FAIR

V/23

- JEREZ FAIR

L/26

- Gazpacho
- Fried egg with boulangerie potatoes
- Seasonal fruit
- Olive oil roll

M/27

- Rice with tomato
- Spanish omelette. Lettuce and sweetcorn
- Ice cream
- Seasonal fruit

X/28

- Spaghetti in tomato sauce
- Vegan sausages. Roast peppers
- Seasonal fruit
- Cheese roll

J/29 (HINDÚ)

- HINDÚ STYLE LENTILS
- Vegan burger with rice
- BANANA LASSI
- Seasonal fruit

V/30

- Cream of Leek soup
- Soy bean "meatballs" with carrots
- Seasonal fruit
- Peanut butter roll