

# Menu

NOVEMBER  
2025



## Tip of the month

### MEXICO

The basis of Mexican cuisine derives from pre-Hispanic cuisine (corn, beans, chillies, tomatoes, avocados, peanuts, vanilla, cocoa, squash, etc.). The Viceroyalty of New Spain introduced European, Mediterranean, Asian and African ingredients (wheat, rice, cumin, mint, bay leaves, oregano, parsley, onions, lemons, etc.). The common denominator is the use of corn, chillies and beans accompanied by tomatoes in various forms.

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| <b>M/03</b> <ul style="list-style-type: none"> <li>Potatoes with artichokes</li> <li>Turkey with mushrooms</li> <li>Seasonal fruit</li> <li>Spicy sausage roll</li> <li>Scrambled eggs with asparagus. Yoghurt</li> </ul>  | <b>T/04</b> <ul style="list-style-type: none"> <li>Rice in tomato sauce</li> <li>Grilled stoker fish with salad</li> <li>Seasonal fruit</li> <li>Yoghurt</li> <li>Roast pork. Baked potatoes.. Fruit</li> </ul>                                     | <b>W/0</b> <ul style="list-style-type: none"> <li>Cream of Pumpkin soup.</li> <li>Pizza (scrambled eggs with ham and mushrooms)</li> <li>Seasonal fruit</li> <li>Turkey roll</li> <li>Sautéed vegetables with soya and prawns.Yoghurt</li> </ul>                 | <b>T/06</b> <ul style="list-style-type: none"> <li>Spaghetti with prawns(Noodle soup)</li> <li>Fried hake with roast vegetables</li> <li>Custard</li> <li>Seasonal fruit</li> <li>Grilled pork loin with chips. Fruit.</li> </ul>                  | <b>F/07</b> <ul style="list-style-type: none"> <li>Lentil stew</li> <li>Spanish omelette. Sautéed cauliflower</li> <li>Seasonal fruit</li> <li>Chocolate spread roll</li> <li>Sea bass with sliced tomato. Fruit</li> </ul>                          |
| <b>M/10</b> <ul style="list-style-type: none"> <li>Macaroni with tomato and grated cheese</li> <li>Lemon dog fish with roast vegetables</li> <li>Seasonal fruit</li> <li>Ham roll</li> <li>. Grilled pork sirloin. Ratatouille. Yoghurt</li> </ul>                       | <b>T/11</b> <ul style="list-style-type: none"> <li>Potatoes with cuttlefish.</li> <li>Breaded chicken with salad</li> <li>Yoghurt</li> <li>Seasonal fruit</li> <li>Grilled sword fish. Mashed potatoes. Fruitt.</li> </ul>                          | <b>W/12</b> <ul style="list-style-type: none"> <li>Cream of Leek soup</li> <li>Grilled hake with boulangère potatoes</li> <li>Seasonal fruit.</li> <li>Turkey roll</li> <li>Spanish omelette. Tomato and cheese salad. Yoghurt</li> </ul>                        | <b>T/13</b> <ul style="list-style-type: none"> <li>Jerez style stew</li> <li>Courgette omelette. Green beans.</li> <li>Seasonal fruit</li> <li>Yoghurt.</li> <li>Home made croquettes. Grilled courgette. Fruit</li> </ul>                         | <b>F/14</b> <ul style="list-style-type: none"> <li>Mixed salad (Cream of Carrot soup)..</li> <li>Chicken casserole.</li> <li>Seasonal fruit.</li> <li>Chocolate spread roll.</li> <li>Whiting.Tomato, pepper and onion salad.Yoghurt</li> </ul>      |
| <b>M/17</b> <ul style="list-style-type: none"> <li>Special fried rice (Rice with vegetables)</li> <li>Grilled pork loin (meat balls) Ratatouille</li> <li>Seasonal fruit</li> <li>Cheese roll</li> <li>Yoghurt</li> <li>Grilled dog fish. Aubergines. Yoghurt</li> </ul> | <b>T/18</b> <ul style="list-style-type: none"> <li>Mixed salad with tuna fish (Noodle soup).</li> <li>Fried egg and chips. (Scrambled eggs with chips)</li> <li>Seasonal fruit</li> <li>Yoghurt</li> <li>Peas with ham . Sausages. Fruit</li> </ul> | <b>W/19</b> <ul style="list-style-type: none"> <li>Lentils with spicy sausage</li> <li>Grilled stoker fish. Lettuce and sweet corn salad</li> <li>Seasonal fruit</li> <li>Ham roll</li> <li>Vegetable soup.Scrambled eggs with garlic shoots. Yoghurt</li> </ul> | <b>T/20 Mexican gastronomy</b> <ul style="list-style-type: none"> <li>Chile with croutons</li> <li>Ham and cheese fajita.</li> <li>Three milk cake</li> <li>Seasonal fruit.</li> <li>Fried baby sole with salad. Fruit</li> </ul>                  | <b>F/21</b> <ul style="list-style-type: none"> <li>Spaghetti carbonara</li> <li>Pork in sauce with carrots and peas..</li> <li>Seasonal fruit</li> <li>Chocolate spread roll.</li> <li>Plaain omelette. Green beans with garlic. Yoghurt.</li> </ul> |
| <b>M/24</b> <ul style="list-style-type: none"> <li>Pasta salad (Noodles with clams).</li> <li>Beef burger. Mixed vegetables</li> <li>Seasonal fruit</li> <li>Ham roll</li> <li>Breaded rooster fish. Sautéed cauliflower. Yoghurt.</li> </ul>                            | <b>T/25</b> <ul style="list-style-type: none"> <li>Meat paella</li> <li>Grilled stoker fish. Sliced tomato.</li> <li>Yoghurt</li> <li>Seasonal fruit</li> <li>Grilled pork loin. Rataouille. Fruit</li> </ul>                                       | <b>W/2</b> <ul style="list-style-type: none"> <li>Madrid style stew.</li> <li>Scrambled eggs with ham, mushrooms and chips.</li> <li>Seasonal fruit</li> <li>Cheese roll.</li> <li>Grilled tuna fish. Asparagus Fruit.</li> </ul>                                | <b>T/27 (Thanksgiving day)</b> <ul style="list-style-type: none"> <li>Cream of Pumpkin soup.</li> <li>Roast turkey with raspberry sauce and mashed potatoes Apple pie.</li> <li>Yoghurt.</li> <li>Plain omelette. Roast peppers. Fruit.</li> </ul> | <b>F/28</b> <ul style="list-style-type: none"> <li>Mixed salad (Cream of Leek soup)</li> <li>Cannelloni (Marinated pork with chips)</li> <li>Seasonal fruit</li> <li>Chocolate spread roll.</li> <li>Breaded chicken with chips. Yoghurt.</li> </ul> |