

Menu

NOVEMBER
2025
Vegetarian/
Vegan



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.

M/03

- Potatoes with artichokes
- Soybean "meatballs" with mushrooms
- Seasonal fruit
- Olive oil roll
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T/04

- Rice in tomato sauce
- Vegan burger with salad
- Seasonal fruit
- Yoghurt/ vegan yoghurt
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W/0

- Cream of Pumpkin soup.
- Pizza margarita (vegan fish. chips)
- Seasonal fruit
- Cheese roll/ quince jelly roll
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T/06

- Spaghetti bolognese with textured soy protein.
- Chickpea falafel with roast vegetables
- Custard / seasonal fruit
- Seasonal fruit
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F/07

- Lentil stew
- Spanish omelette. Sautéed cauliflower / vegan sausages
- Seasonal fruit
- Peanut butter roll
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M/10

- Macaroni with tomato and grated cheese
- Vegan fish with grilled vegetables
- Seasonal fruit
- Quince jelly roll
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T/11

- Potato stew.
- Vegan sausages with salad
- Yoghurt / vegan yoghurt
- Seasonal fruit
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W/12

- Cream of Leek soup
- Vegan burger with boulangère potatoes
- Seasonal fruit.
- Olive oil roll
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T/13

- Chickpeas with vegetables
- Cheese fingers with green beans.
- Seasonal fruit
- Yoghurt / vegan yoghurt.
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F/14

- Mixed salad (Cream of Carrot soup)..
- Soybean "meatballs" Roast sweet potato.
- Seasonal fruit.
- Peanut butter roll.
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M/17

- Rice with vegetables
- Soybean "meatballs" Ratatouille
- Seasonal fruit
- Caramel cream / jam roll
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T/18

- Mixed salad
- Fried egg and chips. (Vegan burger with chips)
- Seasonal fruit
- Yoghurt/ vegan yoghurt
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W/19

- Lentil stew
- Vegan sausages. Lettuce and sweet corn salad
- Seasonal fruit
- Olive oil roll
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T/20 Mexican gastronomy

- Chile and croutons
- Cheese fajita /Vegan fajita.
- Three milk cake / vegan cake
- Seasonal fruit.
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F/21

- Spaghetti in tomato sauce
- Chickpea falafel with carrots and peas..
- Seasonal fruit
- Peanut butter roll.
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M/24

- Vegan pasta salad
- Vegan burger. Mixed vegetables
- Seasonal fruit
- Olive oil roll
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T/25

- Rice with vegetables
- Chickpea falafel Sliced tomato.
- Yoghurt / vegan yoghurt
- Seasonal fruit
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W/2

- Chickpeas with vegetables.
- Scrambled eggs with mushrooms and chips/ vegan fish and mushrooms
- Seasonal fruit
- Cheese / quince jelly roll.
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T/27 (Thanksgiving day)

- Cream of Pumpkin soup.
- Soy bean stew with raspberry sauce and mashed potatoes
- Apple pie / baked apple with cinnamon.
- Yoghurt / vegan yoghurt.
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F/28

- Mixed salad
- Soybean "meatballs" with chips)
- Seasonal fruit
- Peanut butter roll.
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