

Menu

DECEMBER
2025
Vegetarian/
Vegan



Tip of the month

For a nutritious vegan Christmas, it is important to balance your intake of protein (legumes, tofu, seitan), healthy fats (nuts, avocado), and complex carbohydrates (whole grains, vegetables, fruits). You can prepare traditional vegan dishes such as salads with nuts and avocado, legume "roasts," or creams and soups made with seasonal vegetables.

M/01 Spaghetti with tomato sauce Vegan fish with roast vegetables Seasonal fruit Olive oil roll 	T/02 Chickpea salad Eggs with mayonnaise. Lettuce and sweetcorn salad Seasonal fruit Yoghurt/ vegan yoghurt 	W/0 Cream of Carrot soup. Vegan burger with chips Seasonal fruit Jam roll 	T/04 Potato stew Vegan sausages. Sliced tomato Custard / vegan yoghurt Seasonal fruit 	F/05 Mixed salad (Cream of Courgette soup) Vegan "meatballs" with sautéed rice Seasonal fruit Peanut butter roll
M/08 BANK HOLIDAY IMMACULATE CONCEPTION 	T/09 Vegan spaghetti bolognaise (textured soybean). Vegan fish with grilled vegetables. Yoghurt / vegan yoghurt Seasonal fruit 	W/10 Rice with vegetables Vegan burger with salad Seasonal fruit. Olive oil roll 	T/11 Broccoli with bechamel and grated cheese (Cream of broccoli soup) Vegan "meatballs" in sauce with carrots. Seasonal fruit Yoghurt / vegan yoghurt. 	F/12 Lentils with rice Vegan sausages. Sautéed cauliflower Seasonal fruit. Peanut butter roll
M/15 Macaroni in tomato sauce Vegan fish. Roast peppers Seasonal fruit Cheese / jam roll 	T/16 Mixed salad (Cream of Leek soup) Pizza margerita / vegan sausages with boulangerie potatoes. Seasonal fruit Yoghurt/ vegan yoghurt 	W/17 Rice with vegetables Vegan burger. Ratatouille Seasonal fruit Peanut butter roll 	T/18 Chickpeas with vegetables. Vegan "meatballs" with mushrooms Custard/ vegan yoghurt Seasonal fruit. 	F/19 CHRISTMAS HOLIDAYS
M/22 ALTILLO 	T/23 ALTILLO 	W/24 ALTILLO 	T/25 ALTILLO 	F/26 ATILLO