

# Menu

JANUARY  
2026



## Tip of the month

### Back to healthy habits

After the Christmas holidays, we must return to normal eating habits. We must return to eating without excess and following the rules of balanced and healthy eating. Remember that you should eat three portions of fruit a day (one of which should be a citrus fruit) and two portions of vegetables. Using a variety of coloured foods to make dishes ensures we ingest different nutrients.

M	T	W	T/08	F/09
    <b>ALTILLO</b>	    <b>ALTILLO</b>	    <b>ALTILLO</b>	Macaroni with tomato and grated cheese Meatballs in sauce. Sauteed courgette. Yoghurt Seasonal fruit .Plain omeletteGrilled green asparagus. Yoghurt	Cream of Courgette soup Grilled stoker fish with boulangere potatoes Seasonal fruit Chocolate spread roll Grilled dog fish. Ratatouille. Yoghurt
M/12	T/13	W/14	T/15	F/16
Potato and cuttlefish stew Fried ham and meat roll with roast peppers Seasonal fruit Ham roll Noodle soup. Plain omelette with auberegines. Yoghurt	Cream of Carrot soup. Roast chicken with sauteed rice Yoghurt Seasonal fruit Grilled sea bass with salad. Fruit.	SpaghettiCarbonara (with tomato sauce) Grilled hake with roast vegetables Seasonal fruit. Spicy sausage roll Roast pork loin with baked potatoes. Yoghurt	Madrid style stew Courgette omelette with sliced tomato Seasonal fruit Yoghurt. Home made hamburger with roast peppers. Fruit	Mixed salad (Cream of Leek soup).. Grilled pork loin (marinated). Boulangere potatoes. Seasonal fruit. Chocolate spread roll. Cream of Carrot soup. Fish fingers..Yoghurt
M/19	T/20	W/21	T/22	F/23
Meat paella Fried local fish with sauteed cauliflower Seasonal fruit Cheese roll Russian steaks with baked potatoes Yoghurt	Lentil stew Spanish omelette with cabbage salad. Seasonal fruit Yoghurt Minced meat and aubergine pie. Fruit	Pasta salad (pasta in tomato sauce) Breaded chicken with salad Seasonal fruit Ham roll .Scrambled eggs with ham and mushrooms. Yoghurt	Cream of Pumpkin soup Grilled stoker fish with baked potatoes. Yoghurt Seasonal fruit. Fried baby sole. Roast vegetables Fruit	Madrid style stew Chicken skewers with ratatouille. Seasonal fruit Chocolate spread roll. Ham and cheese sandwich. Salad. Yoghurt.
M/26	T/27	W/28	T/29	F/30
Mixed salad (Cream of Carrot soup). Beef burger with ketchup. Chips. Seasonal fruit Bologna roll Sword fish. Tomato, pepper and onion salad. Yoghurt.	Country style rice Grilled hake with roast peppers Seasona lfruit Yoghurt Alphabet soup. Plain omelette. Fruit	Noodle soup. Chicken casserole with mushrooms Seasonal fruit Ham roll. Croquettes. Mixed vegetables. Fruit.	Cream of Leek soup. Pizza (Roast pork with sauteed rice) Yoghurt. Seasonal fruit Fried baby sole. Ratatouille.. Fruit.	Jerez style stew Courgette omelette. Sliced tomato Seasonal fruit Chocolate spread roll. Grilled pork loin. Aubergines Yoghurt.