

# Menu

JANUARY  
2026  
Vegetarian/  
Vegan



## 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.

<div>M/05</div> <div> </div> <div>ALTILLO</div>	<div>T/06</div> <div> </div> <div>ALTILLO</div>	<div>W/07</div> <div> </div> <div>ALTILLO</div>	<div>T/08</div> <div> </div> <div>                     Macaroni with tomato and grated cheese (no cheese)                      Vegan meatballs in sauce. Sauteed courgette.                      Yoghurt                      Seasonal fruit                 </div>	<div>F/09</div> <div> </div> <div>                     Cream of Courgette soup                      Rooster fish with boulangerie potatoes.                      Vegan fish.                      Seasonal fruit                      Peanut butter roll                 </div>
<div>M/12</div> <div> </div> <div>                     Potatoes with peas                      Vegan sausages with roast vegetables                      Seasonal fruit                      Olive oil roll                 </div>	<div>T/13</div> <div> </div> <div>                     Cream of Carrot soup.                      Soybean "meatballs" with sauteed rice                      Yoghurt / vegan yoghurt                      Seasonal fruit                 </div>	<div>W/14</div> <div> </div> <div>                     Spaghetti with tomato and textured soy                      Vegan fish with roast vegetables                      Seasonal fruit.                      Vegan spicy sausage roll                 </div>	<div>T/15</div> <div> </div> <div>                     Chickpeas with vegetables                      Courgette omelette with slice tomato/ Carrot russian steak. Tomato                      Seasonal fruit                      Yoghurt / vegan yoghurt.                 </div>	<div>F/16</div> <div> </div> <div>                     Cream of Leek soup.                      Lentil burger. Boulangerie potatoes                      Seasonal fruit.                      Peanut butter roll                 </div>
<div>M/19</div> <div> </div> <div>                     Rice with mushrooms and textured soy                      Vegan fish with sauteed cauliflower                      Seasonal fruit                      Cheese roll/vegan yoghurt                 </div>	<div>T/20</div> <div> </div> <div>                     Lentil stew                      Spanish omelette with cabbage salad. Vegan sausages. Cabbage                      Seasonal fruit                      Yoghurt/ vegan yoghurt                 </div>	<div>W/21</div> <div> </div> <div>                     Pasta in tomato sauce                      Vegan burger with salad                      Seasonal fruit                      Olive oil roll                 </div>	<div>T/22</div> <div> </div> <div>                     Cream of Pumpkin soup                      Vegan "meatballs" with baked potatoes.                      Yoghurt                      Seasonal fruit.                 </div>	<div>F/23</div> <div> </div> <div>                     Sauteed chickpeas with tomato                      Vegetable milanese with ratatouille                      Seasonal fruit                      Peanut butter roll.                 </div>
<div>M/26</div> <div> </div> <div>                     Mixed salad (Cream of Carrot soup)                      Vegan burger. Chips                      Seasonal fruit                      Vegan spicy sausage roll                 </div>	<div>T/27</div> <div> </div> <div>                     Rice with vegetables and peas                      Vegan fish with roast peppers                      Seasonal fruit                      Yoghurt                 </div>	<div>W/28</div> <div> </div> <div>                     Lentil stew.                      Vegan sausages with mushrooms                      Seasonal fruit                      Olive oil roll.                 </div>	<div>T/29</div> <div> </div> <div>                     Cream of Leek soup.                      Pizza with textured soy bolgnaise                      Yoghurt.                      Seasonal fruit.                 </div>	<div>F/30</div> <div> </div> <div>                     Chickpeas with vegetables                      Carrot russian steak. Sliced tomato                      Seasonal fruit                      Peanut butter roll.                 </div>