

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.

M/05	T/06	W/07	T/08	F/09
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 M/12           	 T/13           	 W/14           	 T/15           	 F/16           
 M/19        	 T/20        	 W/21        	 T/22        	 F/23        
 M/26   	 T/27   	 W/28   	 T/29   	 F/30   

Macaroni with tomato and
grated cheese (no cheese)

Vegan meatballs in
sauce. Sauteed courgette.

Yoghurt

Seasonal fruit

Seasonal fruit

Cream of Courgette soup

Rooster fish with
boulangere potatoes.

Vegan fish.

Seasonal fruit

Peanut butter roll

Potatoes with peas

Vegan sausages with
roast vegetables

Seasonal fruit

Olive oil roll

Cream of Carrot soup.

Soybean "meatballs" with
sauteed rice

Yoghurt / vegan yoghurt

Seasonal fruit

Seasonal fruit.

Vegan spicy sausage roll

Rice with mushrooms and
textured soy

Vegan fish with sauteed
cauliflower

Seasonal fruit

Cheese roll/vegan yoghurt

Lentil stew

Spanish omelette with
cabbage salad.

Vegan
sausages. Cabbage

Seasonal fruit

Yoghurt/ vegan yoghurt

Pasta in tomato sauce

Vegan burger with salad

Seasonal fruit

Olive oil roll

Cream of Pumpkin soup

Vegan "meatballs" with
baked potatoes.

Yoghurt

Seasonal fruit.

Sauteed chickpeas with
tomato

Vegetable milanese with
ratatouille

Seasonal fruit

Peanut butter roll

Chickpeas with vegetables

Courgette omelette with
slice tomato/ Carrot

russian steak. Tomato

Seasonal fruit

Yoghurt / vegan yoghurt.

Cream of Leek soup.

Lentil burger. Boulangere
potatoes

Seasonal fruit.

Peanut butter roll.

Mixed salad (Cream of
Carrot soup)

Vegan burger. Chips

Seasonal fruit

Vegan spicy
sausagel roll

Rice with vegetables and
peas

Vegan fish with roast
peppers

Seasonal fruit

Yoghurt

Lentil stew.

Vegan sausages with
mushrooms

Seasonal fruit

Olive oil roll.

Cream of Leek soup.

Pizza with textured soy
bolgnaise

Yoghurt.

Seasonal fruit.

Chickpeas with vegetables

Carrot russian steak.
Sliced tomato

Seasonal fruit

Peanut butter roll.