

Menu

FEBRUARY
2026



Tip of the month

10th February is World Legume Day

.These include lentils, chickpeas, white beans, kidney beans and peas. Their nutritional value is enormous. Their nutritional power is enormous. They have high-quality vegetable protein, are rich in fibre and low in fat, and contain minerals such as iron, folate, potassium and magnesium. Eat pulses 1 or 2 times a week as a main dish and as a side dish

M/02

- Macaroni with tomato and grated cheese
- Pork in sauce with carrots
- Seasonal fruit
- Cheese roll
- Grilled sea bass. Salad. Yoghurt

T/ 03

- Cream of Broccoli soup
- Chicken skewers with baked potatoes
- Seasonal fruit
- Yoghurt
- Plain omelette. Ratatouille. Fruit

W/0

- Haricot beans with spicy sausage
- Lemon dog fish. Salad
- Seasonal fruit
- Ham roll
- Grilled turkey breast. Mixed vegetables. Fruit

T/05

- Special fried rice
- Roast chicken. Green beans.
- Yoghurt
- Seasonal fruit
- .Roast peppers. Grilled tuna fish. Fruit

F/06

- Mixed salad (Lentil stew)
- Scrambled eggs with ham, mushrooms, chips
- Seasonal fruit
- Chocolate spread roll
- Cream of Vegetable soup. Mixed sandwich.. Yoghurt

M/09

- Cream of Courgette soup
- Fried egg and chips
- Seasonal fruit
- Ham roll
- Grilled cod. Salad. Yoghurt

T/10

- Rice with tomato sauce.
- Grilled hake. Roast vegetables.
- Yoghurt
- Seasonal fruit
- Meatballs in sauce. Carrots. Fruit.

W/11

- Potato and cuttlefish stew
- Grilled pork loin (marinated) Salad
- Seasonal fruit.
- Spicy sausage roll
- Grilled sword fish. Garlic cauliflower. Yoghurt

T/12

- Lentil stew
- Spanish omelette with sliced tomato
- Seasonal fruit
- Yoghurt.
- Grilled chicken thigh. Mashed potato. Fruit

F/13

- Pasta salad (in tomato sauce).
- Grilled chicken breast. Sautéed green beans
- Seasonal fruit.
- Chocolate spread roll.
- Cream of Vegetable soup. Plain omelette. Yoghurt

M/16

- Seafood paella
- Meatballs in tomato sauce. Carrots
- Seasonal fruit
- Pork luncheon meat roll
- Grilled cod. Roast vegetables Yoghurt

T/17

- Cream of Vegetable soup.
- Pizza (pork in sauce with baked potatoes).
- Seasonal fruit
- Yoghurt
- Grilled pork sirloin with salad. Fruit

W/18

- Potato and artichoke stew
- Stuffed eggs (in tomato sauce).
- Seasonal fruit
- Cheese roll
- Vegetable sandwich. Yoghurt

T/19

- Madrid style stew
- Breaded chicken with roast vegetables..
- Yoghurt
- Seasonal fruit.
- Marinated dog fish. Roast vegetables. Fruit

F/20

- Macaroni in tomato sauce and grated cheese
- Grilled stoker fish with salad.
- Seasonal fruit
- Chocolate spread roll.
- Scrambled eggs with asparagus. Yoghurt.

M/23

- Lentils with spicy sausage.
- Spanish omelette. Lettuce and tomato salad.
- Seasonal fruit
- Ham roll
- Roast pork with mashed potatoes. Yoghurt.

T/24

- Cream of Carrot soup.
- Pork casserole with boulangère potatoes
- Yoghurt
- Seasonal fruit
- Grilled salmon. Roast aubergines. Fruit

W/25

- Spaghetti with onion and cheese (Tomato).
- Fried ham and meat roll. Ratatouille
- Seasonal fruit
- Bologna roll.
- Breaded rooster fish. Salad. Yoghurt.

T/26

- Mixed salad (Noodle soup).
- Sausages in wine sauce. Sautéed rice.
- Seasonal fruit.
- Yoghurt.
- Cream of Pumpkin soup. Mexican fajitas.. Fruit.

F/27

EDUCATIONAL COMMUNITY DAY