

# Menu

APRIL 2026



## Tip of the month

WHOLE GRAINS Whole grains (wheat, rice, oats, rye, etc.) retain the whole grain — bran, germ and endosperm — which provides more fibre, vitamins, minerals and antioxidants than refined grains. Their main benefits include better digestion, greater satiety, regulation of blood sugar and a reduction in cholesterol.

**M/06**

- Cream of Pumpkin soup
- Fried egg with chips (scrambled)
- Seasonal fruit
- Cheese roll
- Turkey with paprika. Roast vegetables. Yoghurt

**T/ 07**

- Jerez style stew
- Chicken skewers with sliced tomatoes
- Seasonal fruit
- Yoghurt
- Scrambled eggs with gulas. Yoghurt

**W/0**

- Potato and cuttlefish stew
- Hamburger with salad
- Seasonal fruit
- Bologna roll
- Roman style hake. Cauliflower. Yoghurt

**T/09**

- Pasta salad (Noodle soup)
- Meat in sauce. Carrots
- Yoghurt
- Seasonal fruit
- Grilled pork loin. Roast aubergines. Yoghurt.

**F/10**

- Rice with tomato
- Grilled stoker fish. Salad
- Seasonal fruit
- Ham roll
- Burritos. Yoghurt

**M/13**

- Macaroni with tomato and grated cheese.
- Chicken casserole with mushrooms
- Seasonal fruit
- Bologna roll
- Cream of Vegetable soup. Baby sole. Yoghurt

**T/14**

- Cream of Carrot soup.
- Roast pork with sautéed rice.
- Yoghurt
- Seasonal fruit
- Scrambled eggs with baby garlic and prawns.

**W/15**

- Lentils with spicy sausage.
- Stuffed eggs (In tomato). Lettuce and sweetcorn.
- Seasonal fruit.
- Salami roll
- Vegetable sandwich. Yoghurt

**T/16**

- Mixed salad (Cream of leek soup)
- Pizza ( Fried ham and meat roll with chips)
- Seasonal fruit
- Yoghurt.
- Grilled sword fish. Roast vegetables. Fruit.

**F/17**

- Wholegrain rice with chicken.
- Grilled stoker fish. Salad.
- Seasonal fruit.
- Cheese roll.
- Cream of Vegetable soup. Pasty. Fruit.

**M/20**

- Gazpacho (Cream of Vegetable soup)
- Scrambled eggs with ham and mushrooms.
- Seasonal fruit
- Pork luncheon meat roll
- Grilled beef fillet. Green beans. Yoghurt

**T/21**

- Special fried wholegrain rice
- Grilled stoker fish. Salad
- Seasonal fruit
- Yoghurt
- Mexican fajitas. Fruit

**W/22**

- Chickpeas with pumpkin.
- Grilled pork loin (Marinated ) Sliced tomato
- Seasonal fruit
- Ham roll
- Fried egg and chips. Ratatouille. Yoghurt

**T/23**

- Wholegrain spaghetti carbonara (with tomato)
- Grilled hake and salad.
- Yoghurt
- Seasonal fruit.
- Roast chicken with spices. Sautéed aubergines. Fruit

**F/24**

- Cream of Courgette soup.
- Breaded chicken with roast vegetables.
- Seasonal fruit
- Turkey roll.
- Grilled salmon. Steamed cauliflower with mayonnaise. Yoghurt.

**M/27**

- Broccoli with béchamel and cheese (Cream of Broccoli soup).
- Meatballs in sauce with bouangère potatoes.
- Seasonal fruit
- Spicy sausage roll
- Plain omelette. Ratatouille. Yoghurt.

**T/28**

- Lentils with spicy sausage.
- Spanish omelette with sliced tomato.
- Yoghurt
- Seasonal fruit
- Grilled pork sirloin. Roast vegetables. Fruit.

**W/29**

- Pasta bolgnaise with textured soya..
- Grilled stoker fish with salad.
- Seasonal fruit
- Cheese roll.
- Grilled turkey. Mixed vegetables. Yoghurt.

**T/30**

- Country style rice (Wholegrain).
- Roast chicken. Salad..
- Seasonal fruit.
- Yoghurt.
- Anchovies with roast peppers. Yoghurt.

**F/01**

**MAY 1ST  
BANK HOLI DAY**