Menu

MARCH 2026

Tip of the month

PREPARED FOODS

Regular consumption ofprepared and ultra-processedfoods poses significant healthrisks such as obesity, type 2diabetes, cardiovascular disease,and hypertension due to theirhigh levels of saturated fats,sugars, and salt. They also causedigestive problems and affect the gut microbiota..

M/02	T/03	W/0	T/05	F/06
Spaghetti with prawns	Madrid style stew	Brown rice with chicken	Cream of Pumpkin soup.	Lentil stew
Meatballs in Moroccan sauce. Green beans.	Meat in sauce with carrots	Grilled stoker fish with lettuce and tomato	Fried egg with chips (scrambled egg with mushrooms)	Fried local fish with tomato, pepper and onion salad.
Seasonal fruit	Seasonal fruit	Seasonal fruit	Custard	Seasonal fruit
Bologna roll	Seasonal fruit	Cheese roll	Seasonal fruit	Chocolate spread roll
Cream of Vegetable soup. Plain omelette. Fruit	Grilled sword fish. Aubergines. Fruit	Russian steaks. Baked potatoes..Yoghurt	Battered hake. Ratatouille. Fruit.	Noodle soup. Cheese sándwich. Yoghurt.

M/09	T/10	W/11	T/12 (Chinese gastronomy)	F/13
Cream of Courgette soup	Jerez style stew	Seafood noodles	Cantonese style fried rice	Lentil stew
Chicken casserole with boulangère potatoes.	Stuffed eggs (Eggs in tomato sauce) Lettuce and sweetcorn	Grilled pork loin (Hamburger). Roast peppers	Spring roll. Coles and carrots salad	Grilled hake. Potatoes..
Seasonal fruit	Yoghurt	Seasonal fruit.	Fried banana	Seasonal fruit.
Ham roll	Seasonal fruit	Spicy sausage roll	Yoghurt.	Chocolate spread roll.
Roman style hake. Salad. Yoghurt	Grilled pork sirloin. Ratatouille. Fruit.	Fried egg with chips. Fruit	Grilled salmon. Green asparagus. Fruit	Cream of Vegetable soup. Plain omelette.Yoghurt

M/16	T/17	W/18	T/19	F/20
Whole wheat spaghetti bolognaise	Mixed salad with tuna fish (Noodle soup).	Lentils with spicy sausage	Chile con carne with croutons	Spaghetti carbonara
Grilled stoker fish. Roast vegetables.	Fried egg and chips. (Scrambled eggs with chips)	Grilled stoker fish. Lettuce and sweet corn salad	Ham and cheese fajita.	Pork in sauce with carrots and peas..
Seasonal fruit	Seasonal fruit	Seasonal fruit	Three milk cake	Seasonal fruit
Pork luncheon meat roll	Yoghurt	Ham roll	Seasonal fruit.	Chocolate spread roll.
Grilled peppered turkey with salad. Fruit	Peas with ham . Sausages. Fruit	Vegetable soup.Scrambled eggs with garlic shoots. Yoghurt	Fried baby sole with salad. Fruit	Plaain omelette. Green beans with garlic. Yoghurt.

M/23	T/24	W/25	T/26	F/27
Country style rice	Cream of Vegetable soup	Whole wheat pasta salad (pasta with tomato sauce).	Asturian bean soup.	
Breaded chicken with mushrooms	Pizza (pork with sautéed rice)	Spanish omelette with Green beans	Grilled hake with lettuce and tomato	**EASTER HOLIDAYS**
Seasonal fruit	Yoghurt	Seasonal fruit	Seasonal fruit.	
Salami roll	Seasonal fruit	Bologna roll.	Yoghurt.	
Plain omelette. Ratatouille. Yoghurt.	Grilled cod Aubergines. Fruit	Roast pork with mashed potatoes. Fruit.	Cream of Vegetable soup. Fried dog fish.. Fruit.	