

Menu

JUNE 2026



Tip of the month

ROYAL DECREE-LAW (portions)
 STARTERS-Vegetables: 1-2 per week-Pulses: 1-2 per week-Rice: 1 per week-Pasta: 1 per week
 MAIN COURSES-Fish: 1-3 per week-Eggs: 1-2 per week-Meat: maximum 3 per week-Plant-based protein: 1-5 per week
 SIDE DISHES-Fresh salads: 3-4 per week-Other side dishes (potatoes,pulses, vegetables, etc.): 1-2 per week
 DESSERTS-Fresh fruit: 4-5 per week-Other desserts (yoghurt, unsweetened curd, fresh cheese): 1 per week
 W/HOLEGRAIN RICE OR PASTA: 4 per month

M/01

- Rice with chicken
- Grilled pork (marinated)
- Cabbage and carrot salad.
- Seasonal fruit
- Ham roll
- Grilled sea bass.
- Green beans
- Yoghurt

T/ 02

- Cream of Pumpkin stew.
- Vegan meatballs. Chips
- Yoghurt
- Seasonal fruit
- Scrambled eggs with gulas. Salad. Fruit.

W/o

- Seafood noodles (wholegrain)
- Chicken casserole. Ratatouille
- Seasonal fruit
- Salami roll
- Baby sole. Sliced tomato with fresh cheese. Yoghurt

T/04

- Madrid style stew
- Spanish omelette. Lettuce and tomato salad.
- Seasonal fruit
- Yoghurt
- Roast pork. Baked potatoes. Fruit.

F/05

- Pork and potato stew
- Grilled stoker fish. Tomato and pepper salad.
- Seasonal fruit
- Cheese roll
- Veggie sandwich. Yoghurt

M/08

- Cream of Leek soup.
- Scrambled eggs with ham, mushrooms and chips
- Seasonal fruit
- Bologna roll
- Cream of Vegetable soup. Baby sole. Yoghurt

T/09

- Country style rice (Wholegrain).
- Roast pork. Green beans and carrots..
- Yoghurt
- Seasonal fruit
- Grilled swordfish. Sautéed cauliflower. Fruit.

W/10

- Macaroni with tomato and grated cheese..
- Lentil burger. Lettuce and sweetcorn salad.
- Seasonal fruit.
- Cheese roll
- Spanish omelette. Salad. Yoghurt

T/11

- Lentils with spicy sausage
- Fried local fish. Sliced tomato.
- Seasonal fruit
- Yoghurt.
- Noodle soup Homemade burger. Fruit.

F/12

- Mixed salad (cream of Carrot soup).
- Chicken skewers with baked potatoes.
- Seasonal fruit.
- Ham roll.
- Cream of Vegetable soup. Fried egg with sausages. Yoghurt

M/15

- Spaghetti with prawns
- Meat with mixed vegetables. Cabbage and carrot.
- Seasonal fruit
- Pork luncheon meat roll
- Roman style hake. Salad. Yoghurt

T/16

- Cream of Pumpkin soup..
- Roast chicken with mashed potatoes.
- Seasonal fruit
- Yoghurt
- Fried egg with ratatouille. Fruit

W/17

- Jerez style stew
- Spanish omelette. Sliced tomato
- Seasonal fruit
- Ham roll
- Turkey with paprika. Green beans. Yoghurt

T/18

- Wholegrain special fried rice (in tomato sauce)
- Grilled hake with lettuce and sweetcorn salad..
- Seasonal fruit
- Seasonal fruit.
- Cream of Vegetable soup. Burrito. Fruit

F/19

- Gazpacho (lentil stew).
- Breaded chicken with boulangère potatoes.
- Yoghurt
- Salami roll
- Homemade pizza. Yoghurt.

M/22

SUMMER HOLIDAYS

T/23

ALTILLO

W/24

ALTILLO

T/25

ALTILLO

F/26

ALTILLO