

Menu

JUNE 2026
Vegetarian/
Vegan



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
WHOLEGRAIN RICE OR PASTA: 4 per month

M/01

- Rice with vegetables
- Vegan burger.
- Cabbage and carrot salad.
- Seasonal fruit
- Olive oil roll
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T/02

- Cream of Pumpkin soup.
- Vegan meatballs.
- Chips.
- Vegan yoghurt.
- Seasonal fruit.
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W/03

- Wholegrain noodles with vegetables and soy.
- Falafel. Ratatouille
- Seasonal fruit
- Cheese roll / seasonal fruit.
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T/04

- Chickpeas with vegetables.
- Spanish omelette. Lettuce and tomato salad.
- Seasonal fruit.
- Vegan yoghurt
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F/05

- Potato stew
- Vegan fish. Tomato and pepper salad.
- Seasonal fruit
- Peanut butter roll
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M/08

- Cream of Leek soup
- Scrambled eggs with mushrooms / falafel with mushrooms
- Seasonal fruit
- Cheese roll/ vegan yoghurt
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T/09

- Wholegrain rice with vegetables.
- Vegan meatballs. Green beans and carrots
- Vegan yoghurt
- Seasonal fruit
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W/10

- Macaroni with tomato and grated cheese / no cheese.
- Lentil Burger. Lettuce and sweetcorn salad.
- Seasonal fruit.
- Olive oil roll
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T/11

- Lentil stew.
- Vegan fish. Sliced tomato.
- Seasonal fruit
- Vegan yoghurt.
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F/12

- Mixed salad (Cream of Carrot soup).
- Vegan sausages with baked potatoes.
- Seasonal fruit.
- Peanut butter roll
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M/15

- Spaghetti with vegetables.)
- Vegan meatballs with peas. Cabbage and carrots.
- Seasonal fruit
- Olive oil roll
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T/16

- Cream of Courgette soup..
- Vegan burger. Mashed potatoes
- Seasonal fruit
- Vegan yoghurt
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W/17

- Jerez style stew
- Spanish omelette (falafel). Sliced tomato.
- Seasonal fruit
- Cheese roll / Seasonal fruit
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T/18

- Wholegrain rice with tomato
- Vegan fish. Lettuce and sweetcorn salad..
- Vegan yoghurt
- Seasonal fruit.
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F/19

- Gazpacho (Lentil Stew)
- Vegan sausages with boulangerie potatoes.
- Seasonal fruit
- Peanut butter roll.
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M/22

SUMMER HOLIDAYS

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T/23

ALTILLO

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-

W/24

ALTILLO

-
-

T/25

ALTILLO

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F/26

ALTILLO

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