

Menu

MAY 2026
Vegetarian/
Vegan



Tip of the month

FRESH VEGETABLES

High in Fiber: They improve bowel movements, prevent constipation, and increase feelings of fullness. High Water Content: They help maintain proper hydration and eliminate toxins from the body. Natural Antioxidants: Vitamins and bioactive compounds (beta-carotene, chlorophyll) that protect cells from oxidative damage. Essential Nutrients: Provide key vitamins (C, A, K) and essential minerals such as iron and magnesium

M/04

- Macaroni with tomato and grated cheese / no cheese
- Vegan fish with lettuce and sweetcorn
- Seasonal fruit
- Cheese roll / seasonal fruit
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T/05

- Cream of Courgette soup
- Vegan burger with chips
- Seasonal fruit
- Yoghurt / vegan yoghurt
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W/06

- Potato stew.
- Vegan sausages. Cabbage and carrot salad
- Seasonal fruit
- Olive oil roll
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T/07

- Wholegrain rice with vegetables.
- Stuffed eggs with sliced tomatoes / falafel
- Vegan yoghurt
- Seasonal fruit
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F/08

- Chickpeas with vegetables
- Vegan meatballs with carrots.
- Seasonal fruit
- Yoghurt / Vegan yogurt.
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M/11

JEREZ FAIR

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T/12

- Lentil stew.
- Scrambled eggs with mushrooms / vegan sausages
- Vegan yoghurt
- Seasonal fruit
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W/13

- Wholegrain rice with vegetables
- Vegan burger . Tomato, pepper and onion salad
- Seasonal fruit.
- Olive oil roll
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T/14

JEREZ FAIR

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F/15

JEREZ FAIR

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M/18

- Cream of Leek soup.
- Soybean meatballs in sauce. Carrots
- Seasonal fruit
- Olive oil roll
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T/19

- Vegan jerez style stew.
- Spanish omelette. Cabbage and carrot salad /Vegan sausages
- Vegan yoghurt
- Seasonal fruit
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W/20

- Wholegrain rice with vegetables and peas.
- Vegan fish. Tomato, onion and pepper salad.
- Seasonal fruit
- Vegan yoghurt
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T/21

- Vegan pasta salad.
- Vegan burger. Ratatouille.
- Seasonal fruit
- Vegan yoghurt.
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F/22

- Potato stew
- Falafel. Lettuce and sweet corn.
- Seasonal fruit
- Olive oil roll.
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M/25

- Gazpacho (Cream of Courgette soup)
- Vegan fish with boulangère potatoes
- Seasonal fruit
- Olive oil roll
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T/26

- Rice in tomato sauce
- Spanish omelette/ Vegan sausages. Lettuce and sweet corn.
- Vegan yoghurt
- Seasonal fruit
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W/27

- Spaghetti bolognaise with textured soy.
- Falafel. Cabbage and carrot salad.
- Seasonal fruit
- Cheese roll / seasonal fruit
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T/28

- Lentil stew.
- Vegan meatballs in sauce with green beans.
- Seasonal fruit
- Vegan yoghurt.
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F/29

- Cream of Carrot soup
- Vegan burger with rice
- Seasonal fruit
- Olive oil roll.
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