

DINING MENU MAY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	HOLIDAY	2	HOLIDAY
5	Fruit	6	Fruit	7	RPS PLATE	8	Fruit	9	Fruit
	Whole-grain spaghetti with homemade tomato sauce Baked cod with salad Fruit		Stewed lentils with vegetables Turkey ragú with rice and salad Yoghurt		Crudités with hummus		Paella Potato omelette with salad Fruit		Cream of courgette, carrot and leek soup Hake in american sauce Fruit
	Yoghurt with sugar		Whole-grain bread with grated tomato		Sautéed green beans Pork loins with diced potatoes Fruit		Whole grain sandwich		Whole-grain bread with 70% chocolate
					Milk with homemade cake				
12	Fruit	13	Crudités with hummus	14	RPS PLATE	15	HOLIDAY	16	HOLIDAY
	Rice with tomato sauce Permit fillet with onions and salad Yoghurt with sugar		Stewed white beans with vegetables Homemade San Jacobo with salad Fruit		Fruit				
	Whole grain sandwich		Fruit		Sautéed peas Chicken fillet with cous cous Fruit				
					Whole-grain turkey ham sandwich				
19	Fruit	20	Fruit	21	RPS PLATE	22	Fruit	23	Fruit
	Cream of seasonal vegetables soup Hake in green sauce with peas Fruit		Potato, egg, tomato and tuna salad Beef meatballs in vegetable sauce Fruit		Crudités with hummus		Whole-grain pasta carbonara Fried eggs with fresh sausages and salad Yoghurt		Stewed chickpeas with vegetables Baked salmon in orange and honey sauce with vegetables Fruit
	Whole grain sandwich		Yoghurt		Sautéed cauliflower with garlic and paprika Roasted pork loins with baked potatoes Fruit		Whole-grain bread with tomato		Whole-grain turkey ham sandwich
					Fruit				
26	Fruit	27	Crudités with hummus	28	RPS PLATE	29	Fruit	30	Fruit
	Pasta al pesto Baked cod bellies in piquillo sauce Fruit		Stewed white beans with fish Potato and courgette omelette Fruit		Fruit		Fried rice Roasted chicken legs with pisto Fruit		Tepid cream of courgette and cheese soup Fried hake twirls with salad Fruit
	Whole grain sandwich (ham or cheese)		Fruit		Whole-grain turkey ham sandwich		Yoghurt		Whole-grain bread with tomato

These menus have been dietetically validated by Noemí Aparicio Fernández, a graduate in Food Science and Technology and Biology.