

DINING MENU NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	
									HOLIDAY
4		5	Fruit	6	RPS PLATE	7	Fruit	8	Fruit
					Crudités with hummus				
	HOLIDAY		Conchiglie carbonara Cod fillet with salad Fruit		Sautéed broccoli with ham Pork loins with rice and homemade tomato sauce Fruit		Stewed lentils with vegetables Fried eggs with 'picadillo' and salad Fruit		Squash soup cream Papillote salmon with salad Yoghurt
			Toast with tomato		Milk with homemade cake		Ham whole-grain sandwich		Whole-grain bread with dark chocolate
11	Fruit	12	Fruit	13	RPS PLATE	14	Fruit	15	Fruit
					Crudités with hummus				
	Penne with chorizo and aurora sauce Baked permit with leek sauce and salad Fruit		Stewed white beans with vegetables Potatoes and spinach omelette with salad Yoghurt		Cauliflower au gratin with béchamel sauce Roasted chicken legs with orange and raisins Fruit		Rice with vegetables and chicken Cod with vegetables and rucola salad Fruit		Cocido soup with noodles Full cocido (chickpeas, chicken, chorizo, beef, vegetables) Fruit
	Whole-grain sandwich		Fruit		Yoghurt		Milk with homemade cake		Toast with tomato
18	Fruit	19	Fruit	20	RPS PLATE	21	Fruit	22	Fruit
					Crudités with hummus				
	Zucchini cream with cheese Chicken in garlic sauce Fruit		Vegetable farfalle with tomato and parmesan cheese Roasted pork loins with salad Yoghurt		Sautéed peas with bacon Homemade beef burger with basil pasta Fruit		Stewed red beans with vegetables and rice Fried hake twirls with salad Fruit		Stewed potatoes with meat and vegetables Homemade ham, cheese and leek quiche with salad Fruit
	Yoghurt		Toast with tomato		Milk with homemade cake		Whole-grain sandwich		Whole-grain bread with dark chocolate
25	Fruit	26	Crudités with hummus	27	RPS PLATE	28	Fruit	29	MOROCCAN MENU
					Fruit				Fruit
	Baked rice with mushrooms, champignons and turkey 'Abadejo' cod fillet portuguese style with salad Yoghurt		Stewed lentils with vegetables Fried eggs with chips and salad Fruit		Sautéed green beans Roasted turkey with lemon and provence herbs with rice Fruit		Cream of leek, zucchini and carrot soup Homemade lasagna with vegetables and salad Fruit		Harira soup (chickpeas, lentils, vegetables and noodles) Chicken and mint tajine Fruit
	Whole-grain sandwich		Fruit		Yoghurt		Milk with homemade cake		Toast with tomato

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