

# DINING MENU APRIL 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Crudités with hummus	2	RPS PLATE	3	Fruit	4	Fruit
					Fruit				
			Pasta with vegetables sauce Stewed cod with salad Yoghurt		Sautéed green beans Roasted chicken legs with cous cous Fruit		Stewed lentils with vegetables and quinoa Fried eggs with pisto Fruit		BOOK FAIR
			Fruit		Whole-grain turkey ham sandwich		Yoghurt		Whole-grain bread with tomato
7	Fruit	8	Fruit	9	RPS PLATE	10	Fruit	11	EASTER HOLIDAYS
			Cream of squash, green beans, carrot and leek soup Homemade potato omelette with salad Fruit				Crudités with hummus		
	Pasta (vegetable farfalle) bolognese Hake in green sauce with peas Fruit				Sautéed peas Turkey roti in apple sauce with rice Fruit				
	Whole-grain sandwich		Fruit		Yoghurt		Milk with homemade cake		
14	EASTER HOLIDAYS	15	EASTER HOLIDAYS	16	EASTER HOLIDAYS	17	EASTER HOLIDAYS	18	EASTER HOLIDAYS
21	EASTER HOLIDAYS	22	Fruit	23	RPS PLATE	24	Fruit	25	Fruit
					Maccheroni pomodoro Saxon chops au gratin with salad Fruit				Rice in homemade tomato sauce 'Fried eggs with fresh chicken sausage and salad Fruit
			Yoghurt		Fruit		Whole-grain bread with tomato		Whole-grain turkey ham sandwich
28	Fruit	29	Crudités with hummus	30	RPS PLATE				
					Fruit				
	Spaghetti carbonara 'Goosefish in American sauce with salad Fruit		Stewed red beans with vegetables Crumbed chicken fillet with salad Fruit		Cauliflower au gratin 'Pork loins in cheese sauce with rice Fruit				
	Whole grain sandwich (ham or cheese)		Fruit		Whole-grain turkey ham sandwich				

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