

# DINING MENU JUNE 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Fruit	3	Crudités with hummus	4	RPS PLATE	5	Fruit	6	INTERNATIONAL MENU
	Sautéed peas with bacon Chicken in garlic sauce with salad Fruit		Fried rice Cod byscaine with pepper sauce and salad Yoghurt		Fruit		Fruit		Fruit
	Whole-grain sandwich (ham or cheese)		Fruit		Sautéed broccoli Pork loins in orange sauce with quinoa Fruit		Homemade gazpacho Stewed lentils with vegetables 'Huevos rotos' with salad Fruit		Thai noodles 'Curry chicken skewers Yoghurt
					Whole-grain turkey ham sandwich		Plain yoghurt		Whole-grain bread with grated tomato
9	Fruit	10	Fruit	11	RPS PLATE	12	Fruit	13	Fruit
	Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit		Homemade gazpacho Stewed white beans with vegetables Potato omelette with salad Fruit		Crudités with hummus		Homemade gazpacho Vichyssoyse Meatballs with cous-cous Fruit		Pasta salad with chicken 'Abadejo' cod in green sauce with salad Yoghurt
	Plain yoghurt		Whole-grain bread with grated tomato		Sautéed green beans Pork loins with baked potatoes Fruit		Whole-grain sandwich (ham or cheese)		Whole-grain bread with 70% chocolate
					Milk with homemade cake				
16	Fruit	17	Crudités with hummus	18	RPS PLATE	19	Fruit	20	Fruit
	Whole-grain pasta with chorizo Fried eggs with pisto Fruit		Homemade gazpacho Vegetable soup with noodles Baked salmon with salad Yoghurt		Fruit		Homemade gazpacho Cream of vegetable soup with pulses Fried hake twirls with salad Fruit		Book fair
	Whole-grain sandwich (ham or cheese)		Fruit		Sautéed peas Roasted chicken with baked potatoes Fruit		Plain yoghurt		Whole-grain bread with grated tomato
					Whole-grain turkey ham sandwich				
23	Fruit	24	Fruit	25	RPS PLATE	26	Fruit	27	Fruit
	Homemade gazpacho Cream of courgette soup with cheese Roasted pork loins with cous-cous Fruit		Olivier salad 'Chicken tikka masala with whole-grain rice Yoghurt		Crudités with hummus		END OF SCHOOL SPECIAL MENU		Sandwiches at noon
	Whole-grain turkey ham sandwich		Plain yoghurt		Sautéed green beans 'Cod fillet with pasta Fruit		Whole-grain bread with grated tomato		
					Fruit				
30	SUMMER CAMP								

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