DINING MENU JUNE 2025

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Fruit	3	Crudités with hummus	4	RPS PLATE Fruit	5	Fruit	6	INTERNATIONAL MENU Fruit	
Sautéed peas with bacon Chicken in garlic sauce with salad Fruit		Fried rice Cod byscaine with pepper sauce and salad Yoghurt		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 sandwich (ham or cheese)		Fruit		Whole-grain turkey ham sandwich		Plain yoghurt		Whole-grain bread with grated tomato	
Fruit	10	Fruit	11	RPS PLATE Crudités with hummus	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		Sautéed green beans Pork loins with baked potatos Fruit		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		Milk with homemade cake		Whole-grain sandwich (ham or cheese)		Whole-grain bread with 70% chocolate	
Fruit	17	Crudités with hummus	18	RPS PLATE Fruit	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		Sautéed peas Roasted chicken with baked potatoes Fruit		Homemade gazpacho Cream of vegetable soup with pulses Fried hake twirls with salad Fruit		Book fair	
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain turkey ham sandwich		Plain yoghurt		Whole-grain bread with grated tomato	
Fruit	24	Fruit	25	RPS PLATE Crudités with hummus	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		Sautéed green beans 'Cod fillet with pasta Fruit		END OF SCHOOL SPECIAL MENU		Sandwiches at noon	
Whole-grain turkey ham sandwich		Plain yoghurt		Fruit		Whole-grain bread with grated tomato			
SUMMER CAMP									
	Fruit Sautéed peas with bacon Chicken in garlic sauce with salad Fruit Whole-grain sandwich (ham or cheese) Fruit Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit Plain yoghurt Fruit Whole-grain pasta with chorizo Fried eggs with pisto Fruit Whole-grain sandwich (ham or cheese) Fruit Homemade gazpacho Cream of courgette soup with cheese Roasted pork loins with cous-cous Fruit Whole-grain turkey ham sandwich	Fruit Sautéed peas with bacon Chicken in garlic sauce with salad Fruit Whole-grain sandwich (ham or cheese) Fruit 10 Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit Plain yoghurt Fruit 17 Whole-grain pasta with chorizo Fried eggs with pisto Fruit Whole-grain sandwich (ham or cheese) Fruit 44 Homemade gazpacho Cream of courgette soup with cheese Roasted pork loins with cous-cous Fruit Whole-grain turkey ham sandwich	Sautéed peas with bacon Chicken in garlic sauce with salad Fruit Whole-grain sandwich (ham or cheese) Fruit Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit Plain yoghurt Whole-grain pasta with chorizo Fried eggs with pisto Fruit Whole-grain sandwich (ham or cheese) Fruit Plain yoghurt Whole-grain sandwich (ham or cheese) Fruit Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt	Fruit Sautéed peas with bacon Chicken in garlic sauce with salad Fruit Whole-grain sandwich (ham or cheese) Fruit 10 Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit Plain yoghurt Whole-grain pasta with chorizo Fried eggs with pisto Fruit Whole-grain sandwich (ham or cheese) Fruit 17 Whole-grain pasta with chorizo Fried eggs with pisto Fruit Whole-grain sandwich (ham or cheese) Fruit 24 Homemade gazpacho Vegetable soup with noodles Baked salmon with salad Yoghurt Fruit 25 Olivier salad 'Chicken tikka massala with whole- grain rice Yoghurt Whole-grain turkey ham sandwich Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt Plain yoghurt	Fruit Sautéed peas with bacon Chicken in garlic sauce with salad Fruit Whole-grain sandwich (ham or cheese) Fruit Plain yoghurt Whole-grain pasta with chorizo Fruit Whole-grain turkey ham sandwich Fruit Whole-grain turkey ham sandwich Fruit Fruit Plain yoghurt Whole-grain turkey ham sandwich Fruit Fruit Plain yoghurt Fruit Plain yoghurt Fruit Fruit	Fruit 3 Crudités with hummus 4 Fruit 5 Sautéed peas with bacon Chicken in garlic sauce with salad Fruit 4 Truit 5 Sautéed procauce with grapher sauce and salad Yoghurt 4 Truit 5 Truit 5 Sautéed procauce with grapher sauce and salad Fruit 5 Truit 6 Truit 7 Truit 7 Truit 7 Truit 7 Truit 8 Truit 8 Truit 8 Truit 8 Truit 8 Truit 9 Truit	Fruit Sautéed peas with bacon Chicken in garlic sauce with salad Friult Whole-grain sandwich (ham or cheese) Fruit Plain yoghurt Whole-grain pasta with chorizo Fried rice Fruit Fruit Fruit Fruit 10 Sautéed procoil Pork loins in orange sauce with quinoa Fruit Whole-grain sandwich (ham or cheese) Fruit Plain yoghurt Whole-grain pasta with chorizo Fried egas with hiptor Fruit Whole-grain pasta with couse-cous Fruit Whole-grain pasta with couse-cous Fruit Whole-grain sandwich (ham or cheese) Fruit Whole-grain pasta with couse-cous Fruit Pruit Pruit Pruit Pruit Pruit Whole-grain pasta with chorizo Fried egas with pisto Fruit Fruit Pruit P	Fruit Sautéed peas with bacon Chicken in garile sauce with salad Fruit Whote-grain sandwich (ham or cheese) Fruit 10 Fruit 11 Whote-grain sundwich (ham or cheese) Fruit 10 Fruit 11 Fruit 11 Fruit 11 Fruit 11 Sautéed precoli Pork (oins in or nange sauce with guinos Fruit Whote-grain sandwich (ham or cheese) Fruit 10 Fruit 11 Sautéed rice with turkey and mushrooms Permit fillet with tomatos and salad Fruit Whote-grain bread with grated tomato Fruit Whote-grain bread with grated tomato Fruit 12 Fruit 13 Sautéed green beans Pork Ioins with backed potatos Fruit Whote-grain sandwich (ham or cheese) Fruit 17 Crudites with hummus 12 Fruit 13 Whote-grain sandwich (ham or cheese) Fruit 18 Fruit 19 Homemade gazpacho Vegetable soup with noodles Bake daimon with salad Voghurt Fruit Pruit 19 Homemade gazpacho Vegetable soup with noodles Bake daimon with salad Voghurt Whote-grain sandwich (ham or cheese) Fruit 24 Fruit 25 Sautéed green beans Pork Ioins with baked potatos Fruit 19 Homemade gazpacho Vegetable soup with noodles Bake daimon with salad Voghurt Whote-grain sandwich (ham or cheese) Fruit 24 Fruit 25 Sautéed green beans Pork Ioins with baked potatoes Fried hake twirs with salad Fruit Pruit Pr	

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