

# DINING HALL OCTOBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	RPS PLATE	2	Fruit	3	Fruit
				Fruit				Rice with chicken and vegetables Baked salmon in orange sauce with salad Yoghurt	
				Cauliflower au gratin Chicken fillet in garlic sauce with roasted potatoes with rosemary Fruit and bread		Cocido soup Full cocido (chickpeas, chicken, chorizo, beef, vegetables) Fruit and whole-grain bread		Whole-grain bread with grated tomato	
		Whole-grain turkey ham sandwich		Yoghurt					
6	Fruit	7	Fruit	8	RPS PLATE	9	Fruit	10	Fruit
				Crudités with hummus				Aubergine soup cream with cheese Stewed cod with tomato, onion and salad Fruit and bread	
Whole-grain pasta au gratin with vegetables and tuna Fried permit with salad Fruit and bread		Stewed ecologic white beans with vegetables Roasted chicken with baby carrots Fruit and whole-grain bread		Sautéed green beans Baked hamburger steaks in tomato and basil sauce with cous-cous Fruit and bread		Black rice with squid Potato omelette with lettuce and tomato salad Yoghurt		Whole-grain bread with 70% chocolate	
Plain yoghurt		Whole-grain bread with grated tomato		Milk with homemade cake		Whole-grain sandwich (ham or cheese)			
13	Fruit	14	Crudités with hummus	15	RPS PLATE	16	Fruit	17	Fruit
				Fruit				Stewed ecologic lentils with vegetables Roasted chicken legs aux herbes with salad Yoghurt and bread	
Natural vegetables soup cream Hake twirls with salad Fruit and bread		Sautéed broccoli with garlic Fried egg with whole-grain pasta Fruit and whole-grain bread		Rice with homemade tomato sauce 'Abadejo' cod fillet in sailor's sauce with salad Fruit and bread		UNIVERSITY FAIR		Whole-grain bread with grated tomato	
Whole-grain sandwith (ham or cheese)		Fruit		Pan integral con pavo cocido		Plain yoghurt			
20	Fruit	21	Fruit	22	RPS PLATE	23	Fruit	24	Fruit
				Crudités with hummus				Stewed red beans with vegetables Aubergine, cheese and bacon quiche Fruit and whole-grain bread	
Squash, carrot and leek soup cream Saxon chops in spanish sauce with salad Fruit and bread		Wok pasta sauréed with vegetables, chicken and soy Hake in green sauce with salad Yoghurt		Peas with ham Turkey ragù with diced potatoes Fruit and bread		Stewed red beans with vegetables Aubergine, cheese and bacon quiche Fruit and whole-grain bread		Sautéed whole-grain rice with vegetables Monkfish in sailor's sauce with salad Fruit and bread	
Whole-grain turkey ham sandwich		Plain yoghurt		Fruit		Whole-grain bread with tomato			
27	Fruit	28	HALLOWEEN	29	SCHOOL HOLIDAY	30	SCHOOL HOLIDAY	31	SCHOOL HOLIDAY
		Crudités with hummus							
Chicken and ham soup with pasta Megrim fillet with salad Fruit and bread		(Witches' cream) Squash soup cream (Frankenstein's brains) Spinach pasta with meatballs (Terrible jelly) Jelly							
Whole-grain ham and chicken sandwich		Fruit							