

# DINING MENU SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	SUMMER HOLIDAYS	2	SUMMER HOLIDAYS	3	SUMMER HOLIDAYS	4	SUMMER HOLIDAYS	5	SUMMER HOLIDAYS
8	Lunch	9	Lunch	10	Lunch	11	Lunch	12	Lunch
	Whole-grain pasta napoletana Baked salmon with vegetables in orange and soy sauce Fruit and bread		Tepid cream of courgette soup Potato omelette with salad Yoghurt and whole-grain bread		Sautéed green beans with ham Beef hamburger with whole-grain rice Fruit and bread		Stewed lentils with vegetables Crumbed chicken with salad Fruit and whole-grain bread		Rice with meat and vegetables Bilbaina' cod with cornsalad Fruit and bread
	Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner
	Melon, cucumber and tomato salad Pork loin Fruit		Broccoli Fried fish with garlic Fruit		Cornsalad, apple and nuts salad Chicken filet aux herbes Yoghurt		Fish in green sauce with potatoes and peas Fruit		Vegetable pisto Fried eggs with ham dice Fruit
15	Lunch	16	Lunch	17	Lunch	18	Lunch	19	Lunch
	Tepid cream of leek soup Chicken sausage with vegetable pisto Fruit and bread		Spaghetti carbonara Permit with tomato and salad Fruit and whole-grain bread		Sautéed peas Roasted chicken in garlic sauce with quinoa Fruit and bread		Stewed ecologic white beans with vegetables Baked hake with salad Fruit and whole-grain bread		Olivier salad Turkey ragù with mushrooms Yoghurt and bread
	Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner
	Beet, tomato and cheese salad Fried beef filet Fruit		Artichokes Fried eggs and potatoes Yoghurt		Salad Crumbed fish Fruit		Gazpacho with boiled egg Turkey and vegetable skewer Fruit		Salad Baked fish Fruit
22	Lunch	23	Lunch	24	Lunch	25	Lunch	26	Lunch
	Fried rice Abadejo' cod in green sauce with peas and asparagus Fruit and bread		Stewed chickpeas with vegetables Homemade lasagna with salad Fruit and whole-grain bread		Sautéed broccoli Cod filet with whole-grain pasta and basil oil Fruit and bread		Chicken and vegetable soup with pasta Omelette with courgette and tomato salad Yoghurt and whole-grain bread		Whole-grain spaghetti al pesto Saxon loins with salad Fruit and bread
	Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner		Suggested dinner
	Tomato salad Roasted chicken legs Yoghurt		Vegetables with lemon Papillote fish Fruit		Lettuce, carrot, corn & soy sprouts salad Sautéed mushrooms & garlic sprouts Fruit		Stewed fish with vegetables and potato Fruit		Roasted bellpeppers with meat & veggies Fruit
29	Lunch	30	Lunch						
	Thai-style noodles with vegetables, chicken and soy Roasted pork loin with carrots and hummus Fruit and bread		Stewed ecologic lentils with vegetables Baked hake in sailor's sauce with salad Fruit and whole-grain bread						
	Suggested dinner		Suggested dinner						
	Onion and tomato slices with cheese Fried fish with lemon Fruit		Green asparagus, veggies & quinoa Sautéed turkey strings Fruit						

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