

DINING HALL NOVEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Fruit	4	Crudités with hummus	5	RPS PLATE Fruit	6	Fruit	7	Fruit
Whole-grain spaghetti with mushrooms Cod biscayne with lettuce and carrot salad Fruit		Eco stewed white beans with squash and carrot Chicken in garlic sauce with salad Fruit		Sautéed green beans with onion Roasted pork loin with whole-grain rice in tomato sauce Fruit		Rice with vegetables and chicken Salmon papillote with salad Yoghurt		Leek, aubergine, carrot soup cream Fried eggs with baked potatoes Fruit	
Whole-grain sandwith (ham or cheese)				Whole-grain turkey ham sandwich		Yoghurt		Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10		11	Fruit	12	RPS PLATE Crudités with hummus	13	Fruit	14	Fruit
SCHOOL HOLIDAY		Whole-grain rice with homemade tomato sauce Hake in green sauce with salad Yoghurt		Sautéed broccoli with garlic and sweet paprika Roasted chicken legs with quinoa Fruit		Pasta in Aurora sauce Potato and spinach omelette with salad Fruit		Cocido soup Full cocido (chickpeas, chicken, chorizo, beef, vegetables) Fruit	
		Whole-grain bread with grated tomato		Milk with homemade cake		Whole-grain sandwich (ham or cheese)		Whole-grain bread with 70% chocolate	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	Fruit	18	Crudités with hummus	19	RPS PLATE Fruit	20	Fruit	21	Fruit
Aubergine soup cream Beef hamburger with chips Fruit		Vegetable farfalle pasta with tomato and parmesan cheese Filled eggs with tuna and bechamel sauce with lettuce and cucumber Yoghurt		Sautéed peas with bacon Hake fillet twirls with whole-grain pasta in basil oil Fruit		Stewed red beans with rice and vegetables Roasted turkey in orange sauce with salad Fruit		Rice with mushrooms and chicken Baked permit fillet in bellpeppers sauce with salad Fruit	
Whole-grain sandwith (ham or cheese)		Fruit		Whole-grain turkey ham sandwich		Plain yoghurt		Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
24	Fruit	25	Fruit	26	RPS PLATE Crudités with hummus	27	Fruit	28	Fruit
Vegetable soup with boiled egg Crumbed chicken fillet with salad Fruit		Eco stewed lentils with vegetables Abadejo' cod fillet with salad Fruit		Fruit panache Roasted pork loin with cous cous Fruit		Whole-grain rice in sailor's sauce Aubergine, cheese and bacon quiche with salad Yoghurt		Squash and carrot soup cream Limanda in sailor's sauce with baked potatoes Fruit	
Whole-grain turkey ham sandwich		Plain yoghurt		Fruit		Whole-grain bread with tomato		Whole-grain turkey sandwich	

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