



**RICHMOND
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DINING HALL DECEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Fruit	2	Crudités with hummus	3	RPS PLATE Fruit	4	Fruit	5	Fruit
Whole-grain spaghetti al pesto Cod bellies in garlic sauce with tomato and lettuce salad Fruit Whole-grain sandwith (ham or cheese)		Rice with vegetables and chicken Aubergine omelette with salad Yoghurt Fruit		Steamed broccoli with baby onions soffritto Chicken fillet in garlic sauce with quinoa salad Fruit Whole-grain turkey ham sandwich		Cream of carrot, squash and leek soup Permit with pisto Fruit Yoghurt		Stewed eco white beans with vegetables Meatballs with vegetables and baked with potatoes Fruit Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8		9	Fruit	10	RPS PLATE Crudités with hummus	11	Fruit	12	Fruit
SCHOOL HOLIDAY		Whole-grain rice with homemade tomato sauce Fried eggs with sautéed mushrooms Fruit Whole-grain bread with grated tomato		Sautéed green beans Roasted pork loins in orange sauce with fried rice Fruit Milk with homemade cake		Stewed eco lentils with vegetables Baked hake fillet with salad Yoghurt Whole-grain sandwich (ham or cheese)		Pasta carbonara Turkey ragú and rucola salad Fruit Whole-grain bread with 70 % chocolate	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
15	Fruit	16	Crudités with hummus	17	RPS PLATE Fruit	18	Fruit	19	Fruit
Cream of squash, aubergine and carrot soup Potato omelette with aubergine and salad Fruit Whole-grain sandwith (ham or cheese)		Stewed chickpeas with vegetables Hake in sailors' sauce with salad Yoghurt Fruit		Sautéed peas Roasted chicken legs with potatoes Fruit Whole-grain turkey ham sandwich		Vegetable soup with chicken 'picadillo' and pasta letters Ham and cheese pizza with salad Fruit and profiteroles Plain yoghurt		Sandwiches at noon	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
22		23		24		25		26	

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29		30		31					

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