

## DINING HALL FEBRUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Fruit	3	Crudités with hummus	4	RPS PLATE Fruit	5	Fruit	6	Fruit
Rice with vegetables		Stewed eco lentils with vegetables		Cauliflower in bechamel sauce		Stewed white beans with vegetables		Whole-grain pasta in Aurora sauce	
Hake in sailor's sauce with salad		Potato omelette with salad		Chicken fillet in garlic sauce with cous-cous		Baked permit with tomato and salad		Stewed meatballs with vegetables	
Fruit		Fruit		Fruit		Fruit		Yoghurt	
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain turkey sandwich		Yoghurt		Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9	Fruit	10	Fruit	11	RPS PLATE Crudités with hummus	12	Fruit	13	Fruit
Whole-grain spaghetti al pesto		Stewed red beans with vegetables		Sautéed broccoli with ham		Whole-grain rice with chicken and vegetables		Cocido soup	
Vegetable papillote salmon		Roasted chicken legs teriyaki with rice and salad		Beef hamburger with baked potatoes		Cod loins in piquillo peppers sauce with salad		Full cocido (chickpeas, chicken, chorizo, beef, vegetables)	
Fruit		Fruit		Quinoa salad		Yoghurt		Fruit	
Yoghurt		Whole-grain bread with grated tomato		Milk with homemade cake		Whole-grain sandwich (ham or cheese)		Whole-grain bread with cheese	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
16		17		18		19		20	
SCHOOL HOLIDAY		SCHOOL HOLIDAY		SCHOOL HOLIDAY		SCHOOL HOLIDAY		SCHOOL HOLIDAY	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
23	Fruit	24	Fruit	25	RPS PLATE Crudités with hummus	26	Fruit	27	Fruit
Whole-grain pasta carbonara		Cream of aubergine and potato soup		Sautéed green beans with onion		Stewed white beans with vegetables		Rice with homemade tomato sauce	
Sautéed peas with onions		Fried hake twirls with salad		Stewed turkey in vegetable sauce with baked potatoes		Fried eggs with pisto and salad		Hake in green sauce with salad	
Fruit		Fruit		Fruit		Fruit		Yoghurt	
Whole-grain turkey sandwich		Plain yoghurt		Fruit		Whole-grain bread with grated tomato		Whole-grain turkey sandwich	

Bread will be whole-grain twice per week

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