

## 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  Hake in sailor's sauce with salad  Fruit		Stewed eco lentils with vegetables  Potato omelette with salad  Fruit		Cauliflower in bechamel sauce  Chicken fillet in garlic sauce with cous-cous  Fruit		Stewed white beans with vegetables  Baked permit with tomato and salad  Fruit		Whole-grain pasta in Aurora sauce  Stewed meatballs with vegetables  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  Vegetable papillote salmon  Fruit		Stewed red beans with vegetables  Roasted chicken legs teriyaki with rice and salad  Fruit		Sautéed broccoli with ham  Beef hamburger with baked potatoes  Quinoa salad		Whole-grain rice with chicken and vegetables  Cod loins in piquillo peppers sauce with salad  Yoghurt		Cocido soup  Full cocido (chickpeas, chicken, chorizo, beef, vegetables)  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  Sautéed peas with onions  Fruit		Cream of aubergine and potato soup  Fried hake twirls with salad  Fruit		Sautéed green beans with onion  Stewed turkey in vegetable sauce with baked potatoes  Fruit		Stewed white beans with vegetables  Fried eggs with pisto and salad  Fruit		Rice with homemade tomato sauce  Hake in green sauce with salad  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.