

DINING HALL MARCH 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Fruit	3	Crudités with hummus	4	RPS PLATE Fruit	5	Fruit	6	Fruit
Whole-grain spaghetti wok		Stewed lentils with vegetables		Sautéed green beans		Rice with home-made tomato sauce		Cocido soup	
Hake in Roman's sauce with tomato salad		Zucchini omelette with salad		Roasted pork loin with cous cous		Roasted chicken legs in honey and soy sauce with salad		Full cocido (chickpeas, chicken, chorizo, beef, vegetables)	
Fruit		Fruit		Fruit		Yoghurt		Fruit	
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 rice with vegetables, shrimp and squid		Cream of zucchini soup		Sautéed broccoli with ham		Stewed red beans with vegetables		Chicken soup with vegetables	
Ham and cheese omelette with salad		Stewed meat with vegetables and potatoes		Crunchy salmon with pasta in basil sauce		Chicken villeroy with salad		Turkey ragù in garlic sauce with lamb's lettuce and cherry tomatoes salad	
Fruit		Fruit		Fruit		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	Fruit	17	Crudités with hummus	18	RPS PLATE Fruit	19	Fruit	20	Fruit
Cream of squash, carrot and leek soup		Whole-grain pasta carbonara		Cauliflower in garlic sauce or with bechamel sauce		BOOK FAIR		Stewed white beans with chorizo and vegetables	
Fried eggs with baked potatoes and salad		Baked hake fillet with salad		Turkey fillet with rice				Crumbed chicken fillet with zucchini and aubergine	
Fruit		Fruit		Fruit				Yoghurt	
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain turkey sandwich				Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
23	Fruit	24	Fruit	25	RPS PLATE Crudités with hummus	26	Fruit	27	
Rice with home-made tomato sauce		Stewed lentils with vegetables		Sautéed green beans		Cream of pulse and vegetable soup		EASTER HOLIDAYS	
Hake in green sauce with salad		Meatballs in vegetables sauce with salad		Roasted chicken with quinoa salad		Vegetable lasagna with salad			
Fruit		Yoghurt		Fruit		Fruit			
Whole-grain turkey sandwich		Yoghurt		Fruit		Whole-grain bread with grated tomato			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30		31	Fruit						
EASTER HOLIDAYS		EASTER HOLIDAYS							

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.