

DINING HALL APRIL 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				EASTER HOLIDAYS		EASTER HOLIDAYS		EASTER HOLIDAYS	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7	Fruit	8	RPS PLATE Crudités with hummus	9	Fruit	10	Fruit
EASTER HOLIDAYS		Cream of squash, green beans, carrot, leek and potatoes soup Cod fillet with carrot salad Fruit Whole-grain bread with grated tomato		Sautéed broccoli with garlic and paprika Fried pork loin with whole-grain rice Fruit Milk with homemade cake		Stewed lentils with vegetables Fried eggs with avocado salad Yoghurt Whole-grain sandwich (ham or cheese)		Black rice Roasted chicken legs with apple salad Fruit Whole-grain bread with cheese	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
13	Fruit	14	Crudités with hummus	15	RPS PLATE Fruit	16	Fruit	17	Fruit
Rice with home-made tomato sauce Sautéed peas with onion Fruit Whole-grain sandwich (ham or cheese)		Sautéed green beans with potato Grilled chicken fillet with tomato salad Fruit Fruit		Stewed white beans with vegetables Crumbed permit fillet with spinach salad Fruit Whole-grain turkey sandwich		Whole-grain spaghetti carbonara Potatoes omelette with tuna and olives salad Yoghurt Yoghurt		Cocido soup Full cocido (ECO chickpeas, chicken, chorizo, beef, vegetables) Fruit Whole-grain bread with grated tomato	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
20	Fruit	21	Fruit	22	RPS PLATE Crudités with hummus	23	Fruit	24	Fruit
Cream of zucchini soup Crunchy salmon with tomato salad Fruit Whole-grain turkey sandwich		Stewed lentils with vegetables Turkey ragù with diced potatoes Fruit Yoghurt		Whole-grain rice with vegetables and chicken Filled eggs with salad Fruit Fruit		Tagliatelle with vegetables sauce Stewed red beans with vegetables Fruit Whole-grain bread with grated tomato		Cauliflower au gratin Beef hamburger with salad Yoghurt Whole-grain bread with turkey	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27	Fruit	28	Fruit	29	VEGETABLE PROTEIN DAY Fruit	30	Fruit		
Green beans with tomato Roasted pork loin with rice Fruit Whole-grain sandwich (ham or cheese)		Stewed chickpeas with vegetables and potato Hake twirls with salad Yoghurt Fruit		Fried rice Sautéed peas with onion Fruit Whole grain bread with turkey		Vegetable soup with noodles Teriyaki chicken with salad Fruit Yoghurt			

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.