

DINING HALL APRIL 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
								1	HOLIDAY		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
4	Fruit	5	Fruit	6	RPS PLATE Crudités with hummus	7	Fruit	8	Fruit		
Whole-grain spaghetti al pesto Peas with vegetable pisto Fruit		Stewed eco-lentils with vegetables and chorizo Turkey ragù with garlic sauce and carrot salad Yoghurt		Sautéed green beans with potatoes Pork loin with vegetables and salad Fruit		Cream of vegetables and legumes soup Potatoes omelette with salad Yoghurt		Paella Fried hake twirls with lamb's lettuce and tomato salad Fruit			
Plain 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			
11	Fruit	12	Crudités with hummus	13	RPS PLATE Fruit	14	HOLIDAY	15	HOLIDAY		
Rice with home-made tomato sauce Eggs with salad Yoghurt		Pasta with tomato and tuna Baked monkfish with american sauce and salad Fruit		Stewed red beans with vegetables Homemade 'San Jacobo' with salad Fruit							
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain turkey sandwich							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
18	Fruit	19	Fruit	20	RPS PLATE Crudités with hummus	21	Fruit	22	Fruit		
Cream of zucchini soup Baked cod fillet with roasted potatoes Fruit		Pasta salad Stewed white beans with vegetables Fruit		Cauliflower au gratin Beef burger with salad Yoghurt		Rice with vegetables and chicken Vegetables omelette with salad Fruit		Stewed eco chickpeas with vegetables Crunchy salmon with salad Yoghurt			
Whole-grain turkey sandwich		Yoghurt		Fruit		Whole-grain bread with grated tomato		Whole-grain bread with turkey			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
25	Fruit	26	Fruit	27	VEGETABLE PROTEIN DAY Fruit	28	Fruit	29	Fruit		
Sautéed broccoli Huevos rotos' with chips Fruit		Stewed red beans with vegetables Roasted chicken legs with salad Yoghurt		Whole grain pasta au gratin Sautéed peas Fruit		Fried rice Crumbed permit fillet with corn and apple salad Fruit		Stewed lentils with vegetables and ham Turket chops with salad Fruit			
Whole-grain sandwich (ham or cheese)		Fruit		Whole grain bread with turkey		Yoghurt		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.