

DINING HALL JUNE 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Fruit	2	Crudités with hummus	3	VEGETAL PROTEIN DAY Fruit	4	Fruit	5	Fruit
Sautéed green beans with spring onions		BOOKFAIR		Rice with homemade tomato sauce		Gazpacho / Stewed eco lentils with vegetables		Whole-grain spaghetti with vegetables and soy	
Fried eggs with chips				White beans salad		Cod à la biscayne with lettuce and corn salad		Chicken fillet with tomato salad	
Fruit				Fruit		Yoghurt		Fruit	
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain bread with turkey		Plain yoghurt		Whole-grain bread with grated tomato	
8	VEGETAL PROTEIN DAY Crudités with hummus	9	Fruit	10	Crudités with hummus	11	Fruit	12	Fruit
Sautéed rice with turkey and mushrooms		Broccoli with ham and carrot		Gazpacho / Stewed red beans with vegetables		Tepid cream of aubergine soup		Whole-grain pasta salad with chicken	
Peas with tomato		Potatoes omelette and tomato and cucumber salad		Chicken fillet in garlic sauce and corn salad		Beef meatballs with vegetables and potaoes		Hake fillet wih salad with olives	
Fruit		Fruit		Yoghurt		Yoghurt		Fruit	
Plain yoghurt		Whole-grain bread with grated tomato		Milk with homemade cake		Whole-grain sandwich (ham or cheese)		Whole-grain bread with cheese	
15	VEGETAL PROTEIN DAY Fruit	16	Crudités with hummus	17	Fruit	18	Fruit	19	Fruit
Sautéed green beans		Gazpacho/Stewed chickpeas with beef and chorizo		Thai-style whole-grain pasta with vegetables and soy		Stewed white beans with vegetables		Rice in sailor's sauce	
Pasta with soy bolognese sauce		Permit fillet with tomato and salad		Roasted chicken aux herbes with tomato and cheese sauce		Loin in orange sauce with cous cous		Fried egg with pisto and salad	
Fruit		Yoghurt		Fruit		Fruit		Fruit	
Whole-grain sandwich (ham or cheese)		Fruit		Whole-grain turkey sandwich		Yoghurt		Whole-grain bread with grated tomato	
22	Fruit	23	Fruit	24	Crudités with hummus	25	Fruit	26	
Tepid vegetable cream soup		Whole-grain rice with vegetables		Gazpacho / Stewed lentils with vegetables		Pasta with mushrooms		Mid-day sandwiches	
Turkey ragù with chips		Filled eggs with salad		Crunchy salmon with arugula and tomato		Ham pizza with salad			
Fruit		Fruit		Yoghurt		Fruit			
Whole-grain turkey sandwich		Yoghurt		Fruit		Whole-grain bread with grated tomato			
29		30							
SUMMER HOLIDAYS		SUMMER HOLIDAYS							

Bread will be whole-grain twice per week

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