

DINING HALL May 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.