

DINING HALL SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
31		1		2		3		4	
SUMMER HOLIDAYS		SUMMER HOLIDAYS		SUMMER HOLIDAYS		SUMMER HOLIDAYS		SUMMER HOLIDAYS	
7	Fruit	8	Fruit	9		10	Crudités with hummus	11	Fruit
Spaghetti carbonara		Cream of vegetable soup		Green beans with onion		Stewed lentils with vegetables		Whole-grain rice with meat	
Sautéed peas with garlic sprouts		Potatoes omelette with apple salad		Hamburger with baked potatoes		Chicken fillet with lettuce and asparagus		Crunchy salmon with tomato salad	
Fruit		Yoghurt		Fruit		Fruit		Fruit	
Plain yoghurt		Whole-grain bread with grated tomato		Milk with homemade cake		Whole-grain sandwich (ham or cheese)		Whole-grain bread with cheese	
14		15	Crudités with hummus	16	Fruit	17	Fruit	18	Fruit
Fruit									
Whole grain fried rice		Stewed chickpeas with carrot and potates		Tepid cream of squash soup		Stewed white beans with vegetables		Olivier salad	
Pork loins in green sauce with cucumber salad		Fried permit with tomato and lettuce and corn salad		Homemade soy and vegetables lasagna with salad		Fried eggs with baked potatoes and pisto		Turkey ragù with mushrooms and lettuce and tomato salad	
Fruit		Fruit		Fruit		Fruit		Yoghurt	
Whole-grain (ham or cheese)		Fruit		Whole-grain turkey sandwich		Yoghurt		Whole-grain bread with grated tomato	
21		22	Fruit	23	Crudités with hummus	24	Fruit	25	Fruit
Fruit									
Sautéed broccoli with garlic		Whole-grain spaghetti al pesto		Stewed lentils with vegetables and chorizo		Cream of aubergine soup		White rice with tomato sauce	
Roasted pork loin with carrots		Chicken fillet with lettuce, tomato and onion salad		Cod "Biscayne" (in onion and pepper sauce) with lamb's lettuce salad		Homemade ham and cheese quiche with beet salad		Stewed red beans with vegetables	
Fruit		Fruit		Yoghurt		Fruit		Fruit	
Whole-grain turkey sandwith		Yoghurt		Fruit		Whole-grain bread with grated tomato		Whole-grain turkey sandwich	
28	Fruit	29	Crudités with hummus	30	Fruit				
Whole-grain pasta with vegetables, chicken and soy		Stewed white beans with vegetables and ham		Cauliflower in bechamel sauce					
Fried hake twirls with salad		Tuna-stuffed eggs with arugula salad		Turkey ragù with salad					
Fruit		Yoghurt		Fruit					
Whole-grain (ham or cheese)		Fruit		Whole-grain turkey sandwich					

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.