

DINING HALL OCTOBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
28		29		30		1	Fruit	2	Fruit
						Rice with chicken and vegetables Sautéed peas with early garlic Fruit Yoghurt		Stewed lentils with vegetables Salmon in orange sauce with cucumber salad Yoghurt Whole-grain bread with grated tomato	
5	Fruit	6	Fruit	7		8	Fruit	9	Fruit
Cream of leek and carrot soup Pasta with vegetarian bolognese sauce Fruit Plain yoghurt		Stewed eco white beans with vegetables Fried permit fillet with lettuce and tomato salad Fruit Whole-grain bread with grated tomato		Sautéed broccoli with garlic Chicken fillet in garlic sauce with roasted potatoes with rosemary Fruit Milk with homemade cake		Whole-grain black rice Potatoes omelette with lettuce and tomato sauce Yoghurt Whole-grain sandwich (ham or cheese)		Cocido soup Full cocido (chickpeas, chicken, chorizo, beef, vegetables) Fruit Whole-grain bread with cheese	
12		13	Crudités with hummus	14	Fruit	15	Fruit	16	Fruit
NATIONAL HOLIDAY		Rice in tomato sauce Stewed 'abadejo' cod in sailor sauce with salad Fruit Fruit		Cream of courgette soup with cheese Chicken fillet with baked potato Fruit Whole-grain turkey sandwich		Whole-grain spaghetti with basil and extra-virgin olive oil Saxon chops with pisto Fruit Yoghurt		Stewed red beans with vegetables Fried eggs with tomato sauce and corn and olives salad Yoghurt Whole-grain bread with grated tomato	
19	Fruit	20	Fruit	21	Crudités with hummus	22	Fruit	23	Fruit
Wok sautéed noodles with vegetables, chicken and soy Peas in tomato sauce Fruit Yoghurt		Stewed chickpeas with vegetables and potato Crunchy salmon with tomato salad Fruit Whole-grain bread with grated tomato		Sautéed green beans Roasted chicken legs aux herbes with baked potatoes Fruit Yoghurt		Stewed red beans Sautéed mushrooms and turkey with salad Yoghurt Whole-grain ham sandwich		Sautéed whole-grain rice with vegetables Pork loin in Spanish sauce with lamb's lettuce salad Fruit Whole-grain cheese sandwich	
26	Fruit	27	Crudités with hummus	28	Fruit	29	Fruit	30	Fruit
Chicken stock with pasta letters Fried hake twirls with lettuce and avocado salad Fruit Whole-grain sandwich (ham or cheese)		Sautéed vegetables with garlic and sweet paprika Salisbury steak in tomato and basil sauce Yoghurt Fruit		Stewed eco white beans with vegetables Turkey ragù in orange sauce with salad Fruit Whole-grain turkey sandwich		Whole-grain fried rice Vegetable omelette with apple salad Yoghurt Yoghurt		 Fruit Dream of squash soup Green spinach fettuccine with texturised soy Fruit Whole-grain bread with grated tomato	

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.