RICHMOND PARK

(+34)677257868
info@richmondpark.school
www.richmondpark.school

DINING HALL NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HOLIDAY	**HOLIDAY**	**HOLIDAY**	**HOLIDAY**	**HOLIDAY**
9	10 Fruit	11 Fruit	12 Fruit	13 Fruit
NATIONAL HOLIDAY	**Sautéed green beans with spring onions** **Maccheroni with vegetable bolognese** **Fruit**	**Stewed lentils with vegetables and chorizo** **Crunchy salmon with salad** **Yoghurt**	**Whole-grain rice with vegetables and chicken** **Potato and spinach omelette with salad** **Fruit**	**Stewed white beans with squash and carrot** **Roasted chicken with baked potatoes** **Fruit**
	Whole-grain bread with grated tomato	Crudités with hummus	Whole-grain sandwich (ham or cheese)	Whole-grain bread with cheese
16 Fruit	17 Fruit	18 Fruit	19 Fruit	20 Fruit
Cream of aubergine and potato soup with cheese **Cod "biscayne" with salad** **Fruit**	**BOOK FAIR**	**Stewed red beans with squash and carrot** **Fried effs with baked potatoes and salad** **Fruit**	**Sautéed broccoli with garlic and paprika** **Chicken in garlic sauce with whole-grain rice salad** **Fruit**	**Spaghetti in Aurora sauce** **Stewed chickpeas with vegetables** **Fruit**
Whole-grain sandwich (ham or cheese)	Crudités with hummus	Whole-grain turkey sandwich	Yoghurt	Whole-grain bread with grated tomato
23 Fruit	24 Fruit	25 Fruit	26 Fruit	27 Fruit
Stewed lentils with vegetables **Boiled eggs with tomato and bechamel sauce with salad** **Fruit**	**Stewed chickpeas with vegetables and potato** **Crunchy salmon with tomato salad** **Fruit**	**Stewed white beans with chorizo and lacón** **Dusted hake with salad** **Fruit**	**Whole-grain rice with home-made tomato sauce** **Sautéed peas with onion** **Fruit**	**Cocido soup** **Full cocido (chickpeas, chicken, chorizo, beef, vegetables)** **Fruit**
Yoghurt	Whole-grain bread with grated tomato	Crudités with hummus	Whole-grain ham sandwich	Whole-grain cheese sandwich
30 Fruit				
Cream of squash and carrot soup **Crumbed chicken fillet with salad** **Fruit**				
Whole-grain sandwich (ham or cheese)				

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.