

MARCH 2023



Tip of the month

Whole fruit provides both vitamins and fiber. This fiber is lost when we drink it in the form of juice (squeezed orange juice or liquefied fruit). Therefore it is preferable to consume whole fruit or in the form of shakes or smoothies. You can add spices such as ginger or turmeric or even make combined fruit and vegetable smoothies.

M/26



T/27



W/2



ANDALUSIA DAY

T/29

Custard

Bologna roll

Cream of Pumpkin soup Fried egg and chips.





Fried local fish with salad

F/01

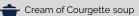


Lentil stew

Chocolate spread roll

Noodle soup. Ham and cheese sándwich. Yoghurt.

M/04



Chicken casserole with boulangère potatoes

Seasonal fruit

Ham roll

Roman style hake. Salad

T/05

Jerez style stew

Stuffed eggs (Eggs in tomato sauce)Lettuce and sweetcorn Yoghurt

Seasonal fruit

Grilled pork loin. Ratatouille.. Fruit

W/06



Grilled pork loin (hamburger) Roast peppers

Seasonal fruit

Spicy sausage roll

Fried egg and chips. Fruit

T/07

Grilled swordfish. Aubergines.

Mixed salad (Lentils with spicy sausage)

Roast pork with sautéed rice Seasonal fruit

Yoghurt

Grilled salmon. Green asparagus. Yoghurt

F/08

Rice in tomato sauce

Grilled hake. Cauliflower

Seasonal fruit

Chocolate spread roll

Cream of Vegetablesoup. Plain omelette. Yoghurt.

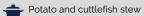
Grilled stokerfish with roast vegetables. Seasonal fruit Pork luncheon meat roll

Spaghetti bolognaise

M/11

Grilled paprika turkey with salad.

T/12



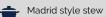
Grilled pork loin (marinated). Salad

Seasonal fruit

Yoghurt

Grilled sea bass. Roast vegetables. Yoghurt.

W/13



Breaded chicken with boulangère potatoes.

Seasonal fruit

Ham roll.

Scrambled eggs with baby eels.

T/14



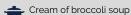
Lemon dogfish. Tomato and pepper salad.

Yoghurt

Seasonal fruit

Russian steaks. Mashed potatoes. Fruit.

F/15



Scrambled eggs with mushrooms and potatoes

Seasonal fruit

Chocolate spread roll.

Veggie sandwich. Yoghurt.

M/18

Noodle soup

Turkey casserole with mushrooms

Seasonal fruit

Salami roll.

Plain omelette. Ratatouille. Yoghurt.

T/19

Cream of Vegetable soup

Pizza (pork casserole with sautéed rice).

Yoghurt

Seasonal fruit

Grilled cod. Aubergines. Fruit.

W/2

Pasta salad. (Macaroni in tomato sauce).

Spanish omelette with green

Seasonal fruit

Bologna roll

Roast pork with mashed potatoes. Yoghurt...

T/21

Mixed slad (Lentil stew).

Roast chicken with chips.

Seasonal fruit.

Yoghurt

Cream of Vegetable soup. Fried dogfish. Fruit.

F/22



FASTER HOLIDAYS