

Menu

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/28	T/29	F/01
<p> EDUCATIONAL COMMUNITY DAY</p> <p></p> <p></p> <p></p>	<p> PROVINCIAL SCHOOL HOLIDAY</p> <p></p> <p></p> <p></p>	<p> ANDALUSIA DAY</p> <p></p> <p></p> <p></p>	<p> Cream of Pumpkin soup</p> <p> Fried egg and chips.</p> <p> Custard</p> <p> Bologna roll</p> <p> Grilled swordfish. Aubergines. Yoghurt</p>	<p> Lentil stew</p> <p> Fried local fish with salad</p> <p> Seasonal fruit</p> <p> Chocolate spread roll</p> <p> Noodle soup. Ham and cheese sandwich. Yoghurt.</p>
M/04	T/05	W/06	T/07	F/08
<p> Cream of Courgette soup</p> <p> Chicken casserole with boulangère potatoes</p> <p> Seasonal fruit</p> <p> Ham roll</p> <p> Roman style hake. Salad Yoghurt</p>	<p> Jerez style stew</p> <p> Stuffed eggs (Eggs in tomato sauce) Lettuce and sweetcorn Yoghurt</p> <p> Seasonal fruit</p> <p> Grilled pork loin. Ratatouille. Fruit</p>	<p> Seafood noodles</p> <p> Grilled pork loin (hamburger) Roast peppers</p> <p> Seasonal fruit</p> <p> Spicy sausage roll</p> <p> Fried egg and chips. Fruit</p>	<p> Mixed salad (Lentils with spicy sausage)</p> <p> Roast pork with sautéed rice</p> <p> Seasonal fruit</p> <p> Yoghurt</p> <p> Grilled salmon. Green asparagus. Yoghurt</p>	<p> Rice in tomato sauce</p> <p> Grilled hake. Cauliflower</p> <p> Seasonal fruit</p> <p> Chocolate spread roll</p> <p> Cream of Vegetablesoup. Plain omelette. Yoghurt.</p>
M/11	T/12	W/13	T/14	F/15
<p> Spaghetti bolognaise</p> <p> Grilled stokerfish with roast vegetables.</p> <p> Seasonal fruit</p> <p> Pork luncheon meat roll</p> <p> Grilled paprika turkey with salad. Fruit</p>	<p> Potato and cuttlefish stew</p> <p> Grilled pork loin (marinated). Salad.</p> <p> Seasonal fruit</p> <p> Yoghurt</p> <p> Grilled sea bass. Roast vegetables. Yoghurt.</p>	<p> Madrid style stew</p> <p> Breaded chicken with boulangère potatoes.</p> <p> Seasonal fruit</p> <p> Ham roll.</p> <p> Scrambled eggs with baby eels. Yoghurt</p>	<p> Special fried rice</p> <p> Lemon dogfish. Tomato and pepper salad.</p> <p> Yoghurt</p> <p> Seasonal fruit</p> <p> Russian steaks. Mashed potatoes . Fruit.</p>	<p> Cream of broccoli soup</p> <p> Scrambled eggs with mushrooms and potatoes</p> <p> Seasonal fruit</p> <p> Chocolate spread roll.</p> <p> Veggie sandwich. Yoghurt.</p>
M/18	T/19	W/20	T/21	F/22
<p> Noodle soup</p> <p> Turkey casserole with mushrooms .</p> <p> Seasonal fruit</p> <p> Salami roll.</p> <p> Plain omelette. Ratatouille. Yoghurt.</p>	<p> Cream of Vegetable soup</p> <p> Pizza (pork casserole with sautéed rice).</p> <p> Yoghurt</p> <p> Seasonal fruit</p> <p> Grilled cod. Aubergines. Fruit.</p>	<p> Pasta salad. (Macaroni in tomato sauce).</p> <p> Spanish omelette with green beans.</p> <p> Seasonal fruit.</p> <p> Bologna roll</p> <p> Roast pork with mashed potatoes. Yoghurt..</p>	<p> Mixed slad (Lentil stew).</p> <p> Roast chicken with chips.</p> <p> Seasonal fruit.</p> <p> Yoghurt</p> <p> Cream of Vegetable soup. Fried dogfish. Fruit.</p>	<p> EASTER HOLIDAYS</p> <p></p> <p></p> <p></p>