

MARCH 2024 **VEGETARIAN**



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.





T/27



W/28



ALTILLO

Custard

Seasonal fruit

T/29

Cream of Pumpkin soup

Fried egg and chips.

T/07

Mixed salad

sautéed rice.

Seasonal fruit

Yoghurt

Vegan sausage with

F/01

Lentil stew



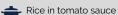
Vegan Burger with salad.



Chocolate spread roll

F/08



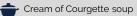




Seasonal fruit

Choclolate spread roll

M/04





Seasonal fruit

Olive oil and sugar roll

Vegan spaghetti

and pepper salad

Seasonal fruit

Cheese roll

M/11

bolognaise (with soybean)

Vegan sausage. Tomato

T/05



Eggs with tomato.Lettuce and sweetcorn.

T/12

Vegan Burger. Salad.

Seasonal fruit

Yoghurt

Yoghurt Seasonal fruit

Potato stew.

W/06



Vegan Burger. Roast vegetables

W/13

Fried egg with boulangère

Olive oil and sugar roll.

Vegan casserole

potatoes

Seasonal fruit

Seasonal fruit

Cheese roll

T/14

Rice with vegetables

Soybean "meatballs", roast vegetables.

Yoghurt

Seasonal fruit

F/15

Cream of Broccoli soup

Scrambled eggs with potatoes.

Seasonal fruit

Chocolate spread roll.



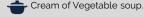
Sovbean" meatballs" with mushrooms.

M/18

Seasonal fruit

Olive oil and sugar roll.

T/19



Pizza margarita

Yoghurt.

Seasonal fruit

W/20

Spaghetti in tomato sauce.

Spanish omelette with green

Seasonal fruit.

Chocolate spread roll

T/21

Lentil stew

Vegan Burger with chips.

Seasonal fruit.

Yoghurt

F/22

