

Menu

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.

M/26	T/27	W/28	T/29	F/01
<p>🍲</p> <p>♂</p> <p>🍴</p> <p>🍎</p> <p>🌙</p> <p>ALTILLO</p>	<p>🍲</p> <p>♂</p> <p>🍴</p> <p>🍎</p> <p>🌙</p> <p>ALTILLO</p>	<p>🍲</p> <p>♂</p> <p>🍴</p> <p>🍎</p> <p>🌙</p> <p>ALTILLO</p>	<p>🍲 Cream of Pumpkin soup</p> <p>♂ Fried egg and chips.</p> <p>🍴 Custard</p> <p>🍎 Seasonal fruit</p> <p>🌙</p>	<p>🍲 Lentil stew</p> <p>♂ Vegan Burger with salad.</p> <p>🍴 Seasonal fruit</p> <p>🍎 Chocolate spread roll</p> <p>🌙</p>
M/04	T/05	W/06	T/07	F/08
<p>🍲 Cream of Courgette soup</p> <p>♂ Soybean "meatballs" with boulangère potatoes</p> <p>🍴 Seasonal fruit</p> <p>🍎 Olive oil and sugar roll</p> <p>🌙</p>	<p>🍲 Chickpeas with vegetables</p> <p>♂ Eggs with tomato.Lettuce and sweetcorn.</p> <p>🍴 Yoghurt</p> <p>🍎 Seasonal fruit</p> <p>🌙</p>	<p>🍲 Noodle soup</p> <p>♂ Vegan Burger. Roast vegetables</p> <p>🍴 Seasonal fruit</p> <p>🍎 Cheese roll</p> <p>🌙</p>	<p>🍲 Mixed salad</p> <p>♂ Vegan sausage with sautéed rice.</p> <p>🍴 Seasonal fruit</p> <p>🍎 Yoghurt</p> <p>🌙</p>	<p>🍲 Rice in tomato sauce</p> <p>♂ Chickpea falafel. Cauliflower.</p> <p>🍴 Seasonal fruit</p> <p>🍎 Chocolate spread roll</p> <p>🌙</p>
M/11	T/12	W/13	T/14	F/15
<p>🍲 Vegan spaghetti bolognaise (with soybean)</p> <p>♂ Vegan sausage. Tomato and pepper salad</p> <p>🍴 Seasonal fruit</p> <p>🍎 Cheese roll</p> <p>🌙</p>	<p>🍲 Potato stew.</p> <p>♂ Vegan Burger. Salad.</p> <p>🍴 Seasonal fruit</p> <p>🍎 Yoghurt</p> <p>🌙</p>	<p>🍲 Vegan casserole</p> <p>♂ Fried egg with boulangère potatoes</p> <p>🍴 Seasonal fruit</p> <p>🍎 Olive oil and sugar roll.</p> <p>🌙</p>	<p>🍲 Rice with vegetables</p> <p>♂ Soybean "meatballs", roast vegetables.</p> <p>🍴 Yoghurt</p> <p>🍎 Seasonal fruit</p> <p>🌙</p>	<p>🍲 Cream of Broccoli soup</p> <p>♂ Scrambled eggs with potatoes.</p> <p>🍴 Seasonal fruit</p> <p>🍎 Chocolate spread roll.</p> <p>🌙</p>
M/18	T/19	W/20	T/21	F/22
<p>🍲 Noodle soup</p> <p>♂ Soybean "meatballs" with mushrooms .</p> <p>🍴 Seasonal fruit</p> <p>🍎 Olive oil and sugar roll.</p> <p>🌙</p>	<p>🍲 Cream of Vegetable soup.</p> <p>♂ Pizza margarita</p> <p>🍴 Yoghurt.</p> <p>🍎 Seasonal fruit</p> <p>🌙</p>	<p>🍲 Spaghetti in tomato sauce.</p> <p>♂ Spanish omelette with green beans.</p> <p>🍴 Seasonal fruit.</p> <p>🍎 Chocolate spread roll</p> <p>🌙</p>	<p>🍲 Lentil stew</p> <p>♂ Vegan Burger with chips.</p> <p>🍴 Seasonal fruit.</p> <p>🍎 Yoghurt</p> <p>🌙</p>	<p>♂ EASTER HOLIDAYS</p> <p>🍴</p> <p>🍎</p> <p>🌙</p>