



SOLID SEPTEMBER 2025



MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Braised lentils with bulgur G	Broccoli and carrot cream	Pasta salad with apple, corn and carrot G	Green beans with potato and EVOO	Rice with natural tomato
Baked Chicken Nuggets G	Potato and onion omelette H	Baked turkey breast with zucchini sauce	Baked haddock with red pepper sauce P	Seitan with mushroom sauce G,S
Seasonal fruit	Seasonal fruit	Seasonal fruit	Natural yogurt L	Seasonal fruit
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Casserole noodles with vegetables G,A	Leek and carrot cream	Braised chickpeas	FESTIVE	Wholemeal macaroni with natural tomato G
Baked hake with cucumber sauce P	Beef meatballs with natural tomato sauce	Oven-marinated chicken with carrot sauce		Potato and onion omelette H
Seasonal fruit	Seasonal fruit	Natural yogurt L		Seasonal fruit
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Braised white bean with carrot	Rice salad with corn, olives and carrots	Vegetable stew	Wholemeal macaroni with natural tamote G	Zucchini cream
Vegetable and soy meatballs with pea sauce G,S	Baked breaded hake fillet G,P	Baked turkey breast with leek sauce	French omelette H	Beef Burger with Eggplant Sauce D
Seasonal fruit	Seasonal fruit	Natural yogurt L	Seasonal fruit	Seasonal fruit
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Vegetable broth with pasta A,G	Green beans with potato and EVOO	FESTIVE	Cream of cauliflower and carrot	Rice salad with carrot, corn and olives
Baked cod fritters P,G,H	Oven-marinated chicken with carrot sauce		Farmer's sausage with zucchini sauce D	Potato and onion omelette H
Seasonal fruit	Natural yogurt L		Seasonal fruit	Seasonal fruit
MONDAY 29	TUESDAY 30			
Braised chickpeas with carrots and potatoes	Pasta salad with corn, carrot and apple G			
Baked hake with leek sauce P	French omelette H			
Natural yogurt L	Seasonal fruit			

TOWARDS A HEALTHIER AND MORE SUSTAINABLE MENU

- We increase the presence of legumes.
- Our fruits and vegetables are more organic and local, changing the fruit according to the season.
- The legumes, rice, pasta, bulgur, seitan, quinoa, tofu (non-GMO soy) and eggs that we use to prepare our dishes are also of organic origin.
- We do not add sugar to our dishes, so the yogurts we serve are natural and sugar free. We always use Extra Virgin Olive Oil (AVOE).
- Our pastas are wholemeal facilitating digestion
- We include white or wholemeal bread, at the choice of the centre, every day.
- To ensure good health, we have reduced processed foods and eliminated all fried foods.

Registro Sanitario: 26.12225/B, 26.06696/CAT

Menú revisado por : Ana María Jiménez Segú. ([Licenciada en Farmacia y Master en Ingeniería Alimentaria](#))