



March 2025



Monday 3rd March		Tuesday 4th March		Wednesday 5th March		Thursday 6th March		Friday 7th March	
1	Cream of Courgette soup	1	Green salad	1	Potato salad	1	Tomato salad	1	Cream of Pumpkin soup
2	Pasta with Napolitana Sauce, garlic bread	2	Beef stew with diced potatoes	2	Fish Fidegua	2	Chicken in sauce with potatoes	2	Beef Burger with chips
2	Pasta with vegetarian Sauce, garlic bread	2	Vegetable stew with diced potatoes	2	Fish fidegua	2	Vegetable Pie with mashed potatoes	2	Vegetarian Burguer with chips
3	Fruit	3	Yogourt	3	Fruit	3	Fruit cake	3	Fruit
Monday 10th March		Tuesday 11th March		Wednesday 12th March		Thursday 13th March		Friday 14th March	
1	Cream of Carrot soup	1	Carrot and cucumber sticks	1	Diced Tomato	1	Mixed salad	1	Tuna and black olive salad
2	Lasagna with garlic bread	2	Chicken Curry with rice	2	Grilled Hake with potatoes and vegetables	2	Breaded chicken and rice	2	Pizza
2	Vegetarian lasagna with garlic bread	2	Vegetable Curry with rice	2	Grilled Hake with potatoes and vegetables	2	Breaded vegetables with rice	2	Pizza
3	Fruit	3	Yogourt	3	Fruit	3	3 chocolate cake	3	Fruit
Monday 17th March		Tuesday 18th March		Wednesday 19th March		Thursday 20th March		Friday 21st March	
1	Spring Rolls	1	Lentils	1	Gazpacho	1	Diced tomatoes	1	Mixed salad
2	Chicken Wok with vegetable	2	Spanish Omelette with mixed salad	2	Fried Hake with potatoes and vegetables	2	Grilled Chicken with bechamel potatoes	2	Fish Fingers, potatoes and peas
2	Vegetables wok	2	Spanish Omelette with mixed salad	2	Fried Hake with potatoe and vegetables	2	Grilled Vegetables with bechamel potatoes	2	Fish Fingers, potatoes and peas
3	Fruit	3	Yogurt	3	Fruit	3	Lemon Cake	3	Fruit
Monday 24th March		Tuesday 25th March		Wednesday 26th March		Thursday 27th March		Friday 28th March	
1	Mixed salad	1	Pasta salad	1	Pepper salad	1	Greek Salad	1	Chickpea soup
2	Spaguetti with meatballs	2	Chicken Wrap with mayo lettuce tomato	2	Fish Paella	2	Chilly con Carne and rice	2	Chicken Goullons potatoes and vegetables
2	Spaguetti	2	Vegetarian Wrap	2	Fish Paella	2	Vegetable Chilly with rice	2	Vegetables and potatoes
3	Fruit	3	Yogurt	3	Fruit	3	Ice Cream	3	Fruit



Marzo 2025



Lunes 3 Marzo		Martes 4 Marzo		Miércoles 5 Marzo		Jueves 6 Marzo		viernes 7 Marzo	
1	Crema Calabacin	1	Ensalada verde	1	Ensalada de patata	1	Ensalada de tomate	1	Crema de Calabaza
2	Pasta en salsa Napolitana y pan de ajo	2	Estofado de ternera, patatas dado	2	Fideguá de pescado	2	Muslitos de pollo en salsa, patatas a lo pobre	2	Hamburguesa Irlandesa completa con patatas
2	Pasta with sauce and garlic bread	2	Estofado de verduras, patatas dado	2	Fideguá pescado	2	Verduras con patatas a lo pobre	2	Hamburguesa vegetariana con patatas
3	Fruit	3	Yogurt	3	Fruta	3	Tarta de frutos rojos	3	Fruta
Lunes 10 Marzo		MARTES 11 Marzo		MIERCOLES 12 Marzo		JUEVES 13 Marzo		VIERNES 14 Marzo	
1	Crema Zanahorias	1	Bastoncitos de zanahoria/pepino	1	Tomate Picado	1	Ensalada Mixta	1	Ensalada atún y aceitunas negras
2	Lasaña y pan de ajo	2	Pollo al Curry con arroz cocido	2	Merluza al horno, patatas, verduras	2	Pollo empanado, ensalada y arroz	2	Pizza
2	Lasaña vegetariana y pan de ajo	2	Curry vegetariano con arroz	2	Merluza al horno, patatas, verduras	2	Verduras empanadas, con arroz	2	Pizza
3	Fruta	3	Yogurt	3	Fruta	3	Tarta 3 chocolates	3	Fruta
LUNES 17 Marzo		Martes 18 Marzo		Miercoles 19 Marzo		Jueves 20 Marzo		Viernes 21 Marzo	
1	Rollito Primavera	1	Lentejas	1	Gazpacho	1	Ensalada tomate	1	Ensalada Mixta
2	Wok de pollo y verduras	2	Tortilla Patatas ensalada Mixta	2	Merluza frita, patatas y verduras	2	Pollo al horno, patatas bechamel	2	Fish Fingers con patatas y guisantes
3	Wok de verduras	2	Tortilla Patatas ensalada Mixta	2	Merluza frita, patatas y verduras	2	Verduras al horno con patatas bechamel	2	Fish Fingers con patatas y guisantes
3	Fruta	3	Yogur	3	Fruta	3	Tarta Limón	3	Fruta
Lunes 24 Marzo		Martes 25 Marzo		MIERCOLES 26 Marzo		JUEVES 27 Marzo		VIERNES 28 Marzo	
1	Ensalada mixta	1	Ensalada de pasta	1	Ensalada de pimientos	1	Ensalada Griega	1	Potaje Garbanzos
2	Espaguettis con albóndigas	2	Wrap de Pollo con mayo, lechuga tomate	2	Paella de Pescado	2	Chilly con carne y arroz	2	Goullons de pollo, patatas y verduras
2	Espaguettis	2	Wrap de verduras	2	Paella de Pescado	2	Chilly con arroz	2	Verduras con patatas

3 Fruta 3 Yogur 3 Fruta 3 Helado 3 Fruta

