




March 2026 menu



Monday	Tuesday	Wednesday	Thursday	Friday
2nd	3rd	4th	5th	6th
Curry rice Grilled loin Garnish mushrooms Fruit	Carrot and leek soup Grilled chicken skewers Mixed salad Fruit yogurt	Pasta Bolognese Roast garlic beef stew Diced potatoes Fruit	Stewed beans Cod Spanish ratatouille Jelly	Pasta maravilla soup Omelette Squid delicacies Fruit
Kcal. =741 HC=49,8% Prot. = 24,8 Lip.= 26,3%	Kcal. =745 HC=53,5% Prot. = 19,0 Lip.= 27,1%	Kcal. =673 HC=47, 6% Prot. = 17,3 Lip.= 35,1%	Kcal. =731 HC=49,8% Prot. = 23,8 Lip.= 26,4%	Kcal. =727 HC=56,3% Prot. = 21,5 Lip.= 21,7%
9th	10th	11th	12th	13th
Green beans with ham Grilled beef burger Tomato and tuna salad Fruit	Macaroni carbonara Chicken with tomato sauce Baking potatoes Fruit yogurt	Potatoes with bacon and chorizo Escallopes Pineapple salad Peaches in syrup	Noodle Soup Madrid Stew & Veggies Diced Beef & chorizo Fruit yogurt	White rice with tomato Grilled salmon Mixed salad Fruit
Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%	Kcal. =720 HC=46,44% Prot. = 16,56 Lip.= 37,4%	Kcal. =720 HC=47,4% Prot. = 16,0 Lip.= 32,4%	Kcal. =620 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%
16th	17th	18th	19th	20th
Stewed lentils with chorizo Grilled beef burgers Imperial salad Fruit	Vegetables purée Kasseler Galician style potatoes Fruit yogurt	Greek rice Chicken escallop Courgette garnish Fruit	Pasta maravilla soup Stewed meat in sauce Baking potatoes Fruit yogurt	Elbow macaroni with tuna Battered hake Roasted pepper Fruit
Kcal. =728 HC=48,5% Prot. = 20,2 Lip.= 31,0%	Kcal. =710 HC=47,4% Prot. = 15,6 Lip.= 30,4%	Kcal. =791 HC=51,8% Prot. = 17,5 Lip.= 30,3%	Kcal. =586 HC=50,5% Prot. = 12,5 Lip.= 36,9%	Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%
23th	24th	25th	26th	27th
Rice with bacon Grilled chicken Mixed salad Fruit	Stewed peas Andalusian Deep-fried fish Pineapple salad Fruit yogurt	Noodle Soup Madrid Stew & Veggies Diced Beef & chorizo Fruit Yogurt	Spirals grilled Meatballs in sauce Vegetables Fruit yogurt	Easter holidays
Kcal. =732 HC=49,8% Prot. = 23,9 Lip.= 26,4%	Kcal. =718 HC=47,4% Prot. = 16,6 Lip.= 35,4%	Kcal. =620 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =728 HC=47,4% Prot. = 18,6 Lip.= 25,4%	
30th	31th	<h1>March 2026</h1>		
Easter holidays	Easter holidays			

Lunes	Martes	Miércoles	Jueves	Viernes
2	3	4	5	6
Judías estofadas Bacalao Pisto manchego Fruta del tiempo	Crema de zanahoria y puerro Brochetas de pollo a la plancha Ensalada mixta Yogurt de frutas	Espaguetis boloñesa Magro al ajillo Patatas dado Fruta del tiempo	Arroz al curry Lomo a la plancha Guarnición de champiñón Jelly	Sopa maravilla Tortilla de patata Caprichos de calamar Fruta del tiempo
Kcal. =741 HC=49,8% Prot. = 24,8 Lip.= 26,3%	Kcal. =745 HC=53,5% Prot. = 19,0 Lip.= 27,1%	Kcal. =673 HC=47, 6% Prot. = 17,3 Lip.= 35,1%	Kcal. =731 HC=49,8% Prot. = 23,8 Lip.= 26,4%	Kcal. =727 HC=56,3% Prot. = 21,5 Lip.= 21,7%
9	10	11	12	13
Judías verdes con jamón Hamburguesa de ternera a la plancha Ensalada de tomate y atún Fruta del tiempo	Macarrones carbonara Pollo con tomate Patatas panaderas Yogurt de frutas	Patatas con bacon y chorizo Escalopines Ensalada de piña Melocotón en almíbar	Sopa de fideos Cocido y verduras Taquitos de carne y chorizo Yogurt de frutas	Arroz blanco con tomate Salmón a la plancha Ensalada mixta Fruta del tiempo
Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%	Kcal. =720 HC=46,44% Prot. = 16,56 Lip.= 37,4%	Kcal. =720 HC=47,4% Prot. = 16,0 Lip.= 32,4%	Kcal. =620 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%
16	17	18	19	20
Lentejas con chorizo Filetes rusos Ensalada imperial Fruta del tiempo	Puré de la huerta Chuletas de Sajonia Patatas a la gallega Yogurt de frutas	Arroz a la griega Escalope de pollo Guarnición de calabacín Fruta del tiempo	Sopa de lluvia Magro con tomate Patatas panaderas Flan	Coditos con atún Merluza a la romana Pimiento asado Fruta del tiempo
Kcal. =728 HC=48,5% Prot. = 20,2 Lip.= 31,0%	Kcal. =710 HC=47,4% Prot. = 15,6 Lip.= 30,4%	Kcal. =791 HC=51,8% Prot. = 17,5 Lip.= 30,3%	Kcal. =586 HC=50,5% Prot. = 12,5 Lip.= 36,9%	Kcal. =762 HC=57,6% Prot. = 12,9 Lip.= 29,2%
23	24	25	26	27
Arroz con bacon Filetes de pollo a la plancha Ensalada mixta Fruta del tiempo	Guisantes a la extremeña Fritura andaluza Ensalada de piña Yogurt de frutas	Sopa de fideos Cocido y verduras Taquitos de carne y chorizo Yogurt de frutas	Espirales gratinados Albóndigas en salsa Verduritas Yogurt de frutas	Vacaciones de Semana Santa
Kcal. =732 HC=49,8% Prot. = 23,9 Lip.= 26,4%	Kcal. =718 HC=47,4% Prot. = 16,6 Lip.= 35,4%	Kcal. =620 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =728 HC=47,4% Prot. = 18,6 Lip.= 25,4%	
30	31			
Vacaciones de Semana Santa	Vacaciones de Semana Santa			

Marzo 2026

