

# Volactovegetarian

MONTH: May 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

1

**FESTIVO**

4

Sautéed peas with salad buffet or Gazpacho  
Spanish omelette with courgette with vegetable stew  
Fruit and bread

5

Organic vegetable cream soup (carrot, potato, leek, organic pumpkin, organic zucchini) with salad buffet or Gazpacho  
Mushroom fideuá with textured soybeans  
Fruit and wholemeal bread

6

Lentil stew (eco.) with apple with salad buffet or Gazpacho  
Vegetables Fajitas or Grilled tofu  
Fruit and bread

7

Whole wheat noodle soup with salad buffet or Gazpacho  
Vegetables cannelloni with slice of roasted aubergine  
Fruit and wholemeal bread

8

Cuban style rice with salad buffet or Gazpacho  
Spring roll with diced carrots and zucchini  
Fruit and bread

11

Vegetables cream with salad buffet or Gazpacho  
Vegetable paella with sautéed vegetables  
Fruit and bread

12

Braised Pinto Beans with Brown Rice with salad buffet or Gazpacho  
Scrambled eggs with potatoes and pumpkin with ratatouille  
Fruit and wholemeal bread

13

Whole wheat noodle soup with salad buffet or Gazpacho  
Eggs with ratatouille with roasted potatoes  
Fruit and bread

14

Carrot cream with salad buffet or Gazpacho  
Lentil stir-fry with hard-boiled egg, corn, and tomato sauce with vegetable stew  
Fruit and wholemeal bread

1 Chinese fried rice (eco.) with salad buffet or Gazpacho

Vegetables meatballs in garden sauce with mashed potatoes  
Fruit and bread

18

Cream of zucchini with salad buffet or Gazpacho  
Vegetable paella with sautéed broccoli  
Fruit and bread

19

Stewed lentils with salad buffet or Gazpacho  
Scrambled eggs with sautéed beans  
Fruit and wholemeal bread

20

Whole wheat macaroni with salad buffet or Gazpacho  
Vegan burger made with mushrooms and tofu with vegetable stew  
Fruit and bread

21

Braised beans with vegetables with salad buffet or Gazpacho  
Margherita pizza with sauteed vegetables  
Fruit and wholemeal bread

22

Pumpkin and carrot soup (eco) with turmeric with salad buffet or Gazpacho  
French omelette with rice salad with tomato and corn  
Fruit and bread

25

Rice with tomato sauce (eco.) with salad buffet or Gazpacho  
Vegetables meatballs in tomato sauce with sautéed vegetables  
Fruit and bread

26

Vegetables soup with salad buffet or Gazpacho  
- Chickpeas stewed with soy bolognese and vegetables with dressed broccoli  
Fruit and wholemeal bread

27

Ecologic carrot cream with salad buffet or Gazpacho  
Vegetables Fajitas with ratatouille  
Fruit and bread

28

Vegetables lentils with salad buffet or Gazpacho  
Spinach omelette with sauteed coliflower  
Fruit and wholemeal bread

29

Napolitan tagliatelle with salad buffet or Gazpacho  
Vegetables pie with diced carrots and zucchini  
Fruit and bread