

Ovolactovegetarian

MONTH: January 2026

- Nombre del Colegio -

Monday

Tuesday

Wednesday

Thursday

Friday

1

VACACIONES

2

VACACIONES

5

VACACIONES

6

VACACIONES

7

VACACIONES

8

Zucchini cream with salad buffet
Vegetables lasagna with sautéed
vegetables
Fruit and bread

9

Swiss chard stew with salad
buffet
Vegan burger with french fries
Fruit and bread

12

Pumpkin soup with salad buffet
Spanish omelette with AOVE
with sautéed carrots & green
beans
Fruit and bread

13

Vegetables soup with salad
buffet
Vegetables Fajitas with basmati
rice
Fruit and wholemeal bread

14

Bean and pumpkin stew with
salad buffet
Meatballs
Fruit and bread

15

Russian salad (without tuna) with
salad buffet
Vegetables pie with vegetable
stew
Fruit and bread

16

Vegetables cream with salad
buffet
Macaroni with soy bolognese
with sauted corn
Fruit and bread

19

Pasta salad with salad buffet
Stuffed aubergine with quinoa
and ratatouille with mashed
potatoes
Fruit and bread

20

Vegetables lentils with salad
buffet
Grilled tofu with sautéed broccoli
Fruit and wholemeal bread

21

Spinach cream with salad buffet
Spanish omelette with AOVE
with sautéed green beans
Fruit and bread

22

JORNADA "ITALIA"
Vegetables soup with salad
buffet
Margherita pizza
Fruit and bread

23

Vegetables cream with salad
buffet
Vegetable paella with vegetable
and quinoa stew
Fruit and bread

26

Fideua (fine paella) with salad
buffet
Meatballs with sautéed broccoli
Fruit and bread

27

Carrot cream with salad buffet
Vegetable wok with sautéed rice
Fruit and wholemeal bread

28

Pumpkin soup with salad buffet
Napolitan macaroni with sautéed
vegetable stew (peas, carrot)
Fruit and bread

29

Vegetables lentils with salad
buffet
Fajitas with lentil bolognese with
roasted potatoes
Fruit and bread

30

Vegetables soup with salad
buffet
Vegetables & egg pie with
vegetable stew
Fruit and bread