

BREAKFAST

- Lemonade with ginger
 - Lemonade with mint
 - Fruit juices
 - Natural yogurt
 - Fresh and seasonal fruit
 - Muesly
 - Brown sugar, panela, white sugar or honey to choose.
 - Cow's milk, vegetable milk, lactose-free milk
 - «Gofio de millo» Cocoa, green tea, black tea, coffee
 - Scrambled eggs / crepes
 - Hummus and cucumber in pita bread
 - White cheese, tomato and spinach fleas
 - Bread with tomato
 - Sausages (ham, cheese), jam, honey
 - Varied bread
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SUMMER MENU

- Watermelon cold soup
- Raita (yoghurt salad)
- Arabic bread / pita
- Peas with vegetables
- Tomato and basil salad
- Pork loin with nectarine or mustard sauce
- Mashed potatoes with crispy millet
- Fresh seasonal fruit / yoghurt with honey

SPRING MENU

- Carrots and cardamom cream
- Beet humus
- Bread / Arabic bread
- Fresh seasonal salad with sunflower seeds
- Jasmine rice with spinach
- Chickpeas with curry
- Tunisian Style Chicken with Lemon and mint
- Strawberry and chocolate pudding / Fresh fruit

AUTUMN MENU

- Chickpea salad
- Noodles with octopus
- Bread
- Roasted pork with virgin olive oil, salt and paprika
- Wrinkled potatoes
- Pumpkin mojo, coriander mojo
- Brownie chocolate and nuts / Fresh fruit

WINTER MENU

- Orange Pumpkin Cream
- Pasta with sautéed seasonal vegetables
- Bread
- Rice with turmeric
- Lentils with vegetables/lentils with chorizo
- Roasted Milk pudding/ Apple cake

UPKEEP

- Coffee maker (no capsules), milk, vegetable milk, lactose-free milk
- Gluten-free cocoa
- Green tea, red tea, black tea, sage, chamomile
- Panela, brown sugar, white sugar or honey to choose
- Lemonade with ginger, or mint cucumber water
- Refreshments
- Water with dispenser
- Homemade biscuits
- Cotufas (popcorn)
- Varied sandwiches (fajitas, sandwiches, pitas bread...)

Biscuits and sweets