



	Monday	Tuesday	Wednesday	Thursday	Friday
31 MARCH-4 APRIL WEEK 1	Noodle soup  Salad with cucumber, sweet corn, piquillo peppers and turkey  Chicken croquettes with elbow pasta and homemade tomato sauce  Spinach croquettes with elbow pasta and homemade tomato sauce	Lentil soup  Salad with apple, raisins and cheese  Potato Tortilla  Vegan Potato Tortilla	Vegetable stew  Lentil vinaigrette  Haddock and squid paella  Vegetable paella  Fruit & yogurt	Courgette cream  Salad with tomato, watercress and soft cheese  Chicken Strogonoff with diced potatoes  Ratatouille with chickpeas	Pumpkin cream  Seasoned tomatoes  Bolognese spaghetti  Vegetable spaghetti
7-11 APRIL	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
14-18 APRIL	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS
21-25 APRIL WEEK 2	Vegetable soup  Salad with cucumber, tomato, red pepper and tuna  Chicken and mushroom pastry with potatoes  Spinach pastry	Watercress stew with beans  Salad with bell pepper, sweet corn, green sprouts and cucumber  Tuna macaroni  Vegetable macaroni	Corn broth  Salad with tangerine, cucumber, spinach and cheese  Shredded beef with rice  Stuffed peppers  Fruit & yogurt	Courgette cream  Salad with tomato, watercress and soft cheese  Pork loin in curry and pineapple sauce with couscous  Chickpeas with broccoli and pumpkin	Carrot cream  Bean vinaigrette  Chicken Teriyaki with carrot and boiled potatoes  Spinach meatballs
28-30 APRIL WEEK 3	Chicken soup  Greek salad with feta cheese, cherry tomatoes, onion, red pepper, green pepper and yogurt dressing  Squid Rabas with boiled potatoes and mojo  Falafel	Vegetable stew  Salad with pear and toasted corn  Rigatoni with bacon and mushrooms  Vegetable rigatoni	Pumpkin and courgette cream  Cabbage salad with carrot, turkey and pineapple  Pizza chicken with rice  Black beans with rice  Fruit & yogurt	BANK HOLIDAY	SCHOOL HOLIDAY

ALLERGEN LIST                      WEEK 1                      31 <sup>st</sup> MARCH – 4 <sup>th</sup> APRIL															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
31	Noodle soup	X					X				X				
31	Salad with cucumber, sweet corn, piquillo peppers and turkey														
31	Chicken croquettes with elbow pasta and homemade tomato sauce														
31	Spinach croquettes with elbow pasta and homemade tomato sauce	X					X	X			X				
1	Lentil soup														
1	Salad with apple, raisins and cheese							X	X						
1	Potato Tortilla			X											
1	Vegan Potato Tortilla														
2	Vegetable stew														
2	Lentil vinaigrette														
2	Haddock and squid paella		X		X									X	X
2	Vegetable paella														
3	Courgette cream							X							
3	Salad with tomato, watercress and soft cheese							X							
3	Chicken Strogonoff with diced potatoes							X							
3	Ratatouille with chickpeas														
4	Pumpkin cream														
4	Seasoned tomatoes														
4	Bolognese spaghetti	X					X				X				
4	Vegetable spaghetti	X					X				X				

[illegible]

[illegible]

WEEK 1	Cal. 983 Prot. 49 Hc. 126,1 Gr. 29,8 Fibra 3	Cal. 813 Prot. 46,55 Hc. 72,66 Gr. 39.43 Fibra 10,2	Cal. 782 Prot. 41,82 Hc. 72,94 Gr. 37,8 Fibra 6,5	Cal. 574 Prot. 32 Hc. 70 Gr. 16 Fibra 10,6	Cal. 837 Prot. 42,57 Hc. 57,91 Gr. 47,79 Fibra 9,8
WEEK 2	Cal. 861 Prot. 38 Hc. 87,8 Gr. 40,4 Fibra 13,8	Cal. 788 Prot. 54,7 Hc. 96,4 Gr. 19,9 Fibra 12	Cal. 695 Prot. 37,72 Hc. 38,8 Gr. 45,7 Fibra 9,4	Cal. 506 Prot. 37,1 Hc. 41,11 Gr. 20,5 Fibra 9,9	Cal. 597 Prot. 40,1 Hc. 75,2 Gr. 14,5 Fibra 12,4
WEEK 3	Cal. 646 Prot. 25,5 Hc. 85,3 Gr. 22,9 Fibra 20,7	Cal. 805 Prot. 41,7 Hc. 90,4 Gr. 31,4 Fibra 5	Cal. 850 Prot. 25,95 Hc. 74,3 Grr. 49,1 Fibra 7,4	BANK HOLIDAY	SCHOOL HOLIDAY

\*Vegetarian option in green

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and vegetables. All made with seasonal and local vegetables.
- Menus are adapted to our student’s food allergies, we always try to elaborate same menu without the allergen, unless the allergy is to the mail component of the dish in which case and alternative dish is offered.
- All our sauces are homemade and elaborated with fresh vegetables.
- We offer whole wheat bread, seasonal fruit and a dairy product once a week, normally on Wednesdays.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to **La Ley de Seguridad Alimentaria y Nutrición**, established 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:



 @7fitness\_studio  
C/. Remedios Nº4