	Monday	Tuesday	Wednesday	Thursday	Friday
3-7 APRIL	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS
10-14 APRIL	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
17-21 APRIL WEEK 1	Chicken soup with noodles Salad with sweet corn, beet, cucumber and 4 cheeses Hake fritters with boiled potatoes and mojo Beet burger	Lentil soup Seasoned tomatoes Baked mini chicken thighs with provençal herbs and couscous Peppers stuffed with couscous and vegetables	Vegetable cream Cabbage salad with carrot, turkey and pineapple Tuna macaroni Vegetable macaroni Fruit & quark	Swiss chard soup with chickpeas Salad with tomato, cucumber, piquillo pepper and boiled egg Turkey stew with diced potatoes Bean sauté	Carrot cream Salad with peach seeds, lamb's lettuce and avocado Loin with mustard sauce and rice Chickpea stew
	Kcal: 981.22 Prot: 49 H.C.: 122.65 Lip: 32.71 Fibra: 12.57	Kcal: 826.37 Prot: 41.32 H.C.: 130.3 Lip: 27.55 Fibra: 12.18	Kcal: 780.27 Prot: 39.01 H.C.: 97.53 Lip: 26.01 Fibra: 6.37	Kcal: 881.9 Prot: 44.1 H.C.: 110.25 Lip: 29.40 Fibra: 20.80	Kcal: 726.86 Prot: 36.34 H.C.: 90.36 Lip: 24.23 Fibra: 12.72
24-28 APRIL WEEK 2	Star soup Salad with cucumber, beet, piquillo pepper and turkey Rice with chicken and vegetables Rice with vegetables	Watercress soup with beans Salad with apple, raisins and 4 cheeses Chicken burger with potatoes and homemade tomato sauce Beet burger with potatoes	Corn broth Country salad with green beans, tomato and tuna Neapolitan elbow pasta Vegetable elbow pasta Fruit & quark	Courgette cream Salad with tomato, watercress and soft cheese Sirloin with curry and pineapple sauce with couscous Chickpeas with broccoli and pumpkin	Pumpkin cream Lentil vinaigrette Breaded stoker with garlic potatoes Spinach meatballs
	Kcal: 1052.49 Prot: 52.62 H.C.: 131.56 Lip: 35.08 Fibra: 15.20	Kcal: 1046.73 Prot: 52.34 H.C.: 130.84 Lip: 34.88 Fibra: 14.86	Kcal: 906 Prot: 45.30H.C.: 113.25 Lip: 30.20 Fibra: 9.77	Kcal: 898.68 Prot: 44.93 H.C.: 112.34 Lip: 29.96 Fibra: 13.29	Kcal: 845.46 Prot: 42.27 H.C.: 105.68 Lip: 28.18 Fibra: 10.45
1-5 MAY WEEK 3	BANK HOLIDAY	Star soup with beef Salad with tomato, cucumber, onion, red pepper and sweet corn Squid Rabas with boiled potatoes and mojo Falafel with boiled potatoes and mojo	Vegetable soup with chickpeas Salad with minced carrot, tuna, watercress and peach Diced chicken with red pepper sauce and couscous Peppers stuffed with couscous and vegetables Fruit & quark	Pumpkin and courgette cream Salad with pear and toasted corn Grilled marinated loin with farfalle and homemade tomato sauce English style beans	Noodles, beans and potatoes Salad with red cabbage, green pepper, red pepper, cucumber, carrot and sweetcorn Haddock Marmitako with rice Courgette stuffed with rice and vegetables
		Kcal: 922.22 Prot: 46.11 H.C.: 115.28 Lip: 30.74 Fibra: 14.86	Kcal: 770.02 Prot: 38.50 H.C.: 96.25 Lip: 25.67 Fibra: 9.79	Kcal: 867.61Prot: 43.38 H.C.: 108.45 Lip: 28.92 Fibra: 9.78	Kcal: 917.63 Prot: 45.88 H.C.: 114.70 Lip: 30.59 Fibra: 16.10

ALLERGEN LIST WEEK 1 17th – 21st APRIL

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
17	Chicken soup with noodles	X					X				X				
17	Salad with sweet corn, beet, cucumber and 4 cheeses							X							
17	Hake fritters with boiled potatoes and mojo	X	X	X	X			X						X	
17	Beet burger						X								
18	Lentil soup	X													
18	Seasoned tomatoes														
18	Baked mini chicken thighs with provençal herbs and couscous	X													
18	Peppers stuffed with couscous and vegetables	X													
19	Vegetable cream														
19	Cabbage salad with carrot, turkey and pineapple														
19	Tuna macaroni	X			X		X				X				
19	Vegetable macaroni	X					X				X				
20	Swiss chard soup with chickpeas														
20	Salad with tomato, cucumber, piquillo pepper and boiled egg			X											
20	Turkey stew with diced potatoes														
20	Bean sauté														
21	Carrot cream														
21	Salad with peach seeds, lamb's lettuce and avocado								X						
21	Loin with mustard sauce and rice							X			X				
21	Chickpea stew														

ALLERGEN LIST WEEK 2 24th - 28 th APRIL

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
24	Star soup	X					X				X				
24	Salad with cucumber, beet, piquillo pepper and turkey														
24	Rice with chicken and vegetables														
24	Rice with vegetables														
25	Watercress soup with beans														
25	Salad with apple, raisins and 4 cheeses			X			X	X			X				
25	Chicken burger with potatoes and homemade tomato sauce	X						X							
25	Beet burger with potatoes						X								
26	Corn broth			X											
26	Country salad with green beans, tomato and tuna				X										
26	Neapolitan elbow pasta	X					X				X				
26	Vegetable elbow pasta	X					X				X				
27	Courgette cream							X							
27	Salad with tomato, watercress and soft cheese							X							
27	Sirloin with curry and pineapple sauce with couscous	X						X							
27	Chickpeas with broccoli and pumpkin														
28	Pumpkin cream														
28	Lentil vinaigrette	X													
28	Breaded stoker with garlic potatoes	X		X	X			X							
28	Spinach meatballs						X								

ALLERGEN LIST WEEK 3 1st – 5th MAY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
2	Star soup with beef	X					X				X				
2	Salad with tomato, cucumber, onion, red pepper and sweet corn														
2	Squid Rabas with boiled potatoes and mojo	X	X	X	X		X	X						X	X
2	Falafel with boiled potatoes and mojo	X													
3	Vegetable soup with chickpeas														
3	Salad with minced carrot, tuna, watercress and peach				X										
3	Diced chicken with red pepper sauce and couscous	X													
3	Peppers stuffed with couscous and vegetables	X													
4	Pumpkin and courgette cream							X							
4	Salad with pear and toasted corn						X	X	X		X				
4	Grilled marinated loin with farfalle and homemade tomato sauce	X						X							
4	English style beans														
5	Noodles, beans and potatoes	X					X				X				
5	Salad with red cabbage, green pepper, red pepper, cucumber, carrot and sweetcorn														
5	Haddock Marmitako with rice				X										
5	Courgette stuffed with rice and vegetables							X							

***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.
- 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 5th July 2011.

Nutritional needs and calories supervised by:

Cristina Belver
Diplomada en Dietética y Nutrición

Cristina Belver
LICENCIADA EN NUTRICIÓN