



	Monday	Tuesday	Wednesday	Thursday	Friday
2-5 DECEMBER WEEK 1	Noodle soup  Mixed salad with tomato, cucumber, red pepper and sweet corn  Cordon bleu with potatoes  Spinach meatballs with potatoes	Vegetable soup with beans  Salad with beet, seeds, apple and turkey  Baked salmon with dill and lemon sauce and couscous  Lentil stew	Lentil soup  Salad with piquillo peppers, onion, cucumber, carrot and tuna  Elbow pasta with beef bolognese  Vegetable elbow pasta  Fruit & Quark	Cauliflower cream  Salad with tomato, lamb's lettuce and soft cheese  Chicken tenderloins with homemade sauce and rice  Stuffed peppers	<b>BANK HOLIDAY</b>
10-13 DECEMBER WEEK 2	<b>BANK HOLIDAY</b>	Vegetable soup with rice  Salad with orange, cheese and seeds  Squid Rabas with potatoes and mojo  Beans with ratatouille	Watercress soup with beans  Cabbage salad with apple and carrot  Ham ravioli  Spinach ravioli  Fruit & Quark	Vegetable soup with chickpeas  Salad with cherry tomatoes, watercress and soft cheese  Chicken and vegetable Paella  Vegetable Paella	Leek and courgette cream  Crab salad with avocado, carrot and pineapple  Marinated pork loin with potatoes  Chickpeas with pumpkin and broccoli
16-20 DECEMBER WEEK 3	Star soup  Bean salad with pepper, sweet corn, tuna and tomato  Chicken croquettes with garlic farfalle  Falafel with garlic farfalle	Pumpkin cream  Salad with beet, green pepper, green sprouts and tomato  Rice with beef and pork ( <i>Cuban picadito</i> ), fried banana and black beans  Rice with black beans	Swiss chard soup with white beans  Garden salad with sweet corn, cucumber, piquillo pepper and cheese  Chicken tenderloin in teriyaki sauce with boiled potatoes  Vegetable burger  Fruit & Quark	Courgette and broccoli cream  Seasoned tomatoes  Tuna macaroni  Vegetable macaroni	Mince broth (boiled egg and chicken)  Salad with bacon, cheese, sweet corn and croutons  Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts and baby carrots with cinnamon  Vegetable quiche with cheese  Custard





## ALLERGEN LIST

WEEK 3

16<sup>th</sup> –20<sup>th</sup> DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
16	Star soup	X					X				X				
16	Bean salad with pepper, sweet corn, tuna and tomato				X										
16	Chicken croquettes with garlic farfalle	X					X				X				
16	Falafel with garlic farfalle	X					X				X				
17	Pumpkin cream														
17	Salad with beet, green pepper, green sprouts and tomato						X								
17	Rice with beef and pork, fried banana and black beans ( <i>Cuban Picadito</i> )														
17	Rice with black beans														
18	Swiss chard soup with white beans														
18	Garden salad with sweet corn, cucumber, piquillo pepper and cheese							X							
18	Chicken tenderloin in teriyaki sauce with boiled potatoes	X					X								
18	Vegetable burger														
19	Courgette and broccoli cream							X							
19	Seasoned tomatoes														
19	Tuna macaroni	X					X				X				
19	Vegetable macaroni	X					X				X				
20	Mince broth (boiled egg and chicken)			X											
20	Salad with bacon, cheese, sweet corn and croutons	X						X							
20	Baked turkey with gravy sauce and roasted potatoes							X							
20	Vegetable quiche with cheese	X		X				X							
20	Custard			X				X							


<b>WEEK 1</b>	Cal. 945 Prot. 27,3 Hc. 77,9 Gr. 49,4 Fibra 8,8	Cal. 749 Prot. 65,98 Hc. 73,2 Gr. 21,2 Fibra 11,9	Cal. 939 Prot. 54,8 Hc. 147 Gr. 13,7 Fibra 7	Cal. 526 Prot. 38,69 Hc. 43,5 Gr. 19 Fibra 4,1	<b>BANK HOLIDAY</b>
<b>WEEK 2</b>	<b>BANK HOLIDAY</b>	Cal. 652 Prot. 26,7 Hc. 69,9 Gr. 31,5 Fibra 17,6	Cal. 777 Prot. 47,7 Hc. 95,1 Gr. 22,4 Fibra 8,2	Cal. 897 Prot. 59,1 Hc. 94,9 Gr. 31 Fibra 5,3	Cal. 844 Prot. 34,2 Hc. 69,4 Gr. 46,8 Fibra 9,8
<b>WEEK 3</b>	Cal. 844 Prot. 49,4 Hc. 115,8 Gr. 18,8 Fibra 7	Cal. 778 Prot. 30,61 Hc. 101,4 Gr. 30,02 Fibra 12,2	Cal. 1096 Prot. 84 Hc. 122,2 Gr. 31,6 Fibra 11,4	Cal. 567 Prot. 15,7 Hc. 28,6 Gr. 31,9 Fibra 7,5	Cal. 914 Prot. 44,9 Hc. 95 Gr. 42,3 Fibra 11

**\*Opción vegetariana marcada en verde**

- 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 main component of the dish in which case an 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.

Valor nutricional y calorías supervisadas por:

**STUDIO**  
7FITNESS

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