

•	Monday	Tuesday	Wednesday	Thursday	Friday
	Noodle soup	Vegetable soup with beans	Lentil soup	Swiss chard cream	Leek and courgette cream
27 NOVEMBER-1	Mixed salad with tomato, cucumber, red pepper and sweet corn	Salad with beet, seeds, apple and sweet corn	Salad with piquillo peppers, onion, cucumber and carrot	Salad with tomato, watercress and soft cheese	Cabbage salad with carrot, cheese, turkey and pineapple
DECEMBER WEEK 1	Hake fritters with boiled potatoes	Baked chicken with piquillo pepper sauce and couscous	Elbow pasta with beef bolognese	Grilled turkey breast with rice	Marinated pork loin with potatoes
WEEK E	Spinach meatballs with potatoes	Lentil stew	Vegetable elbow pasta  Quark	Stuffed peppers	Chickpeas with pumpkin and broccoli
	Fish soup	Pumpkin cream			
4-8 DECEMBER	Tropical salad with peach, seeds, red onion and carrot  Meatballs with homemade sauce	Salad with orange, cheese and seeds	BANK HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY
WEEK 2	and rice  Chickpea stew	Hake fritters with boiled potatoes and mojo  Beans with Ratatouille			
	Star soup	Pumpkin cream	Swiss chard soup with white beans	Courgette and broccoli cream	Corn broth
11-15	Bean salad with pepper, sweet corn, tuna and tomato	Watercress salad with tomato and soft cheese	Garden salad with sweet corn, cucumber, piquillo pepper and cheese	Seasoned tomatoes  Tuna macaroni	Greek salad with feta cheese, cucumber, onion and black olives
DECEMBER WEEK 3	Chicken croquettes with garlic farfalle	Rice with sausages, peas and carrot	Turkey with teriyaki sauce and boiled potatoes	Vegetable macaroni	Loin with apple sauce and diced potatoes
	Falafel with garlic farfalle	Peppers stuffed with vegetables	Vegetable burger Quark		Beans with curry and diced potatoes
	Noodle soup	Vegetable soup with chickpeas	Watercress soup with beans	Mince broth (boiled egg and	
19.21	Salad with cherry tomatoes, lamb's lettuce and soft cheese	Crab salad with avocado, carrot and pineapple	Cabbage salad with grated apple and carrot	chicken) Salad with bacon, cheese, sweet corn and croutons	
18-21	Chicken Paella	Riojana-style hake with boiled	Ham ravioli	Dalcad touleass with annua cassa	SCHOOL HOLIDAY
DECEMBER WEEK 4	Vegetable Paella	potatoes	Spinach ravioli	Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts	
WEEK 4		Lentil sauté with boiled potatoes	Quark	and baby carrots with cinnamon  Vegetable quiche with cheese	
				Cake	

		ALLERGEN LIST			W	WEEK 1 27 <sup>th</sup> NOVEMBER -					– 1 <sup>st</sup> DECEMBER					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph	
27	Noodle soup	Х					Х				Х					
27	Mixed salad with tomato, cucumber, red pepper and sweet corn															
27	Hake fritters with boiled potatoes	Х	Х	Х	Х		Х	Х						Х		
27	Spinach meatballs with potatoes						Х									
28	Vegetable soup with beans															
28	Salad with beet, seeds, apple and sweet corn								Х							
28	Baked chicken with piquillo pepper sauce and couscous	Х														
28	Lentil stew															
29	Lentil soup															
29	Salad with piquillo peppers, onion, cucumber and carrot															
29	Elbow pasta with beef bolognese	Х					Х				Х					
29	Vegetable elbow pasta	Х					Х				Х					
30	Swiss chard cream															
30	Salad with tomato, watercress and soft cheese							Х								
30	Grilled turkey breast with rice															
30	Stuffed peppers															
1	Leek and courgette cream							Х								
1	Cabbage salad with carrot, cheese, turkey and pineapple			Х			Х	Х								
1	Marinated pork loin with potatoes							Х								
1	Chickpeas with pumpkin and broccoli															

		ALLERGEN LIST				WEEK	2	4 <sup>th</sup>	– 5 <sup>th</sup> D	ECEM	IBER				
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
4	Fish soup				Х										
4	Tropical salad with peach, seeds, red onion and carrot								Х						
4	Meatballs with homemade sauce and rice	Х						Х							
4	Chickpea stew														
5	Pumpkin cream														
5	Salad with orange, cheese and seeds							Х	Х						
5	Hake fritters with boiled potatoes and mojo	Х			Х										
5	Beans with Ratatouille				Х										

		ALLER	GEN LIS	Т	W	EEK 3	EK 3 11 <sup>th</sup> – 15 <sup>th</sup> DECEMB				MBER	R					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph		
11	Star soup	Х					Х				Х						
11	Bean salad with pepper, sweet corn, tuna and tomato				Х												
11	Chicken croquettes with garlic farfalle	Х						Х									
11	Falafel with garlic farfalle	X															
12	Pumpkin cream																
12	Watercress salad with tomato and soft cheese							Х									
12	Rice with sausages, peas and carrot																
12	Peppers stuffed with vegetables																
13	Swiss chard soup with white beans																
13	Garden salad with sweet corn, cucumber, piquillo pepper and cheese							х									
13	Turkey with teriyaki sauce and boiled potatoes	Х					Х										
13 14	Falafel with boiled potatoes  Courgette and broccoli cream							Х									
14	Seasoned tomatoes							,									
14	Tuna macaroni	Х			Х		Х				Х						
14	Vegetable macaroni	Х					Х				X						
15	Corn broth			Х													
15	Greek salad with feta cheese, cucumber, onion and black olives							Х									
15	Loin with apple sauce and diced potatoes																
15	Beans with curry and diced potatoes																

		ALLER	GEN LIS	Т	W	EEK 4	18 <sup>th</sup> – 21 <sup>st</sup> DECEMBER				BER				
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Noodle soup	Х					Х				Х				
18	Salad with cherry tomatoes, lamb's lettuce and soft cheese							Х							
18	Chicken Paella														
18	Vegetable Paella														
19	Vegetable soup with chickpeas														
19	Crab salad with avocado, carrot and pineapple		Х	Х										Х	
19	Riojana-style hake with boiled potatoes				Х										
19	Lentil sauté with boiled potatoes	Х													
20	Watercress soup with beans														
20	Cabbage salad with grated apple and carrot			Х			Х				Х				
20	Ham ravioli	Х		Х				Х							
20	Spinach ravioli	Х		Х				Х							
21	Mince broth (boiled egg and chicken)			Х											
21	Salad with bacon, cheese, sweet corn and croutons	Х						Х							
21	Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts and baby carrots with cinnamon														
21	Vegetable quiche with cheese			Х				Х							
21	Cake	Х						Х							

WEEK	1	Cal.865 Prot. 36,7 Hc. 90,2	Cal. 1271 Prot. 86,17 Hc 160	Cal. 1293 Prot. 65,8 Hc. 219	Cal. 643 Prot. 43,9 Hc. 50,9	Cal. 762 Prot: 38.13 Hc. 95.3	
		Gr. 36,4 fibra 7,4	Gr. 34,8 fibra 38,1	Gr. 15,2 fibra 7	Gr. 24,7 fibra 3,1	Gr. 25.32 Fibra: 17.38	
WEEK	2	Cal. 984 Prot. 49 Hc.123 Gr. 32.8 Fibra: 11.85	Cal. 912 Prot. 50,8 Hc. 84,7 Gr. 40.8 fibra 3	BANK HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY	
VATERA	2	Cal. 1190 Prot. 62,5 Hc 171,7	Cal. 1223 Prot. 82,7 Hc 161,6	Cal. 904 Prot. 40,1 Hc.12	Cal. 753 Prot. 32,9 Hc.60,7	Cal. 738 Prot. 44.7 Hc 11.82	
WEEK	3		,				
		Gr. 27 fibra 7	Gr. 30 fibra 11	Gr. 24 fibra 6	Gr. 41,5 fibra 8	Gr. 24.6 Fibra 13	
WEEK	4	Cal. 1235 Prot.65,6 Hc.143	Cal. 625 Prot. 27,1 Hc 66,2	Cal. 1131 Prot. 58,7 Hc.167	Cal. 1535 Prot. 76.7 Hc 191.3	SCHOOL HOUDAY	
		Gr. 44,5 fibra 17	Gr. 20,4 fibra 4,6	Gr. 23,9 fibra 12	Gr. 51 Fibra 25	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.
- 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:

