	Monday	Tuesday	Wednesday	Thursday	Friday
28 NOVEMBER-2 DECEMBER WEEK 1	Noodle soup Mixed salad with tomato, cucumber, red pepper and sweetcorn Fish fritters with boiled potatoes Spinach meatballs with boiled potatoes	Vegetable soup with beans Salad with beet, seeds, apple and sweetcorn Baked chicken with piquillo pepper sauce and couscous Lentil stew	Leek and courgette cream Cabbage salad with carrot, cheese, turkey and pineapple Marinated loin with baby carrots Chickpeas with pumpkin and broccoli Quark	Lentil soup Salad with piquillo peppers, onion, cucumber and carrot Elbow pasta with beef Bolognese Vegetable elbow pasta	Swiss chard cream Salad with tomato, avocado and soft cheese Baked hake with dill and rice Stuffed courgettes
	Kcal: 720.63 Prot: 36.03 H.C.: 90.08 Lip: 24.02 Fibra: 10.63	Kcal: 835.78 Prot: 41.79 H.C.: 90.80 Lip: 24.04 Fibra: 10.13	Kcal: 790,21 Prot: 39.51 H.C.: 98.78 Lip: 26.34 Fibra: 15.34	Kcal: 692.78 Prot: 34.63 H.C.: 86.58 Lip: 23.09 Fibra: 15.34	Kcal: 762.50 Prot: 38.13 H.C.: 95.31 Lip: 25.32 Fibra: 17.38
5-9 DECEMBER WEEK 2	Star soup Bean salad with pepper, sweetcorn, tuna and tomato Chicken croquettes with garlic farfalle Falafel with garlic farfalle	BANK HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY	Pumpkin cream Salad with orange, cheese and seeds Pork tenderloin with homemade carrot sauce and rice Chickpeas with carrots
	Kcal:984.28 Prot: 49,21 H.C.: 123.04 Lip: 32.81 Fibra: 11.85				Kcal: 784.75 Prot: 39.23 H.C.: 98.08 Lip: 26.15 Fibra: 9.89
12-16 DECEMBER WEEK 3	Fish soup Tropical salad with peach, seeds, red onion and carrot Baked chicken with caramelized onion and couscous Chickpea stew with couscous	Swiss chard soup with white beans Garden salad with sweetcorn, cucumber, piquillo pepper and cheese Haddock with teriyaki sauce and boiled potatoes Falafel with boiled potatoes	Pumpkin cream Watercress salad with tomato and soft cheese Tuna macaroni Vegetable macaroni Quark	Courgette and broccoli cream Seasoned tomatoes Rice with chicken sausages, peas and carrots Peppers stuffed with vegetables	Corn broth Greek salad with feta cheese, cucumber, onion and black olives Sirloin with mushroom sauce and diced potatoes Beans with curry and diced potatoes
	Kcal: 688.75 Prot: 34.44 H.C.: 86.09 Lip: 22.96 Fibra: 9.73	Kcal: 715.41 Prot: 37.55 H.C.: 89.43 Lip: 23.85 Fibra: 21.73	Kcal: 831.10 Prot: 41.56 H.C.: 103.89 Lip: 27.7 Fibra: 7.91	Kcal: 934.91 Prot: 46.75 H.C.: 116.86 Lip: 24.60 Fibra: 13.89	Kcal: 738 Prot: 44.73 H.C.: 11.82 Lip: 24.6 Fibra: 13.16
19-22 DECEMBER WEEK 4	Vegetable soup with chickpeas Salad with cherry tomatoes, lamb's lettuce and soft cheese Chicken Paella Vegetable Paella	Noodle soup Crab salad with avocado, carrot and pineapple Riojana style hake with boiled potatoes Lentil sauté with boiled potatoes	Watercress soup with beans Cabbage salad with apple and carrot Neapolitan elbow pasta Vegetable elbow pasta Quark	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 Apple crumble with English cream	CHRISTMAS
	Kcal: 894.58 Prot: 44.73 H.C.: 11.83 Lip: 29.82 Fibra: 25.29	Kcal: 758.77 Prot: 37.94 H.C.: 94.85 Lip: 25.29 Fibra: 8.89	Kcal: 914.60 Prot: 45.73 H.C.: 114.33 Lip: 30.49 Fibra: 12.01	Kcal: 1535.45 Prot: 76.77 H.C.: 191.33 Lip: 51.18 Fibra: 25.31	

ALLERGEN LIST WEEK 1 28th NOVEMBER – 2nd DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
28	Noodle soup	X													
28	Mixed salad with tomato, cucumber, red pepper and sweetcorn														
28	Fish fritters with boiled potatoes	X		X	X		X	X							
28	Spinach meatballs with boiled potatoes														
29	Vegetable soup with beans														
29	Salad with beet, seeds, apple and sweetcorn								X						
29	Baked chicken with piquillo pepper sauce and couscous	X													
29	Lentil stew	X													
30	Leek and courgette cream							X							
30	Cabbage salad with carrot, cheese, turkey and pineapple			X			X	X			X				
30	Marinated loin with with baby carrots							X							
30	Chickpeas with pumpkin and broccoli														
1	Lentil soup	X													
1	Salad with piquillo peppers, onion, cucumber and carrot														
1	Elbow pasta with beef Bolognese	X													
1	Vegetable elbow pasta	X													
2	Swiss chard cream														
2	Salad with tomato, avocado and soft cheese							X							
2	Baked hake with dill and rice				X										
2	Stuffed courgettes														

ALLERGEN LIST WEEK 2 5th – 9th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
5	Star soup	X													
5	Bean salad with pepper, sweetcorn, tuna and tomato				X										
5	Chicken croquettes with garlic farfalle	X						X							
5	Falafel with garlic farfalle	X													
9	Pumpkin cream														
9	Salad with orange, cheese and seeds						X	X	X		X				
9	Pork tenderloin with homemade carrot sauce and rice														
9	Chickpeas with carrots														

ALLERGEN LIST WEEK 3 12th – 16th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
12	Fish soup				X										
12	Tropical salad with peach, seeds, red onion and carrot								X						
12	Baked chicken with caramelized onion and couscous	X													
12	Chickpea stew with couscous	X													
13	Swiss chard soup with white beans														
13	Garden salad with sweetcorn, cucumber, piquillo pepper and cheese							X							
13	Haddock with teriyaki sauce and boiled potatoes	X		X	X		X	X							
13	Falafel with boiled potatoes	X													
14	Pumpkin cream														
14	Watercress salad with tomato and soft cheese							X							
14	Tuna macaroni	X			X										
14	Vegetable macaroni	X													
15	Courgette and broccoli cream							X							
15	Seasoned tomatoes														
15	Rice with chicken sausages, peas and carrots														
15	Peppers stuffed with vegetables														
16	Corn broth			X											
16	Greek salad with feta cheese, cucumber, onion and black olives							X							
16	Sirloin with mushroom sauce and diced potatoes						X	X			X				
16	Beans with curry and diced potatoes														

ALLERGEN LIST WEEK 4 19th – 22nd DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
19	Vegetable soup with chickpeas														
19	Salad with cherry tomatoes, lamb's lettuce and soft cheese							X							
19	Chicken Paella														
19	Vegetable Paella														
20	Noodle soup	X													
20	Crab salad with avocado, carrot and pineapple		X		X			X			X			X	
20	Riojana style hake with boiled potatoes				X										
20	Lentil sauté with boiled potatoes	X													
21	Watercress soup with beans														
21	Cabbage salad with apple and carrot						X	X			X				
21	Neapolitan elbow pasta	X													
21	Vegetable elbow pasta	X													
22	Mince broth (boiled egg and chicken)			X											
22	Salad with bacon, cheese, sweet corn and croutons	X						X							
22	Baked turkey with gravy sauce, roasted potatoes, Brussels sprouts and baby carrots with cinnamon														
22	Vegetable quiche with cheese			X				X							
22	Apple crumble with English cream inglesa	X						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