	Monday	Tuesday	Wednesday	Thursday	Friday
6-10 FEBRUARY WEEK 1	Noodle soup Salad with cucumber, onion, carrot, olives and tomato Squid Rabas with boiled potatoes and mojo Chickpea stew with boiled potatoes	Pumpkin cream Caesar salad with chicken, croutons and parmesan Bolognese macaroni Vegetable macaroni	Watercress soup with beans Salad with tangerine, seeds and 4 cheese Hake with onion and couscous Curry beans Quark & fruit	Cauliflower cream Country salad with potato, green beans, tomato and tuna Tikka masala chicken with rice Stuffed peppers	Courgette cream Lentil vinaigrette Sirloin with apple sauce with potatoes Beet burger with potatoes
	Cal. 715.63 Prot. 23.85 HC.102.86 Lip. 21.91 Fibra.8.81	Cal. 771.46 Prot. 24.4 HC.112.82 Lip. 20.72 Fibra.12.6	Cal. 857.11 Prot. 36.25 HC.111.6 Lip. 25.90 Fibra. 11.1	Cal. 733.61 Prot. 25.85 HC.91.28 Lip. 27.05 Fibra. 14.02	Kcal: 850,50 Prot: 42.53 H.C.: 106.31 Lip: 28.35 Fibra: 16.15
13-17 FEBRUARY WEEK 2	Alphabet soup Salad with asparagus, onion and piquillo pepper Chicken Paella with vegetables Vegetable Paella	Carrot cream Watercress salad with soft cheese and tomato Chops with potatoes and homemade tomato sauce Lentil stew	Spinach soup Salad with red pepper, tomato, cucumber and green sprouts Chicken meatballs with rice Spinach meatballs with rice Quark & fruit	Vegetable cream Cabbage salad with carrot and apple Elbow pasta with tuna Elbow pasta with vegetables	Pumpkin cream Salad with orange, cheese and seeds Pork tenderloin with homemade piquillo pepper sauce and couscous Chickpeas with carrots
	Cal. 606 Prot. 30.30 HC.75.75 Lip. 20.20 Fibra. 22.85	Cal. 792 Prot. 39 HC. 99 Lip. 26.4 Fibra. 14.64	Cal. 937 Prot. 46.85 HC.117.13 Lip. 42.1131.23 Fibra. 12.36	Cal. 792 Prot. 39.17 HC.99 Lip. 26.12 Fibra. 14.64	Kcal: 783.46 Prot: 39.17 H.C.: 97.93 Lip: 26.16 Fibra: 9.4
20-24 FEBRUARY WEEK 3	SCHOOL HOLIDAY	BANK HOLIDAY	Watercress soup with chickpeas Salad with pear, toasted corn and cheese Fish fritters with boiled potatoes and mojo Beans with Ratatouille Quark & fruit	Pumpkin cream Mixed salad with tomato, red pepper, green pepper and tuna Baked chicken with rice Lentil sauté with couscous	Vegetable soup with beans Salad with chickpeas, tomato, onion, parsley and olives Baked turkey with vegetables and couscous Beet burger with vegetables
			Cal. 661.60 Prot. 23.85 HC.82.70 Lip. 17.52 Fibra. 9.36	Cal. 896.46 Prot. 44.82 HC.112.06 Lip. 29.88 Fibra. 12.83	Cal. 803.43 Prot. 40.17 HC.100.43 Lip. 26.78 Fibra. 21.4
27 FEBRUARY -3 MARCH WEEK 4	Potatoes, beans and noodles Seasoned tomatoes Marinated loin with potatoes Falafel with potatoes	Watercress soup with beans Salad with apple, raisins and 4 cheese Riojana style haddock with couscous Spinach meatballs	Vegetable soup with chickpeas Salad with carrot, beet and sweetcorn Neapolitan elbow pasta Vegetable elbow pasta Quark & fruit	Star soup Mixed salad with cucumber, tomato, onion, olives and piquillo pepper Rice with sausages, peas and baby carrots Rice with sauteed lentils	Broccoli cream Cabbage salad with carrot, cheese, turkey and pineapple Breaded chicken with boiled potatoes and homemade tomato sauce Chickpeas with broccoli and pumpkin
	Cal. 928.43 Prot. 46.42 HC.116.05 Lip. 30.95 Fibra. 13.94	Cal. 819.77 Prot. 40.99 HC.116.05 Lip. 30.95 Fibra. 13.94	Cal. 1082 Prot. 40.99 HC.102.47 Lip. 27.33 Fibra. 10.08	Cal. 790.33 Prot. 25.72 HC.98.79 Lip. 26.34 Fibra. 6.83	Kcal: 850.43 Prot: 42.53 H.C.: 106.32 Lip: 28.35 Fibra: 14.26

ALLERGEN LIST WEEK 1 6th - 10th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Noodle soup	X													
6	Salad with cucumber, onion, carrot, olives and tomato														
6	Squid Rabas with boiled potatoes and mojo	X	X	X	X		X	X						X	X
6	Chickpea stew with boiled potatoes														
7	Pumpkin cream														
7	Caesar salad with chicken, croutons and parmesan			X			X	X			X				
7	Bolognese macaroni	X					X				X				
7	Vegetable macaroni	X					X				X				
8	Watercress soup with beans														
8	Salad with tangerine, seeds and 4 cheese							X	X						
8	Hake with onion and couscous	X			X										
8	Curry beans														
9	Cauliflower cream							X							
9	Country salad with potato, green beans, tomato and tuna				X										
9	Tikka masala chicken with rice							X							
9	Stuffed peppers							X							
10	Courgette cream							X							
10	Lentil vinaigrette	X													
10	Sirloin with apple sauce with potatoes	X													
10	Beet burger with potatoes														

ALLERGEN LIST WEEK 2 13th – 17th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Alphabet soup	X													
13	Salad with asparagus, onion and piquillo pepper														
13	Chicken Paella with vegetables														
13	Vegetable Paella														
14	Carrot cream														
14	Watercress salad with soft cheese and tomato							X							
14	Chops with potatoes and homemade tomato sauce														
14	Lentil stew	X													
15	Spinach soup														
15	Salad with red pepper, tomato, cucumber and green sprouts						X								
15	Chicken meatballs with rice	X						X							
15	Spinach meatballs with rice														
16	Vegetable cream														
16	Cabbage salad with carrot and apple			X			X				X				
16	Elbow pasta with tuna	X			X		X				X				
16	Elbow pasta with vegetables	X					X				X				
17	Pumpkin cream														
17	Salad with orange, cheese and seeds							X	X		X				
17	Pork tenderloin with homemade piquillo pepper sauce and couscous	X													
17	Chickpeas with carrots														

ALLERGEN LIST WEEK 3 20th – 24th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
22	Watercress soup with chickpeas														
22	Salad with pear, toasted corn and cheese						X	X	X		X				
22	Fish fritters with boiled potatoes and mojo	X	X	X	X			X						X	
22	Beans with Ratatouille														
23	Pumpkin cream														
23	Mixed salad with tomato, red pepper, green pepper and tuna				X										
23	Baked chicken with rice														
23	Lentil sauté with couscous	X													
24	Vegetable soup with beans														
24	Salad with chickpeas, tomato, onion, parsley and olives														
24	Baked turkey with vegetables and couscous	X													
24	Beet burger with vegetables														

ALLERGEN LIST WEEK 4 27th FEBRUARY – 3rd MARCH

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
27	Potatoes, beans and noodles	X													
27	Seasoned tomatoes														
27	Marinated loin with potatoes							X							
27	Falafel with potatoes	X					X								
28	Watercress soup with beans														
28	Salad with apple, raisins and 4 cheese			X			X	X	X		X				
28	Riojana style haddock with couscous	X			X										
28	Spinach meatballs														
1	Vegetable soup with chickpeas														
1	Salad with carrot, beet and sweetcorn														
1	Neapolitan elbow pasta	X					X				X				
1	Vegetable elbow pasta	X					X				X				
2	Star soup	X													
2	Mixed salad with cucumber, tomato, onion, olives and piquillo pepper														
2	Rice with sausages, peas and baby carrots														
2	Rice with sauteed lentils														
3	Broccoli cream							X							
3	Cabbage salad with carrot, cheese, turkey and pineapple			X				X							
3	Breaded chicken with boiled potatoes and homemade tomato sauce	X		X											
3	Chickpeas with broccoli and pumpkin														

***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