



	Monday	Tuesday	Wednesday	Thursday	Friday
3-7 FEBRUARY WEEK 1	Noodle soup Tabbouleh salad with couscous, tomato, onion and parsley Chicken and spinach burger with potatoes Beet burger with potatoes	Watercress soup with beans Chicken salad with apple and yoghurt dressing Ham ravioli with homemade tomato sauce Spinach ravioli	Pumpkin cream Rocket salad with escarole, red pepper, sweet corn, turkey and peach Baked bream fish with boiled potatoes Pea sauté Quark & Fruit	Potato broth with rice Lentil vinaigrette Mini chicken thighs with homemade sauce and rice Stuffed peppers	Cauliflower cream Salad with tomato, feta cheese, cucumber, black olives and red onion Breaded pork loin with elbow pasta Falafel with elbow pasta
10-14 FEBRUARY WEEK 2	Star soup Salad with red pepper, tomato, cucumber, turkey and seeds Squid Rabas with potatoes and mojo Chickpeas with pumpkin	Lentil soup Salad with apple, raisins and 4 cheeses Rice wok with vegetables and chicken Rice wok with vegetables	Corn broth Bean vinaigrette Bolognese spaghetti Vegetable spaghetti Quark & Fruit	Vegetable cream Seasoned tomatoes Haddock in dill and lemon sauce with rice Stuffed courgettes	Swiss chard soup with white beans Mixed salad with cucumber, tomato, onion and tuna Chicken with mustard and honey and mashed potatoes Lentil stew
17-21 FEBRUARY WEEK 3	Vegetable soup with rice Cabbage salad with carrot, cheese, turkey and pineapple Hake with boiled potatoes and mojo Beans with curry	Spinach cream Salad with chickpeas, tomato, onion, parsley and olives Rigatoni with chicken and mushrooms Rigatoni with vegetables	Pumpkin cream Mixed salad with tomato, red pepper, green pepper and tuna Turkey with carrot sauce and boiled potatoes Lentil sauté with boiled potatoes Quark & Fruit	Courgette cream Salad with lamb's lettuce, soft cheese and tomato Larded beef with rice Stuffed peppers	Vegetable cream with beans Salad with pear, toasted corn and cheese Kentucky-style chicken breast with elbow pasta Falafel with elbow pasta
24-27 FEBRUARY WEEK 4	Purrusalda (chicken and leek soup) Seasoned tomatoes Marinated loin with potatoes Vegetable Burger	Carrot cream Bean vinaigrette Hake and squid Paella Vegetable Paella	Vegetable soup with chickpeas Pericaña salad with boiled egg, tuna, apple, tomato and sweet corn Elbow pasta with turkey, vegetables and soy sauce Elbow pasta with vegetables Quark & Fruit	Broccoli cream Salad with apple, raisins and 4 cheeses Grilled chicken tenderloin with potatoes Black bean stew	STAFF INSET (NO SCHOOL)

ALLERGEN LIST															WEEK 3		17 th – 21 st FEBRUARY	
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph			
17	Vegetable soup with rice																	
17	Cabbage salad with carrot, cheese, turkey and pineapple			X				X										
17	Hake with boiled potatoes and mojo	X			X													
17	Beans with curry																	
18	Spinach cream																	
18	Salad with chickpeas, tomato, onion, parsley and olives																	
18	Rigatoni with chicken and mushrooms	X					X				X							
18	Rigatoni with vegetables	X					X				X							
19	Pumpkin cream																	
19	Mixed salad with tomato, red pepper, green pepper and tuna				X													
19	Turkey with carrot sauce and boiled potatoes																	
19	Lentil sauté with boiled potatoes																	
20	Courgette cream							X										
20	Salad with lamb's lettuce, soft cheese and tomato							X										
20	Larded beef with rice																	
20	Stuffed peppers							X										
21	Vegetable cream with beans																	
21	Salad with pear, toasted corn and cheese						X		X		X							
21	Kentucky-style chicken breast with elbow pasta	X		X			X				X							
21	Falafel with elbow pasta	X					X				X							

WEEK 1	Cal. 781 Prot. 34,53 Hc. 82,3 Gr. 33,88 Fibra 5,8	Cal. 889 Prot. 65,4 Hc. 110,4 Gr. 20,68 Fibra 10,1	Cal. 541 Prot. 51,08 Hc. 54 Gr. 13,99 Fibra 10	Cal. 842 Prot. 55,7 Hc. 107 Gr. 18 Fibra 8	Cal. 496 Prot. 30,190 Hc. 39,7 Gr. 23 Fibra 2,4
WEEK 2	Cal. 607 Prot. 17,2 Hc. 62,6 Gr. 23,4 Fibra 14,4	Cal. 902 Prot. 47,92 Hc. 105,9 Gr. 33,5 Fibra 14,6	Cal. 471 Prot. 30,52 Hc. 49,22 Gr. 15,7 Fibra 12,2	Cal. 546 Prot. 34,67 Hc. 48,38 Gr. 21,71 Fibra 6	Cal. 991 Prot. 60,18 Hc. 86,72 Gr. 46,68 Fibra 6,7
WEEK 3	Cal. 584 Prot. 46,13 Hc. 50,6 Gr. 22,9 Fibra 8,7	Cal. 724 Prot. 36,15 Hc. 75,24 Gr. 27,88 Fibra 9,3	Cal. 630 Prot. 50,4 Hc. 62,5 Gr. 20,25 Fibra 10	Cal. 614 Prot. 31,29 Hc. 47,41 Gr. 32,4 Fibra 6,4	Cal. 1239 Prot. 61,1 Hc. 148,4 Gr. 45,5 Fibra 8,9
WEEK 4	Cal. 762 Prot. 33,48 Hc. 65,92 Gr. 38,18 Fibra 5,3	Cal. 519 Prot. 30,7 Hc. 62,9 Gr. 13,8 Fibra 13,7	Cal. 941 Prot. 63,6 Hc. 130,2 Gr. 185 Fibra 8	Cal. 1063 Prot. 50,22 Hc. 87,61 Gr. 57,9 Fibra 15	STAFF INSET

***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.
- 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 5th July 2011.

Nutritional needs and calories supervised by:

STUDIO
7FITNESS

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