	Monday	Tuesday	Wednesday	Thursday	Friday
9-13 JANUARY WEEK 1	Star soup Mixed salad with tomato, cucumber, onion and red and green pepper Chicken meatballs with carrot sauce and rice Spinach meatballs with rice	Lentil soup Watercress salad with tomato and soft cheese Tuna macaroni Vegetable macaroni	Carrot and courgette cream Cabbage salad with carrot, piquillo pepper, beet and white beans Baked chicken with diced potatoes Chickpea stew Yogurt	Vegetable soup with chickpeas Salad with lamb's lettuce, chicken, avocado and parmesan Riojana style haddock with couscous Lentil sauté	Spinach cream Cabbage salad with apple and carrot Breaded pork loin with elbow pasta Beet burger with elbow pasta
	Cal. 791.42 Prot. 39.57 HC. 98.93 Lip. 26.38 Fibra 8.3	Cal. 785.83 Prot. 39 HC. 98.93 Lip. 26.19 Fibra. 13.7	Cal. 743.2 Prot. 37.16 HC. 92.9 Lip. 224.77 Fibra. 10.7	Cal. 842.46 Prot. 42.12 HC. 105.31 Lip. 28.08 Fibra. 11.94	Cal. 937.19 Prot. 46.86 HC. 117.15 Lip. 31.24 Fibra. 8.43
16-20 JANUARY WEEK 2	Vegetable soup Salad with pear, toasted corn and cheese Chicken Paella Vegetable Paella	Watercress soup with beans Salad with quinoa, tomato, avocado, seeds and feta cheese Breaded hake with boiled potatoes and mojo Falafel with boiled potatoes	Broccoli cream Salad with spinach, red onion, tomato, chickpeas and cucumber Turkey stew with couscous Lentil stew with couscous Yogurt	Pumpkin cream Salad with piquillo pepper, asparagus and red onion Turkey pizza Vegetable pizza	Vegetable cream Salad with red pepper, onion, cucumber, sweetcorn and green sprouts Chicken with mushroom sauce and rice Chickpeas with mushrooms
	Cal. 620.61 Prot. 31.03 HC. 77.58 Lip. 20.69 Fibra. 18.06	Cal. 962.48 Prot. 48.12 HC. 120.31 Lip. 32.08 Fibra. 11.09	Cal. 705.71 Prot. 35.29 HC. 88.21 Lip. 23.52 Fibra. 11.09	Cal. 842.12 Prot. 42.11 HC. 105.21 Lip. 28.07 Fibra. 11.56	Cal. 679.35 Prot. 33.97 HC. 84.92 Lip. 22.65 Fibra. 12.5
23-27 JANUARY WEEK 3	Swiss chard soup with chickpeas Salad with apple, cheese and raisins Bolognese macaroni Lentil bolognese macaroni	Noodle soup Bean vinaigrette Rice with chicken sausages, French omelette, peas and homemade tomato sauce Spinach meatballs with rice	Vegetable cream Salad with beet, green sprouts, sweetcorn and seeds Pizza style chicken with couscous and baby carrots Chickpea stew Yogurt	Corn broth Salad with tangerine, red onion and carrot Hake with onion, tomato and rice Beet burger with rice	Carrot cream Seasoned tomatoes Marinated loin with potatoes Beans with tomato and potatoes
	Cal. 864.06 Prot.43.2 HC. 108.01 Lip. 28.8 Fibra. 18	Cal. 577.60 Prot. 28.88 HC. 72.2 Lip. 19.25 Fibra. 8.91	Cal. 507.56 Prot. 25.38 HC. 63.45 Lip. 19.62 Fibra. 6.06	Cal. 815 Prot. 40.75 HC. 101.88 Lip. 27.17 Fibra. 22.43	Cal. 682.46 Prot. 34.12 HC. 85.31 Lip. 22.75 Fibra. 10.12
30 JANUARY-3 FEBRUARY WEEK 4	Alphabet soup Salad with peach, cheese and seeds Fish fritters with boiled potatoes and mojo Curry beans with boiled potatoes	Vegetable soup with beans Mixed salad with tomato, onion, olives and tuna Beef Paella with vegetables Rice with spring rolls	Cauliflower cream Rocket salad with cured ham, apple and parmesan Chicken with teriyaki sauce and couscous Falafel with couscous Yogurt	Watercress soup Cabbage salad with turkey, carrot and pineapple Neapolitan macaroni Vegetable macaroni	Pumpkin cream Salad with tangerine, cheese and seeds Potato Tortilla Potato Tortilla with courgette
	Cal. 788.95 Prot. 39.45 HC. 98.62 Lip. 26.30 Fibra. 10.12	Cal. 667.03 Prot.33.35 HC. 83.38 Lip.22.23 Fibra. 12.16	Cal. 714 Prot. 35.70 HC. 89.25 Lip. 23.80 Fibra. 11.48	Cal. 748.85 Prot.37.44 HC. 93.61 Lip. 24.96 Fibra. 20.67	Cal. 678.47 Prot. 33.92 HC. 84.81 Lip. 22.62 Fibra. 10.62

ALLERGEN LIST WEEK 1 9th – 13th JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
9	Star soup	X													
9	Mixed salad with tomato, cucumber, onion and red and green pepper														
9	Chicken meatballs with carrot sauce and rice	X						X							
9	Spinach meatballs with rice						X								
10	Lentil soup	X													
10	Watercress salad with tomato and soft cheese							X							
10	Tuna macaroni	X			X										
10	Vegetable macaroni	X													
11	Carrot and courgette cream														
11	Cabbage salad with carrot, piquillo pepper, beet and white beans														
11	Baked chicken with diced potatoes														
11	Chickpea stew														
12	Vegetable soup with chickpeas														
12	Salad with lamb's lettuce, chicken, avocado and parmesan							X							
12	Riojana style haddock with couscous	X			X										
12	Lentil sauté	X													
13	Spinach cream							X							
13	Cabbage salad with apple and carrot			X							X				
13	Breaded pork loin with elbow pasta	X		X			X								
13	Beet burger														

ALLERGEN LIST WEEK 2 16th – 20th JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
16	Vegetable soup	X													
16	Salad with pear, toasted corn and cheese						X	X	X		X				
16	Chicken Paella														
16	Vegetable Paella														
17	Watercress soup with beans														
17	Salad with quinoa, tomato, avocado, seeds and feta cheese							X	X						
17	Breaded hake with boiled potatoes and mojo	X			X										
17	Falafel with boiled potatoes	X													
18	Broccoli cream	X													
18	Salad with spinach, red onion, tomato, chickpeas and cucumber														
18	Turkey stew with couscous	X													
18	Lentil stew with couscous	X													
19	Pumpkin cream														
19	Salad with piquillo pepper, asparagus and red onion														
19	Turkey pizza	X						X							
19	Vegetable pizza	X						X							
20	Vegetable cream														
20	Salad with red pepper, onion, cucumber, sweetcorn and green sprouts														
20	Chicken with mushroom sauce and rice														
20	Chickpeas with mushrooms														

ALLERGEN LIST WEEK 3 23rd – 27th JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
23	Swiss chard soup with chickpeas														
23	Salad with apple, cheese and raisins			X			X	X			X				
23	Bolognese macaroni	X													
23	Lentil bolognese macaroni	X													
24	Noodle soup	X													
24	Bean vinaigrette														
24	Rice with chicken sausages, French omelette, peas and homemade tomato			X											
24	Spinach meatballs with rice														
25	Vegetable cream														
25	Salad with beet, green sprouts, sweetcorn and seeds								X						
25	Pizza style chicken with couscous and baby carrots	X						X							
25	Chickpea stew														
26	Corn broth			X											
26	Salad with tangerine, red onion and carrot														
26	Hake with onion, tomato and rice				X										
26	Beet burger with rice														
27	Carrot cream														
27	Seasoned tomatoes														
27	Marinated loin with potatoes							X							
27	Beans with tomato and potatoes														

ALLERGEN LIST WEEK 4 30th JANUARY – 3rd FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
30	Alphabet soup	X													
30	Salad with peach, cheese and seeds							X	X						
30	Fish fritters with boiled potatoes and mojo	X	X	X	X		X	X						X	X
30	Curry beans with boiled potatoes														
31	Vegetable soup with beans														
31	Mixed salad with tomato, onion, olives and tuna				X										
31	Beef Paella with vegetables														
31	Rice with spring rolls	X					X				X				
1	Cauliflower cream							X							
1	Rocket salad with cured ham, apple and parmesan							X							
1	Chicken with teriyaki sauce and couscous	X													
1	Falafel with couscous	X													
2	Watercress soup														
2	Cabbage salad with turkey, carrot and pineapple			X											
2	Neapolitan macaroni	X													
2	Vegetable macaroni	X													
3	Pumpkin cream														
3	Salad with tangerine, cheese and seeds						X	X	X		X				
3	Potato Tortilla			X											
3	Potato Tortilla with courgette			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