



	Monday	Tuesday	Wednesday	Thursday	Friday
8-10 JANUARY WEEK 1	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Chicken soup Salad with pear, toasted corn and 4 cheeses Squid Rabas with potatoes and mojo Chickpeas with mushrooms Fruit & Quark	Vegetable cream Mixed salad with tomato, cucumber, onion, red pepper and tuna Macaroni with chicken, bacon and mushrooms Vegetable macaroni	Lentil soup Cabbage salad with apple and carrot Marinated loin with rice and homemade tomato sauce Stuffed peppers
13-17 JANUARY WEEK 2	Fish soup Mixed salad with tomato, cucumber, onion, red and green pepper Chicken and spinach burger with elbow pasta and homemade tomato sauce Carrot burger	Carrot cream Salad with feta cheese, tomato, apple and yoghurt dressing Breaded hake with boiled potatoes and mojo Falafel with boiled potatoes	Broccoli cream Lentil vinaigrette Chicken with Appletiser sauce and rice Stuffed courgettes Fruit & Quark	Pumpkin cream Salad cherry tomatoes, peach, cheese and mustard dressing Ham ravioli with cheese sauce Spinach ravioli	Noodles, beans and potatoes Caesar salad with chicken, cherry tomatoes, croutons and parmesan cheese Potato lasagna with beef and boiled egg Potato and vegetable lasagna
20-24 JANUARY WEEK 3	Noodle soup Chickpea vinaigrette with tuna Cantonese rice with beef Vegetable spring rolls with rice	Swiss chard soup with chickpeas Salad with apple, cheese and raisins Neapolitan Rigatoni Rigatoni with lentil Bolognese	Vegetable cream Salad with beet, green sprouts, sweet corn and seeds Chicken tenderloins with stroganoff sauce and couscous Bean stew Fruit & Quark	Corn broth Greek salad with cucumber, cherry tomatoes, black olives, feta cheese and oregano dressing Breaded hake with mustard and dill sauce and mashed potatoes Beet burger	Mushroom cream Salad with tangerine, seeds and piquillo pepper Turkey pizza Vegetable pizza
27-31 JANUARY WEEK 4	Alphabet soup Salad with peach, seeds and cheese Chicken croquettes with potatoes Lentil sauté	Vegetable soup with beans Mixed salad with tomato, onion, olives and tuna Carbonara Spaghetti Vegetable Spaghetti	Cauliflower cream Salad lamb's lettuce, cured ham, apple and parmesan Breaded chicken with baked carrot and mushroom sauté Falafel with elbow pasta Fruit & Quark	Watercress soup Cabbage salad with cheese, carrot and pineapple Fish and squid Paella Beans with curry	Carrot cream Seasoned tomatoes Turkey stew Spinach meatballs

ALLERGEN LIST															
		WEEK 3					20 th – 24 th JANUARY								
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Noodle soup	X					X				X				
20	Chickpea vinaigrette with tuna				X										
20	Cantonese rice with beef														
20	Vegetable spring rolls with rice	X					X								
21	Swiss chard soup with chickpeas														
21	Salad with apple, cheese and raisins							X							
21	Neapolitan Rigatoni	X					X				X				
21	Rigatoni with lentil Bolognese	X					X				X				
22	Vegetable cream														
22	Salad with beet, green sprouts, sweet corn and seeds								X						
22	Chicken tenderloins with stroganoff sauce and couscous	X						X							
22	Bean stew														
23	Corn broth			X											
23	Greek salad with cucumber, cherry tomatoes, black olives, feta cheese and oregano dressing							X							
23	Breaded hake with mustard and dill sauce and mashed potatoes			X	X						X				
23	Beet burger														
24	Mushroom cream							X							
24	Salad with tangerine, seeds and piquillo pepper								X						
24	Turkey pizza	X													
24	Vegetable pizza	X					X				X				


WEEK 1	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Cal. 565 Prot. 32,8 Hc. 44,9 Gr. 29,15 Fibra 10	Cal. 642 Prot. 20,9 Hc. 91,9 Gr. 19,5 Fibra 5,6	Cal. 633 Prot. 51,99 Hc. 76,4 Gr. 12,5 Fibra 5,4
WEEK 2	Cal. 912 Prot. 41,43 Hc. 97,9 Gr. 28,78 Fibra 3	Cal. 638 Prot. 37,63 Hc. 65,4 Gr. 25,2 Fibra 19,7	Cal. 663 Prot. 38,19 Hc. 69,6 Gr. 24,95 Fibra 15,3	Cal. 519 Prot. 18,1 Hc. 56 Gr. 22,9 Fibra 2,6	Cal. 730 Prot. 28,9 Hc. 105,8 Gr. 19 Fibra 2
WEEK 3	Cal. 533 Prot. 32,04 Hc. 74,3 Gr. 11,15 Fibra 13,9	Cal. 836 Prot. 43,92 Hc. 77,4 Gr. 36,5 Fibra 11,3	Cal. 645 Prot. 40,54 Hc. 85,4 Gr. 16,4 Fibra 6,5	Cal. 736 Prot. 30,8 Hc. 62,5 Gr. 42,4 Fibra 13,7	Cal. 491 Prot. 19,84 Hc. 75 Gr. 14,7 Fibra 13,6
WEEK 4	Cal. 507 Prot. 26,4 Hc. 35,8 Gr. 28,3 Fibra 2	Cal. 750 Prot. 44,52 Hc. 35,02 Gr. 32,52 Fibra 8	Cal. 695 Prot. 45,4 Hc. 65,8 Gr. 29,25 Fibra 5,9	Cal. 1067 Prot. 64,92 Hc. 108,4 Gr. 42,5 Fibra 10,2	Cal. 315 Prot. 14,98 Hc. 13,46 Gr. 22,58 Fibra 7,8

***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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C/. Remedios Nº4